



## WINDSURFING I CLASS INFORMATION FLYER

### WEEKEND CLASS INFORMATION:

**Class meets on Sat 9:30am-1:30pm at UCLA Marina Aquatic Center. Due to limited parking if you can carpool please do so:**

<http://www.marinaaquaticcenter.org/Directions/index.htm>

**and Sun 9:30am-1:30pm at Cabrillo Beach, San Pedro:**

[http://www.marinaaquaticcenter.org/PDFs/Windsurf\\_Directions\\_to\\_Cabrillo.pdf](http://www.marinaaquaticcenter.org/PDFs/Windsurf_Directions_to_Cabrillo.pdf)

### WEEKDAY CLASS INFORMATION:

**Class meets at UCLA Marina Aquatic Center. Due to limited parking if you can carpool please do so: <http://www.marinaaquaticcenter.org/Directions/index.htm>**

### **What to Bring**

#### **Plenty of Water**

#### **General Items**

Lock for Locker  
Sunscreen/hat/sunglasses  
Change of clothes, shoes  
Towel

Bathing suit or shorts & t-shirt  
Wetsuit (if you have your own bring it)  
Booties, watersocks. closed-toed shoes

### **Swimming Proficiency**

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water.

If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours.

Coast Guard approved personal flotation devices are provided by the Center and are required to be worn during the following activities:

- sailing
- canoeing
- kayaking
- monohull sailing
- catamaran sailing
- at the instructor's or dockmaster's discretion

Lifejackets are also available upon request for rowers and windsurfers during rentals and lessons.

### *Important Please Read*

- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.
- For example, you might slip and fall; you might be struck by a part of a boat; your boat may capsize and/or you might be thrown overboard into cold water; or you might be injured in a collision if your boat hits another boat, or runs into an obstruction or the shore.
- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You will be asked to sign a release on the first day of your course, stating that you are watersafe (see swimming proficiency statement) and understand the risks involved in boating.