



Sailing into Science (S.I.S.) Water Safety Information

Dear Parent/Guardian,

SiS has *safely* served more than 10,000 youth from Bay Area schools. A major component of our program is instructing students in water safety and the importance of Lifejackets. Lifejackets are provided for student and staff use and are required to be worn at all times when students are near water, on docks, or on boats. Prior to approaching the water, students are taught how to properly wear Lifejackets and are checked by instructors. Students **do not need to know how to swim** as Lifejackets are designed to float them in the unlikely event that they should fall in.

While students are boating, a certified instructor monitors boating activities either from the same boat or from an accompanying safety power boat. Students are assisted into and out of boats by instructors and dock staff. Instructors and dock staff are trained in water safety techniques and water rescues.

If you have any questions or concerns about your student's safety around the water please feel free to contact me.

Sincerely,

Laura DeFelice
Boating Program Coordinator
Lake Merritt Boating Center
(510) 238-2196
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Sailing Into Science

Packing List

Here are a few things for students to bring:

- A lunch and snack
- Shoes & clothes that you don't mind getting a little wet
- A change of pants, when kayaking as you will get splashed
- Water bottle (you can refill it)
- Protection from the sun
 - Sunscreen
 - Hat and/or Sunglasses
- Sweatshirt or jacket in case it gets a little cold.

Remember that Oakland weather is unpredictable – be prepared for just about anything!

