

**Appendix U**  
**Inshore Sailing Operating Procedures**

**Contents**

Pre-requisites for team members .....	1
Waivers: .....	2
Reporting and Communications .....	2
Requirements for safety boat .....	3
Safety Boat Operator Requirements .....	3
Underway requirements for dinghy team vessels .....	4
General Safety.....	6
Team Travel .....	6
Boat Maintenance: .....	7
Hurricane Preparation .....	7
Swim Test Verification Form .....	8
Combined Air and Water Temperature Guidelines .....	9
TAMUG Sailing Team Fitness Testing .....	10
SAILING TEAM WAIVER AND HOLD HARMLESS FORM.....	12
VISITOR WAIVER AND HOLD HARMLESS FORM .....	13
GBC WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT.....	14

**Pre-requisites for team members**

1. Each member of the sailing team should complete the “Skills Check list” during the first semester on the Team.
2. Identify health concerns to the Coach.
3. **Swim Test:** (required for all members of the Sailing Team and for participants in KINE 199 Competitive Dinghy Sailing before first time sailing)
  - Tread water for 10 minutes with sailing shoes on
  - Swim 100 yards any stroke
4. **Physical Fitness:** All members of the Sailing Team (including KINE 199 participants) should participate in the Physical Fitness Tests during the semester. Any student who cannot participate due to health reasons should discuss the matter with the Coach or Advisor and inform the Student Services Office.

- Box Hops: Continue for 80 seconds.
- Pull ups/Inverted row: No time limit.
- Push Ups: Repeat for 80 seconds.
- Crunches: Repeat for 80 seconds.
- Planks: Time determines grade.
- Wall Sits: Time determines grade.
- Sit and Reach.

**Waivers:**

1. All members of the Sailing Team will complete the Sailing Team Waiver, particular to sailing activities, and will submit it to the Coach.
2. Visiting organizations (e.g., Boy Scouts, high school teams) will complete the Visitor Waiver and submit it to the Coach.
3. During Home Regattas when TAMUG uses the Galveston Boat Club (GBC), all participants will complete a GBC waiver and submit it to the Coach.

**Reporting and Communications**

1. Each semester the Coach will inform the Waterfront Director of intended practice days and times, and intended home and away regattas
2. Prior to getting on the water, a roster of those sailing for that particular event practice or regatta will be kept in Bennison place.

## **Requirements for safety boat**

1. Always launch and rig the safety boat with:

- gas tank
- anchor
- course marks

2. Safety equipment

- paddle,
- tow line,
- throw cushion,
- first aid kit,
- Air Horn
- Boat hook
- Emergency knife
- Bailer
- and phone or marine radio.

## **Safety Boat Operator Requirements**

- Complete the Vessel Experience Questionnaire **Appendix T**
- Complete the TPWD or equivalent safe boaters course as approved by the Waterfront Director
- Complete, under supervision of the Waterfront Director or their designee, the relevant sections of the vessel operator basic training checklist (taking into account the size of the boat and operational area)

- The safety boat will not be taken out without a 2<sup>nd</sup> person except in the following conditions:
  - In an emergency and no other crew available
  - On specific authority of the coach
  - When transferring crew/instructors between boats
  - When instructing on a sailing course
  - When carrying out maneuvers while under instruction

### **Underway requirements for dinghy team vessels**

1. Check the weather prior to sailing (wind speed, water and air temperatures, forecast). Suitability of sailing conditions is based on the weather and sailor skill.
2. Wetsuits, dry suits and “spray gear” are encouraged as conditions warrant. For example, a wet suit is recommended when the combined air/water temperatures are below 120<sup>0</sup>F, and a dry suit is recommended when the combined temperatures are below 100<sup>0</sup>F. *See water/air temp guidelines*
3. Before sailing, check the status board and inspect the boat (e.g., standing rigging, plugs, ring-dings, halyards).
4. Always wear a lifejacket on the water.
5. When sailing out for practice in the Bayou, always use the “buddy system” (i.e., a minimum of two sailboats together).
6. The maximum wind speed during which sailing practice can be exercised is predicated on the sailors’ skill levels and is set by the team Coach. Various options are available as the wind speed increases to “tame” the sailboats and

maintain a safe learning environment. These include using storm jib and/or mainsail, sailing close under the weather shore, boat selection (i.e., Laser, FJ, 420), and skipper/crew assignments based on experience. Under some circumstances of limited experience, consideration is given to keeping some sailors ashore and limiting those who sail. On-the-water activities will be suspended when wind conditions exceed 34 knots or a Gale Warning is issued (formerly “Small Craft Warning”) in Offatts Bayou.

