



2020 JUNIOR SAILING PROGRAM GUIDE

2020 Junior Handbook Table of Contents

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Welcome to MYC Junior Sailing 2020!

We are excited to welcome our new sailors as well as those returning to the program. We have designed a summer to appeal to both those interested in recreational sailing as well as race training. The goal is for everyone to have fun and improve their boat-handling skills.

This booklet should provide you with the basics of what you need to know about MYC Jr Sailing. We'll cover everything from COVID-19 modifications to required equipment and boat safety checklists.

Please feel free to reach out to the contacts provided if you have any questions.

Thank you!

Marianna Erenhouse

Junior Sailing Chair 2020

MYC Junior Sailing Program Goals

Mission

The mission of the Milford Yacht Club Junior Sailing Program is to develop knowledgeable youth sailors and foster in them a lifelong love of and involvement in sailing.

Program Goals

1. Safety is the number one priority at all times.
2. Develop sportsmanship, seamanship, integrity, and interpersonal skills.
3. Create a fun atmosphere for sailors of all levels and interests.
4. Instill responsibility for boats, equipment, and facilities.
5. Provide high quality instruction that is tailored to the individual sailor's needs.

MYC Program Staff and Contacts

Milford Yacht Club

131 Trumbull Ave
Milford, CT 06460
(203) 783-0060

Junior Sailing Chair

Marianna Erenhouse
mariannae@me.com
203-394-7621

Junior Sailing Director

Tuck Northrop
MYCSailingDirector@gmail.com
203-644-2107

Instructors

Jake Burwell
Julianna Darcy
David Hewitt
Zach Steuer

Junior Buccaneers Instructor

Johna Reisch

Junior Instructors

Nico Clayton (Head II)
Layla Alogna
Blake Erenhouse
Sylvia Franz
Ryan Treat
Devyn Weed

MYC Junior Board Members

Nico Clayton (Commodore)
Devyn Weed (Vice Commodore)
Blake Erenhouse (Rear Commodore)
Layla Alogna (Fleet Captain)
Ryan Treat (Board Member)

Important Dates for 2020

Monday, June 15-Friday, June 19

Boat drop off and inspection by appointment with Junior Sailing Staff. Contact Tuck Northrop at mysailingdirector@gmail.com to make your appointment.

Monday, June 22

Start of the 1st session of Junior Buccaneers

Start of the Summer sailing program

Friday, July 10

Last day of 1st session of Junior Buccaneers

Monday, July 13

Start of the 2nd session of Junior Buccaneers

Friday, July 31

Last day of the 2nd session of Junior Buccaneers

Wednesday, August 5

MYC Junior Sailing Banquet

Friday, August 7

Last day of Jr Sailing

Communication

Routine communication will be done in the form of email to parents. Parents will receive weekly email updates regarding general activities and events within the program. Additionally, the calendar on the MYC Jr Sailing website has an updated list of all events. In the event of an emergency or a time-sensitive matter we may reach out to you by phone or text message.

It is routine practice for the instructors to communicate with older children(12+) via text message. Matters discussed would be program-related such as communicating about regattas or asking a child if they'd like to volunteer to help with something. If you do not wish to have instructors contact your child in this way please let the Junior Sailing Chair know.

Voicing Concerns: Any serious concerns should be discussed over the phone or in-person with the Junior Sailing Director. If unresolved, the Junior Sailing Chair should then be contacted. Ideally a meeting time with all parties should be arranged.

The instructors report to the Junior Sailing Director. Parents should not interrupt classes or address serious concerns with them. Instructors are available immediately after each class for brief questions only. Please be respectful of the break between the morning and afternoon classes. That is the instructors' only opportunity for a break and planning.

The junior sailing program maintains both a Facebook and Instagram page. We invite you to "Like" them! Pictures taken throughout the season are posted on these pages as well as congratulations and birthday wishes. Additionally pictures of the sailing program in action are taken throughout the season for the annual yearbook. If you do not wish to have your child's picture taken please let the Junior Sailing Chair know.

