



Chelsea Yacht Club Youth Sailing Academy Student/Family Handbook

Welcome sailor! Enclosed you will find:

- Special Events
- Guidelines
- Daily list of what to bring



Youth Sailing Academy Events:

Youth/Parent Orientation: Thursday, June 15, 2023, 6:00 PM

Every parent and youth participant is asked to attend the initial orientation program. An overview of the 2023 program will be given followed by an ice cream social.

Pancake Breakfast: May 28, 2023, 9:00 AM to 12:00 noon.

An event encouraging youth sailors and their families to meet and get to know other youth sailors, their families and club members outside the academy.

End of Season Regatta/Barbecue: Saturday, August 5th, 2023, 9:00 AM.

All youth sailors who have participated during any session this season and their families are invited to come and enjoy the fun and a bit of competition. In case there is no wind that day, the barbecue will still be held.

Youth Sailing Academy Guidelines:

Parent Participation: Although not all of the program will be watchable from shore, parents of youth sailors are welcome to attend and watch the program (parents are asked to not interfere with instruction). Parents may volunteer to help at the snack bar or as a Parent/Member of the Day. Please talk to the Director of Sailing Education, or email cycsailinged@optimum.net for more information and to volunteer.



Life Jackets (PFD's): All youth sailors will be required to bring and wear an appropriate US Coast Guard-approved Personal Flotation Device (PFD or life jacket) [like this](#) one while on docks and on the water, and while close to the water's edge.

Swim Check: All new youth sailors are required to take and pass a swim check on the first day they attend. The check consists of a short distance swim at the dock, tread water while putting on a PFD.

Clothing: Youth sailors must wear closed-toed shoes at all times in the north point boatyard and on the water. Wear clothing appropriate for the conditions each day and be prepared for changing conditions. Youth sailors should bring sunscreen, a dry towel, a change of clothing, and a sweatshirt or light jacket every day. All sailors should plan to get wet every day and wear appropriate clothing.



What to bring every day:

Required:

- ☐ Closed-toed Shoes - sneakers, boat shoes or water shoes – they will get wet
- ☐ PFD (Personal Floatation Device) - comfortable, low-profile, vest-type life jacket appropriate for the sailor's weight. Preferably USCG Type III.
- ☐ Sunscreen (SPF 30 or higher)
- ☐ Sunglasses (with strap!)
- ☐ Packed lunch (snacks, drinks, and frozen treats only are available from the CYC snack bar). Cash or Venmo accepted.
- ☐ Two reusable water bottles (can be refilled at the snack bar)
- ☐ Swimsuit or light shorts



Recommended:

- ☐ Change of clothes
- ☐ Sweatshirt or Jacket
- ☐ Hat
- ☐ Towel
- ☐ Backpack or tote bag to keep your belongings together