

Waquoit Bay Yacht Club

Junior Sailing Program Handbook 2010



Waquoit Bay Yacht Club Junior Sailing Handbook

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Guidelines and descriptions have been excerpted and in some cases repeated in full with the permission from the Duxbury Bay Maritime School and its affiliates and the New Bedford Yacht Club and its affiliates (March 2006).

Waquoit Bay Yacht Club Junior Sailing Handbook

WBYC Junior Sailing Mission Statement

The purpose of the Waquoit Bay Yacht Club Junior Sailing Program is to stimulate individual growth and an enduring love and appreciation of the sea. The Waquoit Bay Yacht Club believes that the experiential learning that occurs on the water provides valuable lessons for life, especially for children. In addressing the challenges of Waquoit Bay and its resources, children become self-reliant, confident, and responsible. They also learn to compete fairly, cooperate with others, and plan ahead. All this happens while students are having the time of their lives and becoming skilled at activities they can pursue for a lifetime.

Program Goals

The primary goals of WBYC Jr. Sailing program are:

1. Develop sportsmanship, integrity and interpersonal skills
2. Instill in students an admiration for sailing
3. Develop a respect for the sea and the elements
4. Learn and incorporate safety and seamanship
5. Instill responsibility for boats and equipment
6. Create a fun atmosphere in which students want to participate

WBYC Jr. Sailing Program Philosophy is designed to be:

- ❖ Safe
- ❖ Instructional
- ❖ Progressively challenging
- ❖ State of the Art (Equipment, Materials, and Facility)

The curriculum is designed to teach children:

- ❖ Introduction to Sailing and Safe Boat Handling
- ❖ Intermediate Sailing and Yachting Skills
- ❖ Advanced Sailing and Yachting Skills
- ❖ Seamanship
- ❖ Team Racing
- ❖ Fleet Racing

The Program Strives to achieve the following:

- ❖ A lifelong love and interest in Sailing
- ❖ Sportsmanship
- ❖ Leadership
- ❖ Decision Making
- ❖ Competitive Racing Expertise

Waquoit Bay Yacht Club Junior Sailing Program

Safety

The Waquoit Bay Yacht Club Jr. Sailing Program is dedicated to insuring the safety of your child during their participation in sailing classes. All WBYC instructors are at least US Sailing Level One Certified.

There are two main areas of safety concern:

1. Risk Management, which includes prevention and procedures to avoid accidents and injuries
2. Accident Management, which concerns emergency procedures on and off the water

Each instructor has specific duties and responsibilities in the instruction and care of all program participants. These responsibilities are dependent on the following factors:

- ❖ Age and skill of the students
- ❖ Type of activity
- ❖ Environmental conditions

When exercising general supervision, our instructors are immediately accessible to participants. They are constantly alert for deviations from normal procedures, potentially hazardous conditions and are able to react accordingly. If an instructor has to divert attention from the overall supervision of the class, to make a rescue, administer first aid, or to affect a repair another instructor will watch the class. Our supervision will not be left to chance. All WBYC instructors rehearse emergency procedure dos and don'ts and are CPR and First Aid trained in accordance with the guidelines determined by US Sailing.

Swim Test

As a safety measure, all students are required within the first week of class to take a swim test. They will be asked to swim approximately fifty (50) yards if they are under 12 years of age, and approximately one hundred (100) yards if they are over twelve as well as tread water for one (1) minute. Please be sure that your child has a towel and a change of clothes.

Lifejackets

Personal floatation devices (PFD-lifejackets) **MUST** be worn at all times when sailing, on the dock or near the water. These must be U.S. Coast Guard approved and must be properly rated to an individual's size and weight. Students and staff when participating in any activity that takes a person into a boat, on a dock, ramp, sea wall or launch area adjacent to or alongside the water, **MUST** wear Lifejackets. The life jacket needs to be properly identified with the owner's name and should be inspected regularly to ensure that it is in good functioning condition (no missing straps, torn zippers, Exposed or water logged flotation.) If a lifejacket is unsafe or of questionable value, it must be discarded and replaced immediately. A whistle on a lanyard (string) should be attached.

Waquoit Bay Yacht Club Junior Sailing Program

General Safety Rules

1. PFD's worn and secured at all times
2. Wear proper footwear at all times
3. No Running
4. No Swimming
5. No Pushing
6. No smoking, No drugs or alcohol

Conduct

The goal of the Waquoit Bay Yacht Club's Junior Sailing Program is to develop student's individual strengths, to improve their skills, and to have fun while doing so. Programs require a high standard of commitment, effort, and personal conduct. Decent, self-respecting behavior and true sportsmanship are expected of everyone while participating in the program, while on the property of WBYC, and while representing WBYC at offsite events. Failure to adhere to this code of conduct will result in disciplinary action, including suspension or expulsion.