MYC Jr Sailing COVID-19 Policies for Summer 2020

The goal of our MYC Junior Sailing is to continue to conduct the program in a safe and fun manner. We recognize that we are presented with a unique set of circumstances and challenges this summer. In order to keep the program running we will need everyone's cooperation with the new guidelines. As the summer continues we may need or be able to make adjustments to the policies. Your participation in the program is an acceptance of these policies and any changes that may be made.

All of our policies are made in accordance with guidelines from the CDC, the JSA, US Sailing, and state and local governments. They may be changed at any time without notice.

Participation in the Program

1. By participating in the Program, parents and guardians acknowledge their acceptance that their child's participation in the Program may expose the child to COVID-19.
2. Participation in the Program is voluntary "opt-in." The Program cannot guarantee that the child will not be exposed to risk.
3. The JSA waiver remains in full force and effect, and COVID-19 is considered a "Loss" as per the definition of the term within the waiver.
4. The Program reserves the right to request a secondary waiver from parents or guardians prior to the commencement of the Program.
5. The Program will not be responsible for monitoring the health of participants, but requests that all be forthright and vigilant to known/unusual symptoms.
6. Each parent/guardian is required to complete and sign a health questionnaire for each child daily. This will include a temperature check at home. The child must turn that questionnaire into the instructor staff each day before they will be allowed to participate in the Program that day.
7. The Program reserves the right to conduct non-contact temperature checks on any child or instructor at any time. The Program will have a thermometer on-site. A child or instructor with a temperature in excess of 100.4°F will be dismissed for the day. Parents are requested to pick up a dismissed child immediately. The parent or guardian is requested to confirm temperature at home. Temperature must be below 100.4°F for 72 hours (without any medicinal effects, e.g. fever reducers) in order to return to the program.
8. A child who carries a temperature of 100.4°F or more for 72 hours will qualify for a pro-rated refund of program fees; such calculations will be made on a case-by-case basis.
9. A parent/guardian must notify the Program immediately if any sailor has had direct contact with an individual who has tested positive or has themselves tested positive for COVID-19. That child will be sent home from the Program and asked to self-isolate for 2 weeks.
10. A child who tests positive for COVID-19, or who has a known exposure will qualify for a pro-rated refund of program fees; such calculations will be made on a case-by-case basis.
11. If a child, instructor, or family member becomes infected with COVID-19, decisions on how to continue, pause, or cancel the Program will be made at that time. Parents and guardians

acknowledge that there are too many scenarios possible to predict a single response to this possibility.

12. Cancellation: Should the Program be cancelled while in session by events or directives outside the control of the Program, or due to a COVID-19 infection within the Program, a prorated refund for Program Fees (less a \$175 fee, which will defray the operational expenses of commencing the program which include t-shirts, buffs, instructor training, and similar expenses) and Boat Charter Fees (if a boat is chartered from Milford Yacht Club; exclusive of any privately-made charter agreements) will be made to all participants.

Social Distancing and Physical Contact

1. Sailors and instructors will be expected to wear face coverings at all times on land.
2. Sailors and instructors will keep a social distance of 6 feet from one another when practical and possible.
3. **All** Opti and Laser sailors, including first and second year sailors, will sail alone in their boat.
4. Sailors are not permitted to touch each other. Instructors will remind sailors of that when necessary. It is an expectation that parents will educate their children on the importance of this as well.

Daily Operations

1. Sailors will use their own personal equipment exclusively for the duration of the program. There will be no sharing of equipment: boats, life jackets, clothing, etc.
2. Sailors will arrive at the program each day with all their essential items. Any sailor arriving without all essential items will not be able to participate that day and will be sent home. There will be no backups available through the program. Essential items include:
 - A. Life jacket
 - B. Buff
 - C. Water bottles filled at home
 - D. Signed daily health questionnaire form
3. Sailors will arrive at the Program dressed in their sailing gear and will leave the Program dressed in their sailing gear. There will be no changing of clothes at the Program.
4. All classes will be conducted outside. The JYC will be closed to sailors, with the exception of briefly depositing or retrieving items from their assigned cubby. In this instance groups of sailors occupying the building will be limited and staggered.
5. All cubbies will be emptied by sailors daily. There will be no lost and found during this time. Any items, including but not limited to life jackets, personal items, gear, or equipment, left behind outside of the sailor's cubby will be disposed of at the end of each day.
6. Doublehanded boats will be allowed with the consent of the parent/guardian of both sailors. There will be no substitution or switching of partners allowed. If one partner arrives without their pair, she/he will be sent home.

