

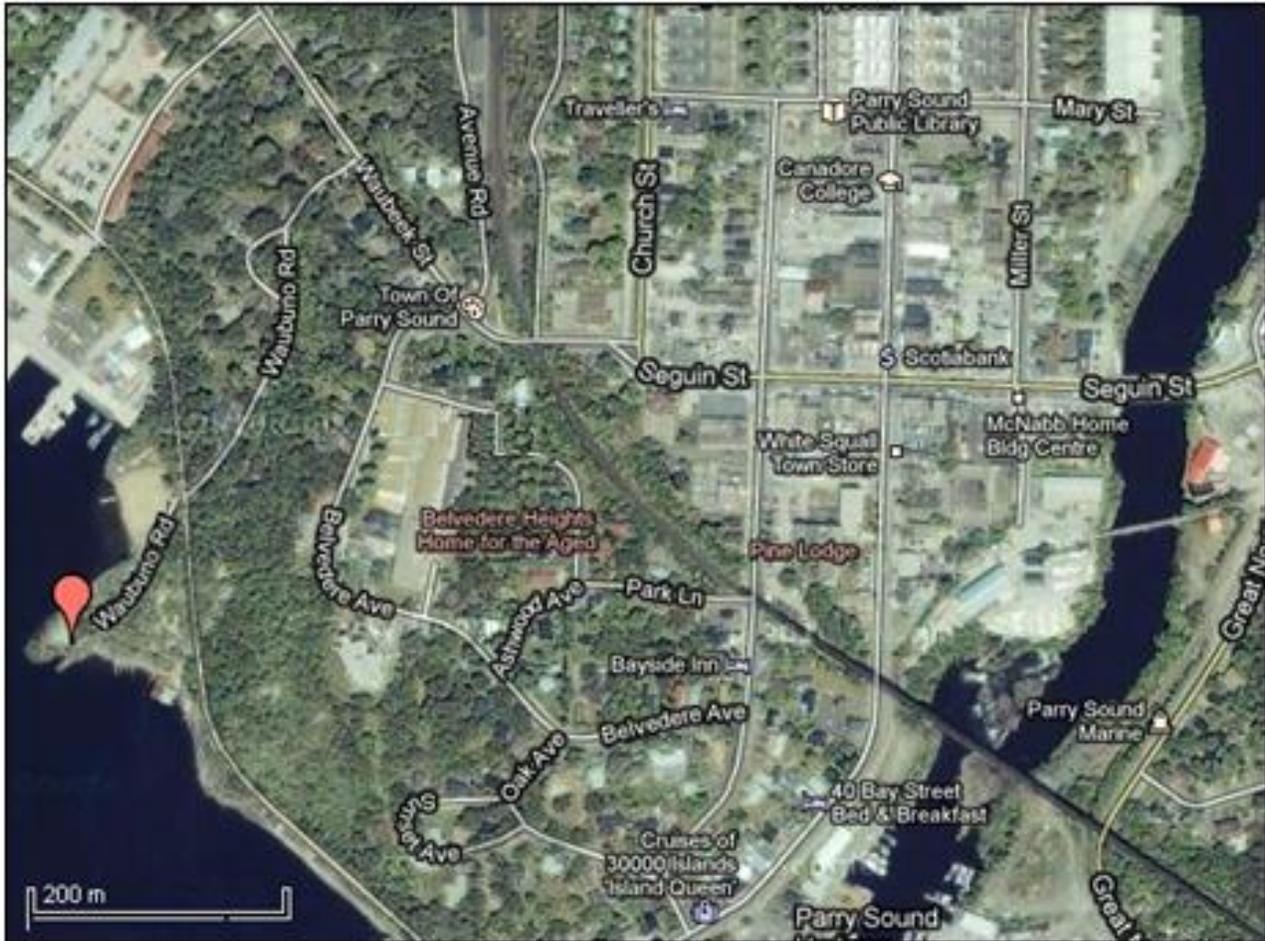
## Information for Parents, Guardians and Students

Thank you for sending your Registration.  
Look forward to an enjoyable learning experience with Sail Parry Sound Sailing School.

