

# Practice Rules

## **On Shore:**

- Arrive on time. Come prepared to practice.
- Park only in the upper lot, no parking is allowed on the side road.
- Get dressed or start rigging as soon as you arrive.
- Keep all your gear stowed in bags, not in bathrooms.
- No cell phones, iPods etc. at all. Cell phones must be turned off and stowed in gear bags prior to start of practice.
- No running, jumping, or pushing on the docks or at the Lakewood Facilities.
- Everyone helps rig boats. If you don't rig, you don't sail.
- Everyone helps unrig boats. Do not leave until all boats have been put away (including covers and tie-downs). Even if it's not your boat.
- Use of Lakewood facilities is limited to restrooms, crew dock, and boat docks. Do not use Lakewood wetsuits, life jackets, equipment, etc.
- Leave the Lakewood facilities cleaner than you found it. Pick up after yourself and remove all your gear when you leave.
- Notify a coach if you are unable to make it to practice at least 24 hours before practice. If you don't come to practice, you don't sail in regattas.

***Important!*** If you come to practice you are expected to stay on-site and participate in the practice activities for the duration of the practice session. Do not leave the Lakewood premises until you have been excused by the coaches. If you need to leave practice early, you must inform a coach before leaving.

## **On the water:**

- Always wear PFD and shoes when in boats or on docks.
- Always obey coach's commands and instructions immediately.
- Stay close to the coach boat between drills. Do not sail away from the group at any time.
- Sail by the rules at all times, including during and between drills.
- When boats hit, somebody must do circles (one if you take your own penalty; two or more if a coach has to tell you).
- Stay with the boat in a capsize. Wave your hands above your head if you need assistance.
- If three or more boats are capsized, everyone will be directed to head for the dock.
- Any sailor failing to comply with the rules will be sent off the water for remainder of practice.