Discipline Policy

In order to run a safe and productive program we need to have a discipline policy. Our discipline policy maintains that each sailor will have three chances to correct any non-rule following behavior as follows:

1. First Strike-Your parent will be called by the instructor and the transgression will be reported. This will be recorded on your file and the Head Instructor will be notified.
2. Second Strike- you and your parents will be asked to meet with the instructor and the Head instructor to discuss the first and second transgression and to make a plan to avoid any future misbehavior. The notes from this meeting will also be documented in your file.
3. Third strike- You're out! We will notify your parents that you are on your way home. You will no longer be welcome in the program. **No Refund.**

****Please note the strikes include, but are not limited to: Inappropriate language, destruction of property, physical/verbal abuse to another student or instructor or refusal to take part in class activities or adhere to the directions of the instructor.**

Waquoit Bay Yacht Club Junior Sailing Program

Student Preparation

It is very important to be prepared for class every day. Sailing is strenuous, hard work and it can at times be dangerous. Everyone must be on their best behavior, alert and have all the proper equipment.

Prepare for sailing by:

1. Eating properly and bringing a water bottle to class
2. Applying sun block liberally
3. Wearing sunglasses with full UV protection
4. Wearing a hat that will be secure if it is windy
5. Wearing shoes at all times (in boats, on docks, on deck during class) Sandals that slip off are not acceptable.
6. Wearing a properly fitted US Coast Guard approved PFD (lifejacket) at all times. An emergency whistle must be attached.

Course Progression

The course sequence for students ages eight to eighteen follows a progression from basic instruction to refined sailing and racing skills. The underlying approach in all courses is to build the skills and confidence necessary to feel at home on the water, to ensure that students enjoy both the challenge and the fun of sailing, and to instill in all the principles of sportsmanship, leadership, and self reliance. The WBYC Sailing Staff is glad to assist with course selection and reserves the right to make a final determination regarding class placement.

Racing Philosophy

Competition is an essential part of the higher level classes. We believe that several benefits derive from racing. Students often don't understand or develop the finer points of sailing unless they can see the effects of their actions as measured against another boat sailing alongside. A clearly identifiable short-term goal (winning) usually heightens the learning curve. While encouraging friendly competition, we stress the importance of safety. Sailors need to learn the rules of racing. This includes allowing protests, which are an important process in understanding racing rules. We strive to never forget that sailing should be fun. Parents and instructors should be instrumental in supporting their children and helping them understand that there is a system for resolving disputes. The system does not always function properly, but children should be taught to deal with it, accept the results and move on.

Waquoit Bay Yacht Club Junior Sailing Program

Regattas

Sailors are encouraged to seriously consider their abilities when deciding whether to participate in any race (other than within their own class) or regatta. Consultation with the instructor is advised to determine if they are prepared to participate. Traveling to other yacht clubs for regattas is arguably the most memorable experience for our sailors. Besides enjoyment of the competition itself, the social aspects are significant. Our sailors spend a lot of time on and off

The water with sailors from other clubs up and down the coastline of Massachusetts. WBYC will provide a list of regattas we will be sending our sailors and instructors to. During class time, students will be given the instructions they need to participate in these regattas. We will maintain a list of sailors and boats going to each event, and will do our best to help coordinate moving people, boats, and gear. It is not the instructor's job to move the boats, rig the boats or keep track of the gear at regattas. They will help out before, between and after racing but sailors and parents need to take full responsibility for their participation at any regatta. Whenever possible, instructors will be out on the water to coach and assist sailors in between races.

Activity Selection

Our staff takes great care in selecting the appropriate activity for a class on a given day. In addition to taking into account the level of skill and ability, size and age of the students. They consider criteria such as weather and other potential hazards when deciding how to conduct a class. The weather directly affects the safety of the sailor and the class. Our instructors understand the weather and local environmental conditions. We monitor a weather radio and receive periodic reports through the Internet. Once bad weather is predicted, the staff acts conservatively and plans alternate activities to keep a class on shore.

Classes

Beginner Opti* Monday-Thursday from 9 am-12 pm

Students will learn the basic of boating safety, nomenclature, rigging, sail handling and steering in pairs. Students will be introduced to single handed sailing as soon as they feel comfortable and/or the coach believes that they are capable. Once a student becomes confident and capable of sailing single handed, students will have the opportunity to advance their knowledge as they learn to use hiking straps and tiller extensions as well as expand their knowledge of wind and weather and upwind sailing techniques.

