

## **Wind Clinic A – Planning Information**

In preparation for your arrival in Cascade Locks, please see below.

### **Clinic Opening Day Schedule**

The clinic for both c420s and Laser/ILCAs begins Monday morning at 10:00 am with a kick off by CGRA and the head coaches for each group. Check in is required, so plan to be on site no later than 9:00 am to complete this process.

### **Clinic Daily Schedule**

Each head coach will set their own schedule for the following day. Sailors should plan to be onsite from 9:00 am to 5:00 pm but coaches will provide specific guidance

### **Berthing**

Boats will be kept on the beach and in the parking lot. ½ of Laser/ILCAs will be on the beach with the remainder in the parking lot. The boats will stay in their assigned location through the clinic. The c420s will be in the first row of parking nearest the ramp.

### **Parking**

Boats can be dropped off in the parking lot, but once unloaded, all cars and trailers should be parked in the grass area west of the Visitor Center, nearest the road.

The Port of Cascade Locks charges for daily parking. The fee for CGRA clinic participants is \$5/day for cars and \$7/day for trailers. The car fees can be paid with the mobile app (details posted on signage in the Marine Park) or using the kiosk at the main entrance. Trailer tags can be purchased at the race office.

### **Marine Park Hours**

The Marine Park is accessible at all hours..

### **Daily preparation**

Sailors should be prepared with appropriate gear to stay warm, hydrated and fueled during the day. Water bottles, snacks, lunch, sun screen should be carried on site with each sailor.

### **Safety**

CGRA recommends that each sailor wear a helmet to protect against head injuries. The most important thing is that the helmet is comfortable and that the sailor wears it. Many different styles are available in all price ranges. It does not need to be a sailing specific helmet.