



# Junior Sailing Program Overview

## Corinthian Yacht Club of Seattle Junior Program

Updated 6/21/2018

**This handbook is designed as a resource to answer questions about all aspects of our Junior Sailing Program. While updates to this guide may not always keep pace with changes to the programs and policies described, we will do our best to keep the material as current as possible! Please let us know if you have any comments, suggestions or questions. We hope that the program will continue to benefit from a solid and growing volunteer spirit among CYC members and Jr. Sailing parents, and will provide a fun and memorable sailing experience for our youngsters.**

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# Chapter 1: Program Overview

## 11 Why Sailing?

Sailing offers us a unique medium to teach more than just the practical skills of how to sail. Sailing offers peace and tranquility, along with excitement and adventure. Along the way there are many opportunities for personal growth and teamwork. There are few things more liberating or empowering than being in control of a small boat skimming across the water using only the power of the wind and a few simple machines. Our hope is that junior sailors embark on a lifelong romance with sailing after we expose them to its joy. Whether you just want to have fun or are a serious racer, there are many ways to enjoy sailing and it starts right here.

## 11 Our Mission

The mission of the CYC Junior Sailing Program is to instill a lifelong love and respect of sailing while providing the fundamental skills necessary for participants to advance in the sport as far as their desire, skill and hard work may take them. The program will provide a current and effective curriculum, developing skilled and self-reliant sailors who will respect others, care for their equipment and the marine environment and will help fellow sailors on and off the water. The program will focus on seamanship, sportsmanship, and sailing skills from learn to sail fundamentals to competitive racing. Through the sport of sailing, the Junior Program strives to build confidence through achievement; instill respect for safety and rules; develop self-discipline and responsibility; encourage teamwork and camaraderie; promote coastal and marine environmental awareness; and awaken interest in other maritime activities.

## 11 Program Goals

- To teach seamanship, sailing and racing skills, in a safe and fun environment.
- To enable students to acquire life-long values such as sportsmanship, integrity, teamwork, and self-reliance.
- To teach youth how to sail to the best of their ability and interest, and to encourage growth in skill and competence through both individual and team participation.
- Develop a respect for the marine environment, the ocean, and the elements.
- To encourage the acquisition of competitive sailing skills in regattas and in races at CYC and other Northwest events.
- To promote sailing as a lifelong activity.
- To instill responsibility for themselves, boats, and equipment.

It is the intent of the CYC Jr. Sailing Program to expose youth and their families to the enjoyment and uniqueness of sailing. This is accomplished under the supervision of certified US Sailing instructors, a volunteer junior sailing Program Director, experienced youth who volunteer their time and the stewardship of volunteer adult leaders, including parents of junior sailors.

## 11 Parental Involvement

Parent volunteers and adult volunteers are critical to the success of the CYC Junior Sailing Program. Parents with sailors at all levels are highly encouraged to help out and get involved. Be aware that the level of involvement needed increases as sailors transition from basic sailing classes to racing teams. Areas to participate as a volunteer include: regatta support, fundraising, boat transportation, work parties to repair and service boats and equipment, event coordinators, etc. Volunteering is a great way to get involved, meet other sailing parents, and participate in your child's activities outside the home.

## Chapter 2: Program Personnel

A team of carefully selected instructors will lead every class offered by CYC under the supervision of a Lead Instructor. Certified instructors are assigned to each class (see “Class Descriptions, Fees and Schedules”). Junior Assistants are often assigned to assist the Certified Instructors with classes. In addition, special guest instructors are also welcomed on occasion to augment the CYC instructor staff and enhance our students’ sailing experience.

### 11 Volunteer Junior Sailing Program Director (Shauna Walgren)

The Program Director is responsible for the overall administration of the Junior Sailing Program and instructional activities for youth sailors. When funding allows, this position will transition to a paid Sailing Director. The Sailing Director will be the Head Coach and Lead Instructor among a staff of certified instructors and junior assistants. It is also envisioned that the Director reports to the CYC Junior Committee.