7. Safety Boat Ratios based on wind speed

<u>Wind Strength</u>	<u># of Safety Boats</u>
0-15 kts	1 boat per 14 sailing craft
15-25kts	1 boat per 11 sailing craft
25-34kts	1 boat per 7 sailing craft
Over 34kts	Sailing suspended

8. In conditions above 34 mph an adverse weather exemption would be required.

Any exemption for sailing when wind speeds are expected to be above 34kts would be requested from the Director of the Waterfront.

9. In wind conditions of 15 to 34 Knots the Sailing Team Coach is delegated authority to judge the prevailing weather conditions and determine if an adverse weather exemption is required as per the Waterfront SMS procedures. This authority can be cancelled by the Waterfront Director for cause. In these conditions the Sailing Team Coach will consider the following steps to mitigate risks:

- Limit inexperienced sailors from participating
- Limiting the number of dinghies sailing per safety boat

10. Sailing should be suspended if there is visible/audible thunder/lightning in the area.

### **General Safety**

- Use the Team's boats only during organized team events; they are not for general recreation.
- In the absence of the Coach, have a senior person in charge, designated by the Coach.
- Report injuries or boat damage to the Coach.

### **Team Travel**

1. The coach or their designee should ensure, prior to attending a sailing regatta, that one "Pre-Event Planning Form" is completed and that each participant completes an "Assumption of Risk", and submits this documentation to the Student Life Office.
2. The persons attending the away regatta will conform to the safety procedures governing that event, in the absence of safety rules these procedures will apply to all TAMUG participants to the best of their abilities
3. Call the Coach when departing and arriving, and with regatta results
4. For "long distance trips" (e.g., to Mississippi, Kansas, Florida, etc.), it is recommended that drivers have one alert passenger in the front seat and rotate to a new driver every four hours.

### **Boat Maintenance:**

1. Boat discrepancies are to be reported on the “Status Board” located in the Tool Shed.
2. General maintenance, cleaning and minor repairs (washing, waxing, sewing, taping, installation of replacement parts) will be performed by the members of the Sailing Team. Major repairs (e.g. fiberglass work following hull punctures) will be performed by a local contractor.
3. Periodic maintenance days will be scheduled to repair boats as the conditions warrant.
4. Complete boat overhauls (masts down, clean, wax, inspection, part replacement) are conducted once each season when boats are taken in/out of storage.

### **Hurricane Preparation**

With adequate notification the following should be completed

1. Move sailboats to Pelican Island warehouse and sails/rudders inside Bennison.
2. Board up Bennison windows and turn off power.
3. Move motorboat behind shed and secured.



## **Combined Air and Water Temperature Guidelines**

**Air and Water Temperature Combined < 120 degrees:**

**YOU SHOULD WEAR A WET SUIT**

**Air and Water Temperature Combined < 100 degrees:**

**YOU SHOULD WEAR A DRY SUIT**

Minimum Protection: Layered Synthetics (always remember: Cotton Kills) under Wet Suit and a Dry Top.

## TAMUG Sailing Team Fitness Testing

### Fitness Test Standards and Scores

#### 1.5 Mile Run; 3.75 Mile Ride; 600 Meter Swim

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	9:00<	9:00-9:30	9:30-10:30	10:30-11:30	11:30-13:00
<b>Female</b>	10:00<	10:00-10:30	10:30-11:30	11:30-12:30	12:30-14:00
<b>Points</b>	50	40	30	20	10

#### Box Hop (towel/block hop optional)

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	100	80	60	40	20
<b>Female</b>	100	80	60	40	20
<b>Points</b>	50	40	30	20	10