### LOCATION

Sail Parry Sound Sailing School is at Sail Parry Sound, near the "Old Town Beach" at 30 Waubuno Road, off Waubeek Street. Please take

great care as you approach the narrow trestle bridge as this area can get very congested during the summer months, and visibility for drivers is limited. There is limited parking at the sailing centre. Students are encouraged to enter by the fitness trail either from Bay Street or from Waubuno Park Beach. Find us on Google Maps. With minor corrections to their map of our street:



### TIME

Regular Sailing School Hours are from 9:00 am to 4:00 pm daily, Monday to Friday (except the August Civic Holiday).

Please do not be late to drop off or pick up your child. Our instructors have preparation and planning to do before and after classes and cannot be responsible for your child outside these hours.

### AT THE SAILING CENTRE

- Safety is a priority. Children are not permitted on any dock without a PFD (life jacket). We encourage adults to do the same.
- Sailors of any age or experience are reminded not to over-extend themselves by setting sail in conditions which exceed their capabilities

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- The sailing centre is considered a Municipal Public Park, although Sail Parry Sound has made all the investment in the Boathouse, the Boatyard, the fleet and the grounds. Most people respect this, and we welcome the public after hours.
- To keep our costs down, our grounds looking good, and our equipment working well, we ask all members to volunteer to help with work parties and other projects. It's also a great way to meet new friends. There are many reasons why Sail Parry Sound is an outstanding organization. Most importantly, the membership—enthusiastic sailors who love competing, having fun in sailboats and socializing.
- Any person using the club facilities, member or guest alike, is asked to behave in a manner appropriate to a peaceful, family facility. Playing loud music, creating a disturbance, or acting in a manner hazardous to oneself or others is not permitted. Members are reminded that they are responsible for the conduct of their guests at all times.
- Please keep the grounds tidy. If you enjoy gardening, do water any thirsty plants, or volunteer to help with our wildflower gardens. Our members have spent thousands of hours turning a rocky point into a developing oasis. Help us to maintain the property as a recreational asset.
- If your child chooses to bring a phone or other electronic device, its use is only permitted at lunch time, and must be kept in their bags at all other times. Sail Parry Sound is not responsible for any lost or damaged devices.

#### WHAT TO BRING EACH DAY

- A well-fitting CSA approved PFD (life jacket)
- water shoes – footwear is required at all times
- sun hat, sunscreen and fluids
- change of clothes, warm sweater if weather cool
- light rain/wind jacket
- lunch and snacks in litterless containers, if possible, to preserve our Bay
- lots of water to drink in a re-fillable bottle, there is a place to fill it
- towel
- all personal belongings labelled with a waterproof permanent marker.

#### LUNCH

As you know, Sail Parry Sound Sailing School runs through two very hot (we hope!) summer months. Please remember that lunches and snacks may be outside for some of the day. All students will need to bring a lunch with them.

**NB: It is important that nuts, including peanut butter, not be a part of any lunch or snack during school hours. Several students enrolled have severe peanut allergies.**

#### HEALTHY LUNCH IDEAS

We hope this will make healthy and safe lunch choices easier for you.

Healthy lunches make happy kids and stronger athletes. Litterless lunches help keep our Bay clean!

#### Lunch bag

- An insulated lunch bag with one or two small ice packs will help keep food cool, we do have a fridge on site as well, however, it has limited space.

## Healthy Food ideas

- Veggie sticks and fresh fruit (apples, mini carrots, bananas, oranges, kiwi fruit, broccoli florets) etc. Most dairy-based dips are not recommended because of heat.
- Salsa and crackers
- Banana mashed with lemon in pita bread
- Homemade individual fruit cups / puddings/applesauce etc
- Dried fruit (raisins, cranberries, cherries, apricots, dried pears, apples etc.) Avoid deep fried and sweetened fruit chips.
- Oatmeal cookies, Graham wafers, Fig-Newton Bars, Power bars
- Cheese and Crackers/Pretzels/Mini-bagels/bread stick
- Muffins (those made with whole grain or dried fruit are best)
- Popcorn (little/no butter)
- Left-over pizza

We look forward to providing an enjoyable experience for your child at Sail Parry Sound Sailing School this summer.

Sail Parry Sound provides registration information for sailing school in three parts:  
1. Learn to sail 2. Registration Forms 3. After you Register: Important information.  
This is Part 3. The others are available online at [www.sailparrysound.on.ca](http://www.sailparrysound.on.ca)