#### **Responsibilities:**

- Overall management of the program
- In conjunction with the CYC Office Staff oversees Jr. Sailing Liaisons, manages the program, class schedules, and regatta participation:
- Ongoing review of curriculum for each class
- Work with Instructors to oversee regatta details
- Recruits and oversees coaches, instructors, and junior assistants
- Cooperatively creates expectations for instructors and junior assistants
- Works with instructors to develop specific objectives and lesson plans for each class
- Assist Coaches and Instructors as necessary
- Boat Yard and Equipment Maintenance
- Ensures all Junior Sailing assets (dinghies, motor boats, docks, classroom) are maintained in proper working order with the necessary equipment, and that boatyard facilities and dock areas are cleaned up and neat each day
- Communicates with parents as necessary (outside of class time)
- Participates in promotion of the program, and new sailor recruitment
- Enforces program policies to maintain a safe and productive environment
- Assures appropriate discipline and conduct of students

### 12 Instructors

CYC Junior Sailing Instructors are self-motivated, enthusiastic professionals who take teaching sailing seriously. They possess strong communication skills, organizational and leadership skills, and are team players. They are able to make competitive sailing both an enjoyable and rewarding experience for our junior sailors, while maintaining a fun and safe teaching environment.

#### **Responsibilities:**

- Proper care and handling of all motorboats and sailboats
- Developing lesson plans and preparing class activities
- Conducting classes appropriate for conditions and student ability level
- Supporting regattas, as needed
- Maintaining attendance records

- Maintaining a safe and fun environment
- Appropriately handling behavior issues that disrupt/interfere with class
- Maintaining motorboat logs
- Report any problems, issues, especially behavioral issues to the Director
- All other activities associated with teaching sailing
- CYC instructors are responsible for sailors during class time only.
- Instructors are NOT responsible for children when the class ends.
- Ensuring each class is **SAFE, FUN, and CONSTRUCTIVE**

**Qualifications & Certifications:**

- Valid Washington State Boater Education Card
- US Sailing Small Boat Level 1 Certification
- CPR & First Aid certified
- Certification fees are paid by the employee

### 13 Junior Assistants

Junior Assistants assist our Instructors in all capacities (e.g. launching/preparing coach boats, supervising/assisting students, making sure equipment is cared for and put away properly at the end of class). They work under the supervision of the Instructors and are expected to be responsible role models.

**Requirements & Information:**

- Must apply for specific shifts with the Volunteer Junior Program Director.
- Should be mature and responsible.
- Should be an active member of the CYC Youth Race Team.
- Must have a minimum of two years sailing experience, with at least one year at CYC.
- Must be CPR and First Aid certified.
- Must be a good role model and demonstrate a responsible and enthusiastic attitude.
- Must have a willingness to help younger and/or newer sailors and the staff.
- Able to work effectively as a team member, and independently with little supervision.
- Must be reliable and punctual.

**Duties:**

- Help sailing participants rig and de-rig boats
- Help ensure equipment is put away and cleaned properly
- Help maintain boats and equipment
- Assist the Instructor with sailing instruction
- Junior Assistants work closely with the Junior Sailing staff to provide participants with a fun and safe learning experience.
- Ensure cleanliness of the clubhouse and that sailors use correct bins for recycling, composting and garbage.
- Provide general help in many areas of the Junior Sailing Program.
- All Junior Assistants are expected to help haul out and wash down boats at least once a week.

### 11 Junior Sailing Program Committee

The CYC Junior Sailing Program needs to be supported by an active Committee. Their responsibilities include:

- Coordination of parent volunteers for all committee activities, including fundraising events, Open Houses, work parties, and Regatta participation.

- Assist with any of the responsibilities listed under the Volunteer or Sailing Director of the Junior Program
- Maintaining, documenting, communicating and constantly improving CYC Jr. Sailing policies and procedure for the betterment of the CYC Junior Sailing program
- Enabling program policies to maintain a fun, safe and productive environment
- Supporting the Director and Instructor staff in assuring appropriate discipline and conduct of students participating in the program

## 14 Parent Volunteers

As our Junior Program depends on support from parents, all parents are asked to help with some aspect of the program over the course of the year, especially during the summer classes and the off-season fund raising. Please give generously of your time so that the workload can be divided and everyone involved can have an enjoyable summer.

If you have a vocation or avocation that involves a sailing/boating skill or an expertise that would be of interest to our students (guest lecturer, demonstration, etc), we would love to hear from you – please contact Shauna Walgren. We're always in need of parents with specialized skills, like outboard repair, welding, rigging, woodworking, fiberglass repair etc. Those skills are in high demand, so if you are handy at any of those things we can certainly put you to work!

