



Junior Sailing Program Parent Handbook & Policies

Program Objectives

The SCYC Sailing program in fulfilling the club mission will strive to:

1. Give students an appreciation of the pleasures and enjoyment of sailing as both a competitive and recreational activity.
2. Instill competence in the handling and maintenance of large and small boats with an understanding of the basic elements of seamanship and safety.
3. Develop skills as competitive racing skippers and crews with a thorough knowledge of racing rules, tactics, and techniques.
4. Develop an appreciation of and philosophy for self-reliance, dependability, courtesy, sportsmanship, teamwork, and respect for property.

Daily Routine

Upon arrival to the clubhouse *sailors should check in* with their instructor for directions. Although on most days, weather permitting, the boats shall be rigged and ready to sail, there will be certain days where the lesson will be conducted on land and rigging is not required.

Morning Lessons

The morning lessons begin promptly at 9 am. After sailors learn to rig their boats it is expected that the **boats be rigged by 9 am**. Thus, it is recommended that sailors **arrive by 8:40am** so that they have ample time to rig. Typically this is the 2nd week for beginner sailors and by the end of the first week for intermediate and advanced sailors. It is important that sailors are prompt to arrive for lessons so that they do not delay the entire class. Sailors that arrive 20 minutes late to a class will not be permitted to participate in the lesson and will be sent home for that day. Lessons will conclude at **11:45 am**, however time should be allowed for the putting away of boats.

In order to **ensure safety** and establish a plan for the day, sailors will typically meet with the instructor at the lesson start and will discuss the skills to be learned and activities for the day before going on the water. This could take up to 30 minutes. This is an essential component of an efficient, effective, and safe sailing class. We feel that sailors should spend most of the class on the water but not at the expense of focused objectives or assurance of safety. The instructor

will close the lesson with a brief review and discussion of the day's events where each sailor can ask questions or reflect on how to improve. Sailors shall not leave until all equipment has been washed and properly stored. Sailors **MUST** wait for the instructor to dismiss them.

Afternoon Lessons

Afternoon lessons begin promptly at **1:15pm**. Boats must be rigged and sailors must be ready to sail by this time. Thus, it is recommended that sailors arrive before 1pm to ensure their boats are rigged on time. This will help to maximize the time sailors spend on the water. Sailors arriving over 20 minutes late will be sent home for the day. As with the morning lessons, sailors shall meet with the instructor at 1:15pm to discuss the racing tactics, drills, and skills to be learned that day. The afternoon lesson will return to land around 3:45pm at which time sailors shall haul boats out of the water, de-rig, and stow equipment. Prior to completing de-rigging, the instructor will meet with the entire class to discuss the day's outcomes, sailor strengths, sailor weaknesses, and tips for improvement. Afternoon lessons end at **4:00pm**. Tuesday afternoon lessons may involve a distance sail to another club to prepare for the interclub the following day. Be sure to check with your instructor to be informed of the Tuesday afternoon plan. Remember, parents are responsible for boat and sailor transportation. (*See Regatta and Racing Guide*)

Being Prepared (*what do I need for sailing lessons?*)

- Eat Breakfast / Lunch
- Wear a Coast Guard approved life jacket or PFD (personal flotation device) at all times. We recommend a type III PFD. This must fit properly and be in good condition.
- A whistle shall be attached to the PFD
- Sailing gloves
- All equipment required to operate the boat (bailer, blades, rig, etc...)
- Last name/valid storage sticker must be visible on the transom of all boats stored at SCYC
- Write your name on ALL equipment with permanent marker.
- Boat class "specific" safety equipment.
- A bow line of at least 20 feet long with a 5 inch loop at the end.
- Water bottle
- Sunscreen
- Bug spray on west wind days
- Sunglasses with 100% UVA & UVB protection.
- A hat with a clip or twine so you can tie it to your PFD.
- Fast drying, soft light soled shoes water shoes, or sandals (not flip-flops)
- Be sure to wear a bathing suit and bring a towel.
- Note pad and pencil (Advanced Sailors)

Additional Requirements of Sailing Participants

- All students must pass a swim test
- All registration/ medical forms must be completed and fees paid in advance.
- All sailors are responsible for the rigging and de-rigging of their boats.
- All sailors must have their boat set up and equipped before class begins.
- It is your responsibility to secure your boat to the rack, your dolly, or the road trailer each day. This is important in the event of a storm.
- All sailors shall help others in their class move the boats on and off of the racks.
- Classes will not be dismissed until all boats are stored properly.

Sailor's Code of Conduct *(all sailors must read this)*

This Code of Conduct represents the most important ideals and guidelines to follow in order to have the most fun during your summer sailing experience.

