

# 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. Head instructor: Brad Hill
2. Three instructors: Geoff Schneider, Margie Bennington, Warren Ramsey
  - a) Backgrounds and certifications
  - b) Ratios: Land 7 students to 1 instructor  
Water: 3 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.
3. No one is to swim from the piers.
4. Phone (410) 626-8830

## IV. Course Outline and Instruction

1. CBYRA ratings: Seaman, Mate, 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
  - b) 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
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 (be prepared for all weather)
3. Lunch and **WATER**
4. Be ready for all kinds of weather
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 1min. 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. 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.
- 8.

**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	Light colored clothes
Water jug	Life jacket	Backpack or bag
Hat (light colored)	Gloves	Book
Towel	Bailer	Foul weather gear
Safe Sea		

**XIII To Parent**

Volunteers run this program. Please join us the third 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.