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## Chapter 3: Sailing Programs

CYC has various classes for students of different ages, skill levels and interests. Registration and other important forms for all classes can be found online at [cycseattle.org/juniors](http://cycseattle.org/juniors). All class registration is online only.

### 11 Fall, Winter, and Spring Sailing

- CYC Junior Sailing offers a Fall and a Spring Session (in addition to Summer), for Junior sailors interested in developing their racing skills. These sessions capitalize on the year-round sailing opportunities we are fortunate to have, and represent a great way to keep the kids' sailing interest and skill levels growing!
- We are proud to support the Ballard High School Sailing Teams, and also a dedicated group of year round Opti sailors, most of whom are also on the Race Team.
- Since Schools and after-school sports are in session, Fall/Spring Sailing classes are scheduled right after school or on the weekend. Please talk to one of our instructors if your child may be interested in this.

### 11 Summer Sessions

CYC offers ten weeks of sail camp each summer. Multiple class options are offered every week, running Monday through Friday from 9:30 to 4:00. We also offer various evening sailing options. On Wednesday evenings Guppies classes are held at no cost for aspiring sailors ages 4-7, from 5:30-7:00. Every Tuesday and Friday evening there is race coaching for kids sailing V15s and Optis respectively. The coaching goes from 6:00 to 8:00 and there is a drop in fee of \$5 for kids advanced enough to be going outside the breakwater.

**\*\*\*Mark down August 31, 2018!\*\*\*** All kids from any Session participate in a Final Summer Fun Day beginning at 5:00 PM; family members are encouraged to join for the Summer Awards Ceremony at the Club at 6:00PM

(Note: A number of weekend youth regattas are held each summer, and these will be posted to the web site as scheduled. Participation is optional for CYC junior sailors, but encouraged for those interested in developing racing skills.)

### 11 Milfoil Dodgers

The Milfoil Dodgers are a series of informal, one-day events around the Seattle area designed to introduce novice racers and their families to the world of regattas. Boats are provided by the clubs participating, and overall the events are designed to be as low-cost as possible. These regattas are great opportunities for new racers to get a feel for what bigger regattas are like. CYC will be hosting a Dodger on August 18th, 2018.

### 12 Special Clinics

On occasion throughout the year, CYC may arrange special sailing clinics, typically around the availability of a guest coach who might be available to offer special instruction in a specific boat class (i.e. Opti, Laser, FJ, etc). CYC will use email to ascertain interest in such a clinic, so please make sure



your most current email address is on hand at the junior sailing office, as this is the primary form of communication.

## 11 Private Lessons

Private lessons are a great way to get personalized attention and make quick progress. Private lessons are open to all. Price varies per instructor and lesson length. If your child is interested in getting some one on one attention, please contact the junior sailing office to set up a time. **Private lessons are also available to adults and groups of adults using keelboats which are larger and more stable than dinghies.** Please email the director at [juniors@cykseattle.org](mailto:juniors@cykseattle.org) to schedule a lesson.

## Chapter 4: Class Offerings

### 11 Guppies Program

**Availability:** Wednesday evening 5:30 to 7:00 starting July 5, ending August 30<sup>th</sup>.

**Ages:** 4-7

**Prerequisites:** None!

**Description:** This is a class for young prospective sailors who are looking to have fun on and around the water. This is NOT a “learn to sail” class, but rather a program designed to improve a child’s comfort and confidence around water, as well as develop respect for our marine environment.

### 11 Beginner Opti I and II

**Availability:** Week long summer camps starting July 25<sup>th</sup> and ending August 31<sup>st</sup>.

**Ages:** 8-13

**Prerequisites:** Students must be able to pass the swim check.

**Description:** Open to sailors with little or no previous sailing experience. This class offers instruction in basic skills, enabling a child to feel confident sailing a single handed dinghy. Concepts include: capsizing recovery, sail trim, boat terminology, points of sail, upwind sailing, tacking, jibing, and safety, with an overall emphasis on FUN and becoming comfortable on the water.

### 11 Intermediate/Advanced

**Availability:** Week long summer camps offered on specific weeks during the summer.

**Ages:** 8-13

**Prerequisites:** Students must be able to pass the swim check. Sailors must have completed the Beginner Sailing Class or have similar sailing experience to be approved for this class.