7. Groups will be limited to no more than 8 sailors.
8. Groups will not change or be combined for the duration of the program.
9. Each group will have a singular designated area for drop-off/check-in and pickup/checkout. Parents/Guardians are asked to remain in their cars to avoid clustering of people.
10. Launch and retrieval will be a scheduled and staggered operation to avoid clustering of boats and sailors, and is strictly enforced. Individual groups will launch separately.
11. In the event of inclement weather, the program will be canceled. This is to avoid large groups inside. A cancellation email will be sent by 7am in the morning should the program be cancelled that day.

Discipline

These regulations and procedures are for the health and safety of all sailors and instructors, as well as all MYC members and staff. Strict adherence to all regulations and procedures is expected at all times. Any sailor whose behavior compromises the health and safety of others will be addressed in the following way:

- Infraction #1: warning by an instructor
- Infraction #2: escalation to the Director of Junior Sailing; call home to parent
- Infraction #3: escalation to Fleet Captain and Junior Program Chair; call home to parent and “final warning”
- Infraction #4: dismissal from the Program. No refunds will be given.

Milford Yacht Club Junior Sailing Program Code of Conduct

- All sailors will respect and listen to coaches and other employees of the MYC.
- All sailors will conduct themselves with good sportsmanship and accept responsibility for their actions.
- All sailors will be courteous and respectful to fellow sailors and MYC club members and guests.
- All sailors, parents, and instructors will refrain from criticizing or putting down others including coaches, fellow sailors and competitors, officials, parents and spectators.
- All sailors will be on time for all activities. Lateness affects fellow sailors if they have to wait.
- All sailors will clean up after themselves inside the MJYC club building and outside on the MYC premises and try to leave it cleaner than when they arrived.
- All sailors will leave other athletes' and coaches' equipment alone, except with their permission (no borrowing or taking other's equipment without permission.)
- All sailors will keep personal equipment and items left on the MYC premises neatly stored in their proper place.
- THERE WILL BE ZERO TOLERANCE OF BAD LANGUAGE, OBSCENE GESTURES, PHYSICAL OR EMOTIONAL ABUSE OF OTHERS, FIGHTING, HITTING, PUSHING, OR ANY TYPE OF BULLYING.
- THE USE OF TOBACCO PRODUCTS, ALCOHOL, AND/OR ILLEGAL SUBSTANCES BY A SAILOR DURING THE PROGRAM WILL RESULT IN IMMEDIATE EXPULSION FROM THE PROGRAM.
- BRINGING WEAPONS OR USING OBJECTS AS WEAPONS ON MYC PREMISES WILL RESULT IN IMMEDIATE EXPULSION FROM THE PROGRAM.

Sailor Safety Code:

I will not engage in horseplay on the MYC premises, whether during program time or before or after. While on the water, this includes no needless capsizing, intentional boat bumping or other behavior which my coach prohibits.

I will listen to instructions from my coach.

I will look out for my fellow junior sailors.

I will wear a life jacket and appropriate water shoes at all times on, around or near the marina, launch areas and on the water, and follow all other club safety rules.

Disciplinary Action

In the event that a sailor violates the Code of Conduct, one or more of the following will occur:

- Discussion with parents, coaches and athletes concerned.
- Suspension of sailing privileges.
- Suspension from sailing program- no refund.