#### Pull Up/Inverted Row

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	30	25-29	16-24	11-15	5-10
<b>Female</b>	30	25-29	18-24	15-17	10-14
<b>Points</b>	50	40	30	20	10

#### Push Ups

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	70	60-69	40-59	30-39	20-29
<b>Female</b>	60	50-59	30-49	20-29	10-19
<b>Points</b>	50	40	30	20	10

#### Crunches

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	80	70-79	60-69	50-59	40-49
<b>Female</b>	80	70-79	60-69	50-59	40-49
<b>Points</b>	50	40	30	20	10

#### Planks

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	>8 min	>6 min	>3 min	>1 min	>30 sec
<b>Female</b>	>7 min	>5 min	>2 min	>45 sec	>15 sec
<b>Points</b>	50	40	30	20	10

#### Wall Sit ("no weight" optional for PE class)

	Level V	Level IV	Level III	Level II	Level 1
<b>Male</b>	>10 min	>8 min	>6 min	>4 min	>2 min
<b>Female</b>	>10 min	>8 min	>6 min	>4 min	>2 min
<b>Points</b>	50	40	30	20	10

### Sit and Reach

	Level V	Level IV	Level III	Level II	Level I
Male	+8	+6	+4	+2	Touch Toes
Female	+8	+6	+4	+2	Touch Toes
Points	50	40	30	20	10

### Physical Fitness Tests administered monthly

Box Hops: with feet together and hands on hips, hop laterally back and forth across an elevated box (two aerobic blocks) or foam blocks (2). As an option, may hop across a rolled towel. Continue for 80 seconds

**Pull ups/Inverted row: hands facing away from face, pull up until chin clears bar. Lower to straight-arm position. Women lie in a horizontal position hanging from squat rack and heels supported by chair. No time limit.**

Push Ups: Men and women from toes and straight-arm; lower to chest touch closed fist or foam brick. Repeat for 80 seconds

Crunches: From a lying position on the back and with the knees flexed so that the heels are about 14" from the seat, place hands at ears and elbows up. Start with shoulder blade-tips just touching the floor and flex abdomen until elbows cross the midline position (navel). Lower down and repeat for 80 seconds.

Planks: Hold a straight-back position suspended from toes and elbows. Time stops if hips dip or peak. Time determines grade

Wall Sits: weight used 10 lbs. Hands should remain off the knees, thighs. PE class not required to use weight. Time determines grade

Sit and Reach: units in above matrix in inches.



**SAILING TEAM WAIVER AND HOLD HARMLESS FORM**  
**THE TEXAS A&M UNIVERSITY SYSTEM**

1. In consideration for receiving permission to participate in the **TAMUG Sailing Team** (herein referred to as **ACTIVITY**), which is sponsored by the **Texas A&M System** (herein referred to as **SPONSOR**), a component member of The Texas A&M University System, I hereby **RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, AND AGREE TO HOLD HARMLESS** for any and all purposes **SPONSOR**, The Texas A&M University System, the Board of Regents for The Texas A&M University System, and their officers, servants, agents, volunteers, or employees (herein referred to as **RELEASEES**) **FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, OR INJURY, INCLUDING DEATH**, that may be sustained by me while participating in such activity, or traveling to or from such activity, or while on the premises owned or leased by **RELEASEES**, **including injuries sustained as a result of the negligence of RELEASEES**. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate.

2. I am fully aware that there are inherent risks involved with **ACTIVITY**, including but not limited to **property damage, bodily injury and death**, and I choose to voluntarily participate in said activity with full knowledge that said activity may be hazardous to me and my property. I **VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH**, that may be sustained by me as a result of participating in said activity **including injuries sustained as a result of the negligence of RELEASEES**. I further agree to indemnify and hold harmless the **RELEASEES** for any loss, liability, damage or costs, including court costs and attorney's fees that may occur as a result of my participation in said activity.

3. I understand that **RELEASEES** do not maintain any insurance policy covering all circumstances arising from my participation in this activity or any event related to that participation. As such, I am aware that I should review my personal insurance coverage.

4. It is my express intent that this Covenant Not to Sue and Agreement to Hold Harmless shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be governed by the laws of the State of Texas.