**Description:** Open to sailors who have successfully completed Beginner Sailing I and II or similar and want to expand their skills and learn. This class offers instruction in fine tune rigging, boat handling, sail trim, safety and an introduction to basic racing. The goal of the class is to prepare the students to take boats out on their own and participate in regattas if interested.

### 11 Vanguard 15

**Availability:** Week long summer camps starting July 25<sup>th</sup> and ending August 31<sup>st</sup>.

**Ages:** 12-18

**Prerequisites:** Students must be able to pass the swim check.

**Description:** this is a camp-like class where teens learn the basics of sailing and also experience the fun of being on the water in a safe environment. Students receive individual instruction and experience the pleasure of sailing and basic racing. The class is fun and social— perfect for teens!

## 11 Varsity High School Sailing Team

**Availability:** Offered September - May

**Ages:** 8<sup>th</sup>-12<sup>th</sup> Grade

**Prerequisites:** Sailors must receive director approval.

**Description:** CYC's Jr Sailing Program is sponsoring the Ballard High School Racing Team that participates in the Interscholastic Sailing Association (ISSA). We have a regatta nearly every weekend during the season, including many travel regattas. Please talk to an instructor for more information or come to a coaching practice on the V15s!

## 11 Adult Sailing

**Availability:** Offered on specific weekend clinics

**Ages:** 18+

**Prerequisites:** Comfortable on the water.

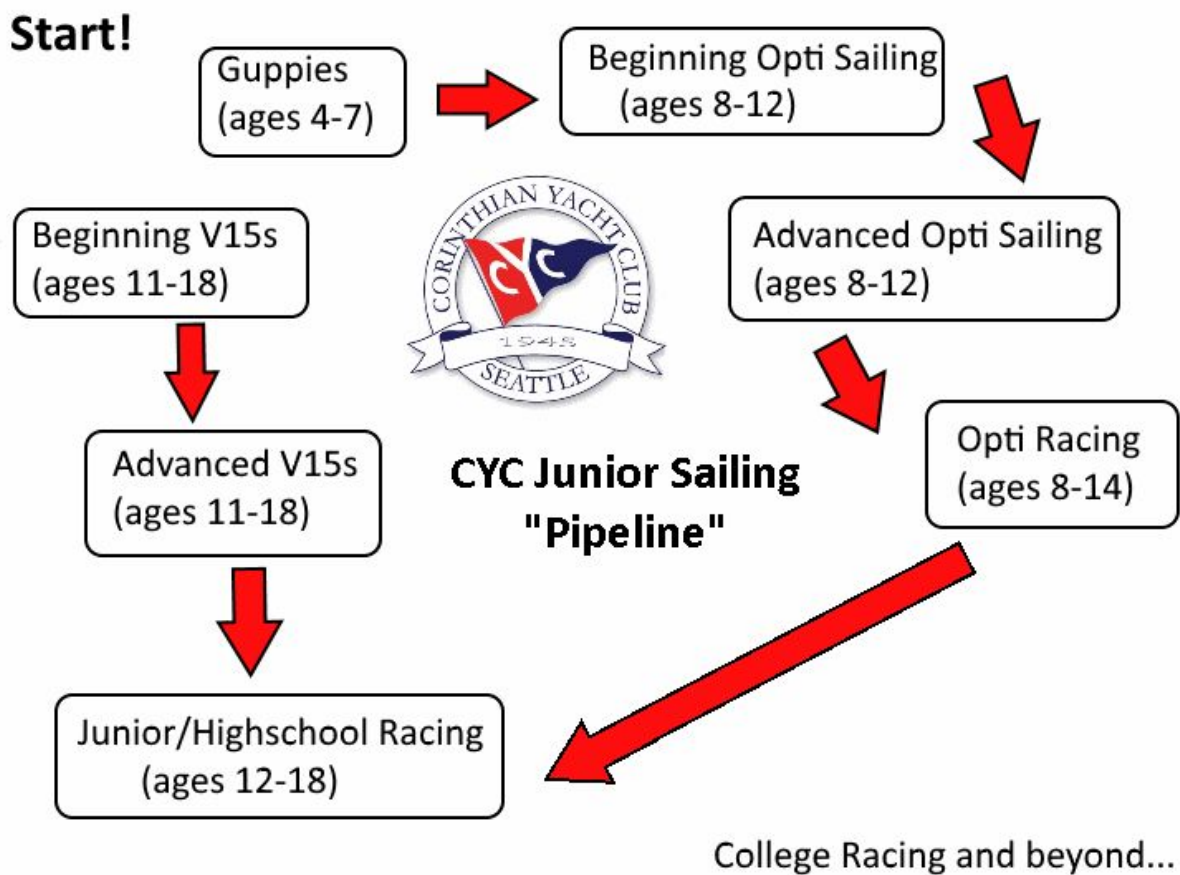
**Description:** Many parents and CYC members are seeing how much fun their kids were having and are requesting to learn. Watch the website for weekend clinics. Many parents can learn from their child, so that families can foster a love of sailing together. There are also private lessons available.

