



# **YCSIC SAILING HANDBOOK**

## **SUMMER 2021**

### **Our Mission Statement**

The mission of the sailing program of the Yacht Club of Sea Isle City is to teach young people the elements of sailing. By developing the skills needed to compete in regattas, students will develop a

sense of self-worth and critical thinking. The programs also expose adult members to the joys of sailing. The goal of the program is to restore sailing as a major activity at the Yacht Club.

## **People to Know**

### **YCSIC Board of Director**

Chairman: Marge Phelan

### **YCSIC Flag Officer**

Commodore: Brian Maguire

### **YCSIC Staff**

General Manager: Jim Collins

Sailing Coordinator: John Duffy

Chairman of Sailing: Russ McConnell

Sailing Head Instructor: Jesse Price

Sailing Instructors: Justin Price. Colin Seybold

Sailing Asst. Instructors: Nick Donato, Thomas Martino, James Martino

## **Sailing Program Contact Information**

Sailing Coordinator: John Duffy

Email: John@YCSIC.com Phone: 609-263-7282

## **Requirements for Participation**

Parents and/or Guardians must:

- Read, complete and sign the Medical Form (Attachment 1), the Rules and Expected Behavior form (Attachment 2) and have paid in full by the first day of the session. No one will be allowed to participate without these forms on file and full payment.
- Provide their sailor with the proper personal equipment necessary for sailing activities.

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## **What to Expect**

Our Head Instructor is US Sailing Certified in all three Levels of US Sailing. He is certified in CPR, First Aid and NJ Boating Safety. Our Assistant Instructors are certified in US Sailing Level One and/or Level2, CPR, First Aid and NJ Boating Safety.

Activities include: Learning parts of boat, knots/lines, rigging/derigging, casting off/landing, steering, capsize recovery, sailing upwind/downwind, safe sailing.

Each participant will receive a progress report at the end of each session.

## **What to Bring**

Put your child's name on everything they bring. YCSIC is not responsible for any lost, damaged or stolen equipment or clothing. YCSIC will provide life jackets, but you may bring your own, if you prefer, providing it is Coast Guard approved.

### **Required Gear**

- Swimsuit
- Towel / Sunscreen (minimum 15 protection)
- A refillable water bottle or disposable plastic bottles

### **Recommended Gear**

- Sunglasses and strap
- Long sleeve shirt for those with sensitive skin
- Chapstick with sunscreen
- Duffel bag for gear
- Insect Repellent

## **The "3 Rules" of YCSIC Sailing**

1. Always wear your lifejacket
2. Listen to the Instructor
- 2.

## **YCSIC Safety Rules**

1. All participants must be 8 years of age or older.
2. Life Jackets and proper shoes are to be worn at all times. Life jackets are provided. You may wear your own if you wish.
3. Please be at class approximately 10 minutes early to help rig the boats.
4. Everyone works together to help put the boats into and out of the water.
5. Students must pass a basic swimming test.
6. NO ONE IS ALLOWED ON THE DOCKS UNLESS AN INSTRUCTOR IS PRESENT AND IT IS DURING YOUR CLASS TIME.
7. No running, pushing or horseplay of any kind will be permitted.
8. No smoking, drugs or alcohol.
9. No glass jars or bottles.
10. No jumping off boats or playing near ramps and hoists.
11. Avoid putting hands and feet between boats, docks and moving parts.
12. Check for overhead wires in boat storage and launch areas. Recognize potential shock hazard when operating electrical equipment around water, e.g., hoists and power tools.
13. Boats are not to be left in the middle of the yard. They belong neatly placed as directed by the Instructors.
14. No swimming is allowed without the permission of an instructor.
15. No foul or inappropriate language.
16. Harassment or bullying will not be tolerated.
17. Parent must check-in with instructor before taking child at the end of the class.

## **Students Missing Class**

Please call the YCSIC at 609-263-7282 Ext. 14 as soon as you know your child will be unable to attend a session.

## **Inclement Weather**

Classes are held rain or shine. If the weather is inclement, classes will be held under the Club in the covered parking area.

## **Grievance Policy**

If a parent has a grievance with an Instructor of the YCSIC Sailing Program, he or she should speak directly to the General Manager, Jim Collins (609-263-7282)

**Regatta Schedule (visit MAYRA for details)**

<https://mayrasailing.org/upcoming-events>



**RULES AND EXPECTED BEHAVIOR**

- 1. NO STUDENT IS ALLOWED ON DOCKS OR BOATS WITHOUT U.S.C.G.A. PDF (LIFE JACKET) ON AND ZIPPED. TYPE III IS RECOMMENDED.**
2. No one is allowed on docks without supervision.
3. No littering on land or water. Boats and sailing area must be kept “ship-shape.”
4. Personal property is the responsibility of the student and not YCSIC or the Sailing Instructors. No electronic devices allowed on the docks or boats.
5. No eating or chewing gum during sailing activities.
6. No pushing, shoving, running, hitting or profanity. No disruptive behavior, disrespectful gestures, actions or language.
7. No jumping off boats without the instructor’s permission. If the instructor says you can swim, it is important to stay near your boat so you can easily get back in and so that it doesn’t drift away or go up on the rocks.
8. Stay in the area where the instructors and other students are unless you ask the instructor’s permission to leave.

**First Violation of Rules:** The junior sailor will be reprimanded.

**Second Violation of Rules:** The Program Director will speak to the junior sailor’s parent or guardian.

**Third Violation of Rules:** The offending junior sailor will be suspended for one day.

**Continued abuse of the rules** by the junior sailor after a parent or guardian is notified will result in expulsion from the program (fee will not be refunded.)

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Signature of Parent or Guardian

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Signature of Student



Student Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Please list any past medical problems or surgical history that the club should be made aware of:

\_\_\_\_\_  
\_\_\_\_\_

Allergies: Medication \_\_\_\_\_

Foods \_\_\_\_\_

Other (Bees, Wasps, Jelly Fish) \_\_\_\_\_

Current Medication(s) Taken \_\_\_\_\_

Date of Last Tetanus Shot \_\_\_\_\_

Emergency Contact Person (first contact should be local):

1. \_\_\_\_\_  
Name Relationship Telephone

2. \_\_\_\_\_  
Name Relationship Telephone

3. \_\_\_\_\_  
Name Relationship Telephone