5. In signing this Covenant Not to Sue and Agreement to Hold Harmless, I acknowledge and represent that I have read the foregoing Covenant Not to Sue and Agreement to Hold Harmless, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements apart from the foregoing agreement that has been reduced to writing have been made. I execute this document for full, adequate and complete consideration fully intending to be bound by the same, now and in the future.

**SIGNED** this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

**Participant Signature:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**Parent or Legal Guardian Signature:** \_\_\_\_\_

(If Participant is under 18 years old)

**Parent or Legal Guardian Printed Name:** \_\_\_\_\_

(If Participant is under 18 years old)

**Witness Signature:** \_\_\_\_\_

**Witness Printed Name:** \_\_\_\_\_

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**VISITOR WAIVER AND HOLD HARMLESS FORM**  
**THE TEXAS A&M UNIVERSITY SYSTEM**

1. In consideration for receiving permission to participate in SAILING ACTIVITIES, which are sponsored by TAMUG, a component member of The Texas A&M University System, I hereby **RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, AND AGREE TO HOLD HARMLESS** for any and all purposes SPONSOR, The Texas A&M University System, the Board of Regents for The Texas A&M University System, and their officers, servants, agents, volunteers, or employees (herein referred to as RELEASEES) **FROM ANY AND ALL LIABILITIES, CLAIMS, DEMANDS, OR INJURY, INCLUDING DEATH**, that may be sustained by me while participating in such activity, or while on the premises owned or leased by RELEASEES. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate.

2. I am fully aware that there are inherent risks involved with SAILING, and I choose to voluntarily participate in said activity with full knowledge that said activity may be hazardous to me and my property. **I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH**, that may be sustained by me as a result of participating in said activity. I further agree to indemnify and hold harmless the RELEASEES for any loss, liability, damage or costs, including court costs and attorney's fees that may occur as a result of my participation in said activity.

3. It is my express intent that this Covenant Not to Sue and Agreement to Hold Harmless shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be governed by the laws of the State of Texas.

4. In signing this Covenant Not to Sue and Agreement to Hold Harmless, I acknowledge and represent that I have read the foregoing Covenant Not to Sue and Agreement to Hold Harmless, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements apart from the foregoing agreement that has been reduced to writing have been made. I execute this document for full, adequate and complete consideration fully intending to be bound by the same, now and in the future.

5. I acknowledge that I successfully completed a swim test required by my national governing body (e.g., Boy Scouts of America, Intercollegiate Sailing Association, Interscholastic Sailing Association, USODA, etc.), and that I have health insurance.

6. I will check the weather forecast prior to leaving the dock.

7. I will report to the TAMUG police (740-4545) prior to departing from, and immediately after returning to the dock. I will inform the campus police of the number of people and boats on the water, and my expected time of return.

8. I will ensure that a safety boat, manned by a competent person, is available during sailing.

**SIGNED** this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.

**Signature:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**WITNESS signature:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

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**GBC WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT**

In consideration for receiving permission to participate in

**Sailing Event sponsored by Texas A&M University at Galveston**

I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Galveston Boat Club (GBC) (hereinafter referred to as RELEASEE) from any and all liability, claims, demands, action and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEE, or otherwise, while participating in such course activity, or while in, on or upon the premises where the activity is being conducted.

2. I am fully aware of the risks and hazards that may be encountered during the sailing event. I hereby elect to voluntarily participate in said activity, and to enter the above named premises and engage in such activity knowing that the activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that me be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such an activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEE or otherwise.

3. I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS the RELEASEE from any loss, liability, damage or costs, including court costs and attorneys' fees, that they may incur due to my participation in said activity, WHETHER CAUSED BY NEGLIGENCE OR RELEASEE or otherwise.

4. It is my express intent that this Release and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEE. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Texas.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign in voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made: I am at least eighteen (18) years of age and fully competent; and I execute the Release for full, adequate and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have here unto set my hand and seal on this \_\_\_\_\_(date).

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Participant Signature)

\_\_\_\_\_  
(School)

Witnessed by: \_\_\_\_\_