

Parents Handbook for NYC Junior Sail Program

Introduction

Thank you for your interest in the Nevada Yacht Club (NYC) Junior Summer Sailing Program. We look forward to a FUN and SAFE summer season on the water with your sailor. There is no better way to spend your time than by sailing on the beautiful waters of Lake Mead.



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Why Should your Child Spend Time Sailing?

Sailing provides a wealth of experiences, positive friendships over a wide age range, and a close and cooperative relationship with nature. Sailing builds maturity and self-confidence. When a child learns to move a Sabot in the direction they intend (no small accomplishment actually), they accomplished it on their own. They are alone in the boat making decisions that directly affect the success or failure of their efforts. Sailing can become much more than a sport, it often becomes a challenging and wholesome lifestyle.



Parent Conduct & Corinthian Spirit

NYC understands that good sportsmanship doesn't just happen. It needs to be taught, encouraged and demonstrated. As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. Best of all, they have fun!

Requirements for Participation in Sailing Programs

Participants must:



- Wear a USCG-approved personal flotation device (PFD) at all times while on the water (this includes while on the shore boat) and while on docks.
- Complete a capsized recovery (once taught by the instructors on one of the earlier days of class.)
- Abide by the rules of NYC and this manual, and follow the direction of the instructors. The participant must always represent NYC in an appropriate manner and at all times is responsible for what he or she says or does.
- Students must be able to swim at least 25 yards and tread water for 90 seconds in order to sail.

Parents and Guardians must:

Parents are encouraged to participate in the program. There is a strong vested interest in safety and a fun experience.

- Provide their sailor with the proper personal equipment necessary for sailing activities.
- Accept financial responsibility for any damage or loss of property by their child that occurs during NYC activities

- Provide emergency contact information

What the Club will provide:

The Junior Sailing Program is to teach children how to sail in a fun and safe environment and to instill in them a love for the sport. Respect for boats, each other, and the water, along with sportsmanship and safety, are the guiding principles of the program



- Free, what a deal!
- Supervision on the water and dock
- Maximum student to instructor ratio 6:1
- Boats and some sailing equipment
- Safety boat with at least one observer
- VHF radio communications
- Provide a fun and educational program for youth interested in sailing
- Maintain a safe program and teach our students safe sailing practices.
- Teach our sailors to conduct themselves in the Corinthian Spirit
- A conservative foul weather policy. Boats are recalled or kept at the dock in bad weather and forecasts are monitored constantly. We will check the weather report and not sail in wind over 15kts.

What to Bring to Class



Your child will be exposed to the brutal elements of desert summer and there are a few required safety items that EVERYONE will need every day:

- Personal Flotation Device, a.k.a: PFD, life jacket: Personal flotation devices are mandatory for every class. All PFD's need to be U.S. Coast Guard approved; there is a printed label on a life jacket that indicates whether or not it is USCG approved (if it doesn't have it, then it is not approved!). A life jacket should fit properly, and allow for 360 degree rotation of the arms. It also should be tight around the body and not be able to be pulled off over the head. Avoid jackets that rise above the shoulders to avoid getting caught on the boom and allow for easy movement. In general PFD's designed for sailing or kayaking are best, avoid PFD's designed for water skiing.
- Sunscreen: at least SPF 300!
- Sunglasses: Make sure they have UV-ray protection and Croakies.
- Shoes: While many sailors prefer to sail barefoot, it is not safe to walk around the dock barefoot.
- Hat
- Long Sleeve Dry Shirt: To keep arms out of sun

- Gloves: To protect and keep hands out of sun
- Water bottle refillable
- Snack Bars
- Swimsuit sturdy enough to grovel in boat
- Change of dry clothes
- Positive Attitude

The Boats



The Sabot is an 8 foot, 1 person, one-design sailboat that has been the sailing trainer of choice in Southern California for nearly 60 years. The Sabot is a sailing dinghy that is an 8-foot pram, with its flat front, leeboard, and simple cat rig perfect for learning to sail on Lake Mead. There are two sabotos and one snark in the program. To learn more abouts check the class page at <https://www.naples-sabot.org/>.

Rigging & Flipping boats The class students are expected to rig and flip their own boats with a friend's help. We will encourage this as it promotes the sailors making friends through the necessity of helping each other.

Volunteer Opportunities

There are many ways to volunteer. It takes an effort to make the classes successful. Please remember our program can only be as strong as our team of volunteers. Thank you in advance for all of your hard work and dedication to the cause so that our children will have an outstanding sailing experience. We could use help with the following:

- Transportation of sailors to Lake Mead
- Transportation of equipment
- Fix lunches
- Take pictures
- Trailer fabrication
- Instructors
- Safety Team