

YCCSC Youth Sailing Parent Orientation

I. Introduction

1. Two weeks sessions
2. Hours: 420's- 9am to 4pm, Prams- 9am to 12pm or 1pm to 4pm

(Note: Pram parent of the day hours are 9am – 12:30pm or 12:30pm – 4pm)

II. Instructors

1. Director: Brad Hill
2. Instructors: Geoff Schneider, Kristin Sloski, Nastia Jones, Grace Timko, and Brigid McKay
 - a) Backgrounds and certifications
 - b) Ratios: Land 7 students to 1 instructor
Water: 4 boats to 1 safety boat

III. Facilities

We are guests of the Cape St. Claire community and we must follow the community rules and regulations. We do not want to interfere or inconvenience the residence of the Cape.

1. Port O Potty
2. No students on the boat pier. (**No one at Fair winds Marina**)
3. No one is to swim from the piers.
4. Beach Phone (410) 626-8830

IV. Course Outline and Instruction

1. Cape St. Claire Youth Sailing ratings: Seaman, Mate, Skipper, Opti Mate Opti Skipper
2. Four parts of instruction
 - a) Lecture
 - b) Land drill
 - c) Demo
 - d) Practice
3. Priorities
 - a) Safety
 - b) Fun
 - c) Tiller time
 - d) Theory

V. Getting Started

1. Day 1
 - a) Swim test with shoes. Swim 50 yards; tread for 1 minute; put on life jacket in the water.
 - b) Go over the rules
 - c) Sail
2. Day 2
 - a) Capsize and rescue
 - b) Steering
 - c) Knots
3. Remainder
 - a) Trimming – sails and boat
 - b) Lots of sailing

VI Advanced Group (Get involved in High School program)

1. Racing
2. Spinnaker and trapeze
3. Weather

VII Knots <http://www.animatedknots.com/>

1. Square, eight, bowline, cleat, heave and coil.
2. Clove hitch, half hitch, rolling hitch, whipping and splicing.

VIII Lunch (bring your own)

1. Cooler
2. Keep it Healthy!
3. **Water!!!**
4. Sports drink or juice (soft drinks can be diuretic and can cause dehydration)

IX Responsibilities

1. Time: 9:00 – 4:00
2. Proper gear
3. Lunch and **WATER**
4. Be ready for all kinds of weather. It will be hot but can also get cold.
5. **SUN SCREEN** and weather protection

X Safety

1. **PARENT OF THE DAY** (please know your day, we count on you)
2. Ability to swim. Swim test: 50 yards, tread for 1 min. and put on life jacket.
3. Life jacket must be worn when swimming or sailing **NO EXCEPTIONS!** (please no horseshoes).
4. All students must wear shoes at all times (**NO SANDALS**).
5. More sunscreen! Slip (shirt), Slop (sunscreen), Slap (hat and sunglasses).
6. Weather – rain and t-storms or heat may all cause cancellation of class.
7. Safety boats are on the water before sailboats.

XI. Discipline

1. Verbal warning from an instructor or parent
2. Warning from the head instructor
3. Time out
4. Parent contact
5. Day off
6. Possible removal from the program (**There will be NO refund**)

XII Gear

Cooler	Shoes (no sandals)	Light colored clothes
Water jug	Life jacket	Backpack or bag
Hat (light colored)	Gloves	Book
Towel	Bailer	Foul weather gear
Safe Sea	Sun Screen	Fleece jacket
Sunglasses		

XIII To Parents Volunteers run this program. Please join us the second Tuesday of the month at the clubhouse in the Cox meeting room at 7:00. Many people can make big jobs small. You don't have to be a sailor or a teacher, just someone who cares.