Guidelines for Parents

1. Please support the Sailing Staff's decisions. The coaches and instructors have the best interests of your sailor and their team at heart.
2. Encourage sailors to be organized and responsible for their own equipment.
3. Assist all sailors to develop to their fullest potential.
4. Insist sailors respect the property of others.
5. Place winning in the context of fun, good sportsmanship and fair play. Emphasize developmental goals rather than outcome goals.
6. Promote the total sport of sailing, not just racing.
7. As spectators, remain in designated areas and manage motorboats with the highest level of safety.
8. Remember that any coaching during a race(from first warning signal to finish)is prohibited under the Racing Rules of Sailing.
9. Show respect for race officials and regatta rules.
10. Understand that race officials must uphold event regulations on and off the water.
11. Be thoroughly acquainted with the Racing Rules of Sailing; encourage adherence to those rules and teach not only the rules, but also the procedures to be followed in the present process.

Class Descriptions

Junior Buccaneers (morning, 2 sessions, 3 weeks each)

This program is targeted at 5-6 year olds as a way to introduce them to the kids' summer activities at the club, including junior sailing, swimming, arts and crafts, nature walks and fun and games. On land and sea, JB's will participate in an array of activities that teach them water safety, respect for the environment and help them to build confidence while making new friends at MYC. Minimum age is 5 as of the first day of the session.

Opti First Mates (morning)

For first-time sailors and those with no prior experience sailing an Optimist. Learn the basic fundamentals of sailing, including technique, rigging, proper boat handling and maintenance. It is the goal of the First Mate's class to have everyone attend a race by the end of the summer. Minimum age is 7 as of the first day of the session.

Opti Explorers (morning)

For sailors with at least one full session of experience sailing an Optimist, and who have demonstrated readiness to sail an Optimist alone on the first day of the program. We will continue to strengthen fundamental sailing skills and improve boat handling.

Opti Voyagers (morning)

For sailors with at least two full sessions of experience sailing an Optimist. Sailors will work on longer distance, more independent sailing. We will start to spend more time learning about racing and adventure sailing.

Opti Advanced(afternoon)

The Advanced Opti session will be in the afternoon, and is for those sailors who have demonstrated they are capable of handling a variety of sailing conditions and expert boat handling skills. We will build on skills learned in previous years and place more emphasis on technique through racing, games and drills.

Feva (afternoon)

This is a 2 person boat and is sometimes considered a transition boat between the Optimist and the more physically and technically demanding Laser and 420 classes. Sailors should be 12 years old before starting in this boat. The Feva is a growing class in the JSA. The hull is made of hard plastic, making it virtually indestructible. The minimum combined weight for both sailors is 180 lbs.

Club 420(afternoon)

A variation of the Club 420 is sailed by high school and colleges nationwide. It is a fast and technically demanding two person boat. Sailors should be 14-18 years old with a minimum combined weight of 220 lbs.

Laser 4.7/Radial/Standard Rig (afternoon)

The Laser is a challenging one-person boat that rewards athleticism, subtle steering and trimming techniques, as well as tactical excellence. It is a single handed Olympic class boat, also sailed at club, national and international levels. Sailors should be 14-18 years old. It is available in 3 different rigs which all use the same hull, but different mast heights and sail sizes.

Laser 4.7 - minimum weight 105 lbs. (minimal racing opportunity available in the JSA)

Laser Radial - minimum weight 110 lbs. (ideal 110-150 lbs, most popular rig in the JSA)

Laser Standard - minimum weight 130 lbs. (ideal 175+ lbs.)

Private Instruction

We are offer private instruction for all sailors. Private lessons can be advantageous for a number of reasons, including for a younger child who needs extra time to gain confidence, a child moving up to a different boat, and a child who wants to work on their racing skills before an event.

Lessons will be \$70/h for singlehanded boats and \$120/h for double handed boats.

Private instruction will be offered in the evenings after the regular program has ended and on weekends. All lessons will be conducted in the sailor's own boat with the instructor in a safety boat.

To arrange for lessons please contact the Sailing Director.