## 11 2018 Summer Camp Classes

Week 1	June 25 - Jun 29	Beginner 1	Beginner 1	Intro to V-15
Week 2	July 2 - July 6	Beginner 1	Beginner 1	Intro to V-15
Week 3	July 9 - July 13	Beginner 1	Beginner 2	Intro to V-15
Week 4	July 16 - July 20	Beginner 2	Intermediate Opti	Intro to V-15
Week 5	July 23 - July 27	Beginner 1	Beginner 1	Intro to V-15
Week 6	July 30 - Aug 3	Beginner 1	Beginner 1	Intro to V-15
Week 7	Aug 6 - Aug 10	Beginner 1	Beginner 2	Intro to V-15
Week 8	Aug 13 - Aug 17	Beginner 2	Intermediate Opti	Intro to V-15
Week 9	Aug 20 - Aug 24	Beginner 1	Beginner 2	Intro to V-15
Week 10	Aug 27 - Aug 31	Intermediate Opti	Advanced Opti	Intro to V-15

## Chapter 5: Class and skill progression

One of the biggest questions we get is “What comes next?” Here are some graphics that show the typical class and skill progression of a sailor in our program.



### CYC Jr. Sailing Skills Inventory

Beginning Sailing Skills	Needs Improvement	Satisfactory	Proficient
Can rig/de-rig boat in under 15 mins			
Can tie Figure 8, Bowline, Square Knot and Cleat Hitch			
Knows basic boat names and terminology			
Knows how to tell where the wind is coming from			
Comfortable in water			
Comes to class prepared			
Consistently demonstrates good docking			
Can sail to an upwind mark			
Can sail on a beam reach, broad reach, and run			
Understands and demonstrates basic sail trim			
Can gybe safely			
Demonstrates how to get boat out of irons			
Uses "Tiller Hand Exchange" when tacking			
Is comfortable using tiller extension and sheeting simultaneously			
Can stop their boat using "safety position"			
Understands basic right of way			

<b>Intermediate/Advanced Skills</b>	<b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>
Passes capsize test			
Good posture/form when sailing (including hiking)			
Moves smoothly in the boat (footwork)			
Uses tell tales to optimize sail trim and boat speed			
Can accelerate from stopped to full speed in 7 seconds			
Understands the starting sequence and race courses			
Makes an effort to roll tack/gybe			
Understands the effects of different sail controls			
Can sail in 15+ knots of wind confidently			
Demonstrates heavy weather techniques including “feathering” and “ease, hike, trim”			
Understands basic racing strategy and tactics			
Demonstrates a working understanding of the Racing Rules of Sailing			
Can sail without a rudder			
Knows how to surf properly downwind			

## **11 Beyond Beginning Sailing**

After your child completes beginning sailing they are introduced to racing in our intermediate classes. The intermediate class is an extension of the concepts learned in beginning sailing. The first day or two is often devoted to a review of earlier material, but by the second week sailors are learning about the basics of racing. A similar list of skills is required to graduate from intermediate class, at which point sailors are ready to move up to the race team.

Sailors interested in racing get coaching in the summer and throughout the winter. They can compete in regattas in the spring, summer and fall. Opti racing is heavily supported by parents. Once a child is in 8<sup>th</sup> grade, they can participate on a High School Racing Team. The High School Race team practices on the V15s, but they borrow FJs from other clubs for many of the regattas that begin in March.

Being on the race team is tons of fun! We do lots of traveling and it's a great way to make new friends from other clubs too. We'd like every sailor to eventually reach the race team, but that would be a tough feat to accommodate, and in reality we don't have the resources to accept more than a handful of sailors to the race team each year. However, don't be discouraged! Many sailors like to take a more recreational approach to sailing, which is fine too. We're looking for more ways to keep our recreational sailors on the water and having fun, which is what it's really all about!