Waquoit Bay Yacht Club Junior Sailing Program

Advanced Opti* Monday-Thursday from 1 pm-12 pm

This class is for those who have taken Beginner Opti and have been recommended for advancement. Students will be challenged to perfect their sailing techniques and will be introduced to basic racing skills, tides, current, and right of way rules. Sailors in this course will have the opportunity to begin attending regattas and learn about the joys of regatta travel and sailing in different venues. Advanced Opti sailors may stay at this level for several sessions or be recommended to advance depending on their skill, age, size and interest in racing or recreational sailing.

**Depending on the class size and overall ability these classes maybe combined on certain days or for the season at the discretion of the Sailing Instructor Staff. All sailors must sail their own Opti and it must be ready to sail on the first day of class.*

Beginner 420s Monday-Thursday 1 pm-4 pm

This class is conducted in the Club 420, a double-handed sloop that is almost 14 feet long. This class is an introduction to sailing 420's and focuses on older students with little to no prior sailing experience. The course includes introduction to water safety, sailing terminology, rigging, basic seamanship and small sloop sailing.

420 Race Team

Dependent on skill level and interest, WBYC is a member of SMSMA and can field a race team if interest is determined.

Waquoit Bay Yacht Club Junior Sailing Program

Boat Chartering

Purpose: To allow members of the WBYC and Junior Sailing Program students to have access to boats for improving skills and racing in regattas. It is not acceptable to allow boats to be abused or used simply to “fool around in”. WBYC sailboat chartering is a privilege. All boats and equipment will be returned in the same condition or better condition than when they were checked out.

WBYC Boat Chartering Guidelines

1. Club Boats may be skippered or crewed by junior members, member’s children or participants of the WBYC junior sailing program.
2. Lifejackets must be worn at all times. *No exceptions.*
3. Member’s or program participants that plan on taking boats to regattas must clear this with both the head instructor and the WBYC Board.
4. No boats available for charter when the Jar Sailing program is in session
5. Racing Equipment that has been set aside by the Head Instructor is to be reserved for WBYC Jar Sailing Program participants who are traveling to regattas only.

Loss of privilege: The Head instructor shall evaluate the use of a club boat according to the questions listed below. If the boat is returned in a condition such that the answer for any question is not acceptable, any or all of the parties involved in the use of the boat may have their privileges suspended for the remainder of the summer.

- *Was the boat used properly and in a seaman-like manner?*
- *Was the boat returned with any broken or missing parts that were not reported?*
- *Were the boat and all its parts cleaned properly?*
- *Was the boat and all of its parts stored and tied down properly?*

Responsibility for the boat is given equally to the both skipper and crew.

Waquoit Bay Yacht Club Junior Sailing Program

Parent's Bill of Rights

The WBYC Jar Sailing Program believes that parents have rights and that their questions regarding the program are reasonable and important.

- Parents have the right to know that their children will be safe with the staff both physically and emotionally.
- Parents have the right to know that the staff is experienced in the sport of sailing and is trained in proper safety procedures on and off the water.
- Parents have the right to know that all children will be treated fairly and that each child will be treated as an individual.
- Parents have the right to know that any negative or cruel behavior amongst the students or between the students and the staff will not be tolerated.
- Parents have the right to know that the staff will conduct themselves in a professional manner at all times.
- Parents have the right to know that they can approach the staff after hours with an appropriate concern and that the staff will listen carefully to their concerns and will do everything possible to address the issue.
- Parents have the right to know that their children will learn, improve and have fun with the sport of sailing.

Comments, Suggestions and Problems

We are always trying to improve the program. We welcome all suggestions, criticisms and compliments. Please keep in mind that the program must remain flexible and we want our students to learn safety and have fun while sailing.

Problems need to be addressed as soon as possible. You can discuss classes, racing, safety concerns, which need immediate attention, any discussion with the instructors must take place outside class time and should be conducted outside the presence of students and third parties. Our instructors have been ordered to walk away from any conversation that becomes uncivil in nature and report the incident to the Head Instructor and/ or the Jar sailing program chairs/WBYC Board of Trustees.

Waquoit Bay Yacht Club Junior Sailing Program

WBYC Board of Trustees

The WBYC Jr. Sailing Program is governed by a committee as a volunteer group that is formed from the general membership and Board of Trustees of WBYC. The committee's responsibilities are to organize the structure of the program, hire the staff and oversee the program while it is in session. Each person in the group does have his/her own responsibilities, yet the group works as a team, and is responsible for the program as a whole group. Any questions that you have that cannot be directed to the Instructor can be addressed to any of the sailing school committee members/chairs and will be handled as a group.

What is important to the Committee?

- Adherence to national standards for safety, instructor training and curriculum
- Continual feedback from staff, children and parents
- To recruit and hire the best and brightest staff
- To own state-of-the-art equipment
- Proper use, care and maintenance of all Sailing School equipment
- To strive to continually improve the program