Daily Sailing Schedule and Equipment

Schedule and Notes:

8:30-11:30 Junior Buccaneers, Opti First Mates, Opti Voyagers

1:00-5:00 Opti Advanced, Feva, 420, Laser

Notes:

- There is no supervision for children before or after class. All Junior Buccaneers, Opti First Mates, Opti Explorers and Opti Voyagers under the age of 12 must be supervised by a parent or guardian before and after class. Please be punctual when picking your child up as the instructors need time to eat lunch and prepare for the afternoon.
- All sailors participating in an afternoon class should plan to arrive at least 30 minutes prior to the start of class in order to be rigged and ready to go on the water by 1:00pm.
- If sailors arrive after their class has gone out on the water, they will not be able to join the program that day unless prior arrangements have been made with the Junior Sailing Director.
- If sailors must leave the program early, prior arrangements with the Junior Sailing Director must be made.
- With few exceptions class is held rain or shine. Should weather conditions (e.g. thunder and/or excessive wind) not permit going on the water on-shore activities will be provided. Should there be multiple inclement days in a given week, class may be cancelled at the discretion of the Junior Sailing Director and Junior Sailing Chair.

Required Daily Equipment for Sailing:

- USCG approved Type III Personal Flotation Device(PFD) with whistle attached and child's name in large letters on the back
- Hat or visor
- Buff or other cloth face covering
- Sunscreen (Child must be able to apply sunscreen. Instructors cannot apply sunscreen to children)
- Reuseable water bottle
- Closed-toe water or boat shoes
- Sunglasses
- Small bottle of hand sanitizer to be kept in lifejacket pocket
- Towel
- Nut-free snack for Junior Buccaneers participants only

Note:

All children exclusive of the Junior Buccaneers must complete a swim test prior to the beginning of the program. Sailors must swim 50 yards unassisted without stopping, standing, or grabbing the wall, tread water for 60 seconds, put their life jacket on in the water unassisted.

Optimist Safety Checklist

Sailor _____

Sail# _____ Boat Name _____

Bow Line

- 8 meters (26' 3") long
 - Buoyant
 - 3/16" in diameter
 - Securely fastened around the mast step and led through a loop of line at the bow, not through the bow drain hole
 - Tied with a 4-6" bowline at the towing end
 - Free of chafe and all other knots, with no hardware attached
 - **Mast tie-down** – There must be a line or other device that is secure enough so you can lift the boat by the mast without disengaging the mast from the mast step
 - **Air bags** – Three buoyancy bags made of strong fiber-reinforced material with non-return valves. Each must be properly inflated and secured to boat.
 - **Daggerboard** – Securely attached to the boat with a lanyard.
 - **Rudder catch** – The rudder shall have a retaining device so that it will not become detached from the boat during a capsize.
 - **Bailer** – At least one bailer, with a minimum capacity of one half gallon, securely attached to the boat with a lanyard.
 - **Mainsheet bridle** – No looser than 100 mm (4 inches) from the boom at any point.
 - **Mainsheet hook** – Covered and/or securely closed. The hook must have no chance of trapping a line that drags across it.
 - **Paddle/Praddle** – attached to the boat with enough line or shockcord to allow use.
 - **Hiking Strap** - Secure and in good condition.
-
- **Swim Test**
 - **Life Jacket** - USCG Approved Type III PFD with whistle attached

Inspector Signature: _____ Date _____

Feva Safety Checklist

Sailor 1 _____

Sailor 2 _____

Sail # _____

- **Hiking Straps**
- **Rudder /Tiller**
- **Spinnaker pole**
- **Towline**-floatable at least 28 feet long
- **Plug**
- **Front shackle**
- **Cunningham Line**
- **Porthole cover**
- **2 side stays/shrouds Mast**
- **Boom**
- **Topping lift**
- **Cover**
- **Main, mainsheet, and halyard**
- **Jib, jib sheets, and halyard**
- **Spinnaker, spinnaker sheets, and halyard**
- **Trailer/dolly**