## **11 After Junior Sailing**

The race team is not the end of the line. Sailing is a lifelong sport and there is plenty that awaits you after junior sailing. Many race team members go on to get their US Sailing Level One Certification, which allows them to become sailing instructors. It's a great first job, and looks great on a resume for years to come. Many colleges in the Northwest have college race teams. College sailing is the same format as high school sailing and is also sailed in FJs, so it's super easy to make the transition AND when you go to college you instantly have a group of friends!

## Chapter 6: Helpful Information and FAQs

### I1 Selecting the right class for your child

Students are assigned to the appropriate class based on their interests and skill level (and parental input). They may be reassigned at the discretion of the class instructor. Students are encouraged to later sessions, either at the same level, or progressing through more advanced classes if skill levels and student interests dictate!

### I1 Questionable Weather

Although we're blessed with great weather and fresh breeze most of the time in the summer, too little or too much breeze can occur at any time. The Jr. Sailing Program will begin at the scheduled time for each class regardless of the weather conditions. All classes will be held rain or shine. If weather prevents sailing, alternative sailing related activities will be conducted. Your child should always come to class prepared to be on the water that day.

### I1 What happens on rainy/stormy days?

CYC classes are held rain or shine. Classes sail in the rain if the wind is not too strong, so students must bring appropriate rain gear and be prepared to sail. In the case of bad sailing conditions, appropriate on-shore instruction and activities will be conducted. Junior Sailing classes will **not** be canceled because of weather.

### I1 Life Jackets

All students are required to wear life jackets while sailing or on the docks. CYC supplies all students with US Coast Guard approved life jackets.

### I1 Fee Payments/Refund Policy

The fees associated with CYC Junior Sailing represent a remarkable value for the dollar, especially compared to the costs of most sports alternatives. The following terms apply to the class fees:

- Class fees are due upon registration
- No refunds unless cancellation is made one month prior to first class; within one month refund is contingent on the open spot being filled.
- No prorated payments for partial class attendance, please tell the instructor ahead of time, if you know your child will miss a class

### I2 Forms Needed

Three (3) release forms must accompany the registration:

- Medical Form- No child will be allowed to sail without a current medical form on file.
- Liability Waiver
- Permission to show photos of child

### I3 Boat Assignments

- Each student will be assigned a specific boat, sail, and spars at the beginning of a class. Assigned boats and related equipment are the responsibility of that student for the duration of the class and must be treated with care and respect.
- Assigned boats, sails, and spars are expected to be found in similar condition at the end of each week.

## 14 What to Bring to Class

Be sure to LABEL **EVERYTHING** really well with your name and phone number! We have a lost & found bin that is usually full of unmarked items that we provide to Goodwill at the end of the summer. CYC and our Instructors are not responsible for loss or damage to personal property or equipment of the student.

- Healthy lunch
- Reusable water bottle, we can refill them as needed
- Closed-toed shoes or sandals or sneakers
- Sunscreen
- Clothing appropriate for weather conditions, long sleeve shirts help with sunburn; light jacket or fleece may be required if stronger winds; rain jacket and pants or wicking pants for incidental rain.
- Shorts over swimsuits for girls
- Sunglasses, hat, or visor
- Towel, change of dry clothes

## 15 Swim Check

Safety is first and foremost in the minds of the instructors. All students are required to pass the swim check in order to participate in the Junior Sailing Program. The swim check is intended to acclimate children to the cold, dark water and observe their comfort level in the water. Students are also required to demonstrate righting a boat from a capsized (overturned) position. Be aware of your child's comfort around the water. A practice session in the Sound prior to class can also be helpful, as swimming in the Sound is NOT like swimming in a pool. The swim check will be given on the first day of class and follows this format:

1. Student puts on a lifejacket.
2. Instructor inspects the lifejacket and ensures proper fit.
3. Student jumps in the water, and swims about ten feet along the dock without holding onto the dock.
4. Student swims over to a rigged boat tied to the dock.
5. Student capsizes and rights the boat successfully.

**NOTE:** No one shall swim under docks or near docked boats.

### What if student won't do swim check or cannot pass swim check?

- Our goal is for every student to be comfortable in and around the water and to be sailing by themselves on the Sound by the end of the week. If a student cannot pass the swim check to our satisfaction, we may contact the parents to work out a solution.