Simply stated, it is an agreement by all sailors to:

- Be on time for lessons.
- Attend regularly
- Sail for fun and the love of the sport. Enjoy yourself.
- Be cooperative, supportive and respectful of other people and their property at all times.
- Listen to and follow your instructors' directions.
- Listen, ask questions, and watch others to see how you can better your skills.
- Participate 100% in daily activities
- Study and sail within the Right of Way rules (Avoid Collision!)
- Be a team player - get along with your classmates.
- Be considerate in success and failure, victory or defeat. (be a good sport)
- Use good language – the use of profanity, obscene language, or obscene gestures is unacceptable.
- Remember that your actions both on and off the water reflect upon you and your sailing club.
- NEVER participate in any physical violence, fighting etc. under any circumstances.

Discipline

It is the intent of the Sailing Program that all participants involved have a safe and enjoyable summer. If any participant is unwilling to maintain safe conduct while on club grounds or on the water and demonstrates inability to follow the code of conduct, he/she will be subject to discipline according to the following steps:

1. Verbal warning / correction from instructor
2. Discussion with sailing instructor, report to Head instructor and documentation of behavior.
3. Discussion with Head Instructor and/or Waterfront Director, notification to parents and documentation of behavior and establishment of a behavior contract.
4. Parent conference with junior sailor, Waterfront Director, and Instructor prior to returning to classes. Discipline may include suspension from program activities for a day.
5. Chronic disciplinary issues and/or breach of behavior contract cannot be tolerated in a waterfront program. To ensure safety and fairness to all sailors and instructors, disciplinary action may include but not be limited to immediate dismissal from the program.

Parent Guidelines

Parents / guardians are an important part of a successful Summer. Parents should be involved and supportive of their children as they pursue the sport of sailing. In addition to signing your child up for lessons we ask you to also:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make their participation fun. Support their desire to sail or play the sport of their choosing.
- Encourage your child to participate in the SCYC weekend junior racing series.
- Show a positive attitude toward the SCYC program and all of its participants.
- Emphasize personal skill development and practices and how they benefit your young athlete.
- Review lessons with your child at night by showing interest in what they have learned and achievements they have made.
- Applaud a good effort in victory and in defeat and enforce the positive points of the sport.
- Familiarize yourself with the materials required for your child's participation in the SCYC program. (Course Description, Parent Handbook, Racing Handbook, Calendars, Schedules, Policies, Duties etc)
- On a special note, parents of beginner sailors can assist with the movement of boats but are asked **not to rig boats** for sailors. This process will be covered as a part of the lesson.
- Please do not interrupt classes while they are in session. After the lesson begins it is asked that parents leave the lesson area so that sailors may focus fully on the instructor and the lesson.
- Due to the large participation in the program we ask that sailors only be present at the club during their scheduled lesson times. Children may not "hang out" at the club while lessons are underway. Games on the porch are closed for use during lessons.
- Get involved.

Policy on Collisions That Cause Damage

Sailors should avoid collision at all costs even if in the Right Of Way. If a collision should occur SCYC has adopted the following procedure:

1. Sailors must notify their instructor as soon as possible that a collision occurred
2. Sailors must fill out a incident report upon returning to shore.
3. Forms must be submitted to the head of sailing within 30 minutes of landing.
4. A protest meeting will be held to determine the facts of the incident.
5. A determination will be made by the protest committee as to what happened.
6. The party held in fault (if any) is expected to take responsibility for the repair of damages.
7. The club or its employees are not liable for damages.

Communication Guide

The communication between parents and instruction staff is a key element in providing an effective and successful summer experience. If you have a specific concern or issue relating to sailing instruction that you would like addressed please refer to the following guidelines:

1. First, kindly speak directly to your child's instructor but **NOT** during lesson times. Our instructors must give their 100% attention to their classes at this time.
2. If you feel that you did not receive satisfaction then please speak to the Sailing Director or Head Sailing Instructor.
3. Lastly, you can speak to the Waterfront Director.

Any other questions, issues, or concerns regarding the Sailing Program should be directed first to the Sailing Coordinator / Head Instructor and then to the Waterfront Director. Please follow the above protocol to assist us in providing a consistent approach and to best address your concerns. Following these guidelines promotes respect and trust within the program and its' staff. We feel that your concerns, observations, and questions are very important. Please do not hesitate to let us know how things are going. We all thank you for your support and look forward to a safe, fun, and memorable summer.

Curricula

SCYC follows a curriculum that is aligned with the United States Sailing Association. Beginner sailors should purchase the text "Start Sailing Right" published by the United states Sailing Association (ISBN 1-882502-48-5) Limited copies may be available in the SCYC ships store at a discount. For more information on our courses please stop by the sailing office or see the SCYC yearbook that contains our course descriptions.