- **Swim Test Sailor 1**
- **Swim Test Sailor 2**
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached

Inspector Signature: _____ Date _____

Laser Safety Checklist

Sailor _____

Sail# _____ Rig _____

- Mast, 2 sections and boom
- Sail
- Mainsheet (approx 45 feet)
- Outhaul
- Boom Vang
- Cunningham
- Rudder and Tiller and Hiking Stick
- Daggerboard and Shock Cord
- Clew Strap
- Hiking Strap
- Stern Plug or bailer
- Dolly
- Cover

- Swim Test
- Life Jacket - USCG Approved Type III PFD with whistle attached

Inspector Signature: _____ Date _____

420 Checklist

Sailor 1 _____

Sailor 2 _____

Sail # _____

- **Mast and Boom**
- **Mainsheet and Jib Sheets**
- **Boom Vang and Outhaul**
- **Mainsail and halyard**
- **Jib and halyard**
- **Spinnaker and halyard**
- **Spinnaker Pole**
- **Forestay** - Short enough to hold the front edge of the mast forward of the aft face of the mast partner when the jib halyard is released
- **Rudder** - boat has device to keep rudder connected in the event of capsize or turtle
- **Stern and Air Tank Plugs**
- **Trapeze Harness**
- **Dolly/Trailer**
- **Swim Test Sailor 1**
- **Swim Test Sailor 2**
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached
- **Life Jacket Sailor 1** - USCG Approved Type III PFD with whistle attached

Inspector Signature: _____ Date _____

Resources for Boats, Supplies, and Repairs

The Boat Locker
706 Howard Avenue
Bridgeport, CT 06605
203-259-7808
www.boatlocker.com

Intensity Sails
www.intensitysails.com

The Dinghy Locker@Landfall Navigation
151 Harvard Avenue
Stamford, CT 06902
800-941-2219
www.landfallnavigation.com

Roxburgh Marine Repair - fiberglass repairs
1 Bostwick Avenue (Captain's Cove)
Bridgeport, CT
203-367-2770

Used boats and equipment can be found through the MYC website or the classifieds section of the JSA website at www.jsalis.org. In addition, The Boat Locker and The Dinghy Locker both sell used boats and hold annual boat swaps.

Regatta Information for 2020

Due to COVID-19 restrictions and for the health and safety of all JSA members and clubs there will be no traditional JSA-sanctioned regattas, qualifiers, or championship events in Summer 2020. Instead the JSA is encouraging a less formal style of pick-up racing amongst neighboring clubs. These events will take place entirely on the water with no meetings or ceremonies before or after the event. Instructors will serve as race officials.

Our closest clubs are Black Rock YC, Pequot YC, and Cedar Point YC. We will be coordinating with those clubs to try to set up some informal, short-course, college-style races for our interested sailors.

In addition we will be continuing our weekly champs series for the afternoon class at MYC and hoping to introduce some other fun racing events at the club such as relay races and team racing.

There will be no Junior Big Boat program this summer.

MYC Jr Sailing Daily Health Questionnaire

Date: _____

Child's Name _____

Child's temperature this morning _____

Has your child exhibited any of the following symptoms in the last 24 hours?

Check all that apply.

- ☐ Fever greater than 100.4°F
- ☐ Nausea or vomiting
- ☐ Diarrhea
- ☐ Shortness of breath or difficulty breathing
- ☐ Cough or sore throat
- ☐ Runny nose or congestion
- ☐ Muscle or body aches
- ☐ New loss of taste or smell
- ☐ None

Parent/Guardian Signature _____

JUNIOR SAILING HANDBOOK AGREEMENT

With our signatures below, we attest that we received, read and understand the 2020 MYC Junior Sailing Handbook. Further, we agree to comply with all guidelines and policies as outlined in the handbook.

Junior Sailor Signature: _____

Date: _____

Print Name: _____

Parent/Guardian Signature: _____

Date: _____

Print Name: _____

Please sign and return this page to the Junior Sailing Director by Monday, June 22, 2020.