## 16 Special Requests for Instructors

Communications between parents and the Instructors & CYC Office Staff is expected and encouraged, but in order to enable maximum instruction time for student sailors, the Instructors are available for parent questions ***only outside of class hours*** – your cooperation in this regard is critical and much appreciated.

- Questions concerning Jr. Program ***policies, fees, etc.*** should be directed to the CYC Office Staff, not the Instructors.

## 17 Drop Off/Pick Up

Summer morning classes start promptly at 9:30 AM and are dismissed at 4:00 PM. Accommodations can be made for early drop off or late pick up but there is an extra fee involved.

- For safety reasons, parents or designated adults must check out their sailors every day.



- Please be on time for drop off to allow the class to start on time and get to all the fun the staff has planned!
- For the safety of your young children, the staff will not release your child to anyone other than you or a designated adult. There will be a daily sign-out sheet where you can note different arrangements.
- **Additional charges may apply if sailors are not picked up at the scheduled time!**

## Chapter 7: Regattas

In addition to the instructional program and Championship races, junior sailors will have the opportunity to participate in a number of regattas throughout the summer. If they feel ready, sailors are encouraged to participate in local, regional and even national regattas. Complete regatta calendars for Optis, and V15s will be posted on the Junior Sailing Website.

Participating in regattas has many benefits. Regattas are a chance to make new friends, travel to new places, and enjoy cookouts, prizes and parties. Regattas also help improve skills. By racing with new sailors in larger fleets, our sailors will learn skills and lessons that cannot be developed by racing only at CYC. Throughout the summer there are regattas to accommodate all ages and levels from Green Fleet to Red Fleet Optis, cFJs and V15s. Not all fleets will be attending all regattas.

Parental support is critical for regattas. Parents and sailors are responsible for loading and unloading their child's boat for each regatta. At least one parent or adult needs to be at regattas to assist and supervise their child in the event he or she leaves the water early due to heavy wind, boat breakdown, etc. If you cannot be present, you MUST make arrangements with another parent to fulfill these responsibilities for you. The coach will **NOT** supervise the sailors off the water.

## Chapter 8: Transportation

The lead instructor or coaches will work with parent volunteers on transporting boats to and from regattas OR borrowing boats from other clubs for use by the racing team. Availability depends upon parent participation. Each sailor, with the parent's assistance as needed, is responsible for his/her boat. Coaches are often very preoccupied at the beginning and end of a regatta.

Sailors will be given berths on a first-come/first-served basis for each event, providing there are parent volunteers to drive. There is limited capacity so some parents may have to transport the Optis themselves (e.g., on car roofs), others may be asked to tow a trailer with V15s. The sooner the team signs up for the event, the easier it is to reserve a boat from another club. Sailors on the list must have a ride to and from the regatta unless other arrangements are made and approved by instructors and/or parents.

In the event of an accident involving a club trailer, LIABILITY FOR THE DAMAGES TO THE TOW VEHICLE, OR THE TRAILER, AND FOR PERSONAL INJURY, RESTS WITH THE DRIVER TOWING THE TRAILER, NOT CYC. BOAT OWNERS ARE RESPONSIBLE FOR ANY DAMAGE TO THEIR BOATS. This means that insurance coverage for any personal injury or damage to the trailer or tow vehicle resulting from an accident is under the automobile policy of the drivers.

# Chapter 9: Code of Conduct

**It is the responsibility of parents and juniors to read and abide by the rules of the Code of Conduct.**

## **I1 General Safety**

- I2 Whistles are to be used in case of emergency ONLY.
- I3 No glass containers are allowed anywhere on yacht club grounds or in the boats.
- I4 Do not ride bikes, roller blades or skateboards on the dock.
- I5 No running on the docks, pushing into the water or unauthorized swimming.
- I6 No one shall swim under docks or near docked boats.
- I7 No climbing or playing on or around boat hoists.
- I8 No one shall jeopardize the safety of others or themselves.
- I9 No one shall board private boats without prior permission.
- I10 Swim check must be passed before getting in a boat.

## **I11 Behavior**

- I12 Sportsmanlike conduct is expected from all students at all times, on or off the water. Foul language, harassment, intimidation, and other disrespectful behavior will not be tolerated. Repeat offenses qualify as grounds for removal from the program.
- I13 Borrowing anything without prior permission from the owner is stealing, and therefore prohibited.
- I14 No littering, anywhere. Make a mess, clean it up!
- I15 Any student unwilling to participate in the program activities will be sent home. Neither the instructors nor CYC can be responsible for students who are not participating in the available sailing program activities.
- I16 Each student is responsible for his/her own belongings. All personal belongings should be labeled with your name and confined into a bag. CYC is not responsible for loss or damage to personal property or equipment of the student.
- I17 Students will return boats and equipment to proper storage areas in appropriate condition at the end of class every day.
- I18 Students are required to remain at the club during scheduled program hours.
- I19 CYC bathrooms should be kept neat and orderly.
- I20 As in our schools, there will be a zero tolerance policy regarding any student possessing and/or using any harmful weapon, alcohol, controlled substance, or any tobacco products.
- I21 Instructors are NOT responsible for sailors after class. Instructors are only responsible for sailors during class.

## **I22 Attendance**

- I23 Sailors are expected to show up on time for all classes, rain or shine.
- I24 **If a sailor is unable to attend, or will be late, the Director MUST be notified.**
- I25 Policy REQUIRES parents to inform CYC Junior Program staff if their child is not attending a scheduled class.

## **I26 Discipline**

Generally we have had very few problems with children running afoul of the code of conduct, and we hope your children will abide by these common-sense rules. But when infractions occur, it is unfair to all the kids if those infractions are not dealt with. Inappropriate behavior will not be tolerated. Behavior that is disrupting

the learning environment or threatening the safety of others is considered inappropriate. If the code of conduct is violated or if inappropriate behavior continues after the child has been warned, the instructor will remove the student from the situation and refer the offender to the Director who will determine the necessary action. If necessary, the Director may ask the CYC office to contact the child's parent for immediate pick up. Upon infraction of the code of conduct, the student may be warned, suspended or dismissed from the program, depending on the discretion of the Director. Class fees will not be refunded in these situations.

## 11 Parent Guidelines

- Parents / guardians are an important part of a successful Junior Sailing Program. 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.
  - Show a positive attitude toward the CYC program and all of its participants.
  - Emphasize personal skill development and practices and how they benefit your young athlete.
  - 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 CYC program. (Parent Handbook, Course Descriptions, Calendars, Schedules, etc)
  - On a special note, parents can assist with the movement of boats but are asked **not to rig boats** for sailors. Knowledge, confidence, and ability all come from your child being responsible for the routine tasks of sailing. It is also important that the sailors learn to help each other with what they cannot do themselves.
  - Our experience has shown that most young sailors learn best without the distraction of a parent. All of our coaches are trained to run safe and fun classes, and appreciate being able to do so without parental input during class. Parents are welcome to watch from a distance.
  - Communication between parents and Instructors is expected and encouraged, but most questions should be discussed ***outside of class hours*** – your cooperation in this regard is critical and appreciated.
  - Get involved with volunteer opportunities.
  - We ask that, while you are on club property or at a regatta site, you do not discuss topics near sailing students that may be a distraction or that do not help make the sailors' experience more fun or more enjoyable. "Politics" and or other issues not directly related to the ongoing class or regatta should be taken off property or another far away location.

**It is the responsibility of parents and juniors to read and abide by the rules of the Code of Conduct.**

## Chapter 10: Emergency Procedures

CYC Instructors are trained in First Aid/CPR and basic on-the-water emergency procedures. We pride ourselves on our years of instructing experience and level of preparedness. We are lucky to be located very near two fire stations and a major hospital. The Coast Guard also has a quick response time to our local waters. If your child is involved in an emergency, we will attempt to alert you as soon as possible and inform you of the situation.

## CHAPTER 11: CONTACTS

### **I1** Corinthian Yacht Club

Address: 7755 Seaview Ave NW (Pier V)  
Seattle, WA 98117  
Office Ph: 206-789-1919  
Email: office@cycseattle.org

### **I1** CYC Junior Sailing Director

Volunteer Director: Shauna Walgren  
Email: juniors@cycseattle.org  
Jr Website: <https://cycseattle.org/Juniors>

### **I1** CYC Junior Sailing Instructors

Instructor: Daniel Postell  
Instructor: Alec Wade  
Instructor: Elena Feliciano