



2010
NBC
Junior Sailing





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Steering Committee

The committee is a volunteer group that is formed from the general membership of Nyack Boat Club. The committee's responsibilities are to organize the structure of the program, hire the staff and oversee the program while it is in session. Each person in the group does have his/her own responsibilities, yet the group works as a team and is responsible for the program as a whole group.

Any questions that you have that cannot be directed to the Head Instructor, can be addressed to the chairpersons or any of the sailing program committee members below. Members, students, and parents are encouraged to contact us with suggestions, questions, and concerns about the Junior Sailing program.

		Home	Cell
Chair	Richard Feldman	845-353-1729	845-548-9679
Equipment & Maintenance	Robert Mazza		201-367-1162
	Eugene Smith	201-768-7043	201-390-3899
	Marty Guinn		
	Wilbur Scheck	914-271-4301	914-391-2217
Program & Communications	Peggy Kaplan	201-214-6211	201-214-6211
	Elizabeth Turk	845-353-4652	
	Patty Schuckle	845-353-2996	
Enrollment	Nadine & Leo Keegan	845-365-9151	
Budget & Finance	Julian Clark	201-750-9899	
Personnel	Richard Feldman	845-353-1729	845-548-9679
Head Instructor	Kristin Wright		

2010 Nyack Boat Club Officers associated with the NBC Junior Sailing program:

Commodore	Peter Moltzen
Rear Commodore – Programs	Carol Marsh



Introduction

Sponsored by the Nyack Boat Club, the Junior Sailing Program has been teaching children to sail since 1968. The purpose of the program is to promote sailing and the sport of sailing by encouraging good seamanship and teaching navigational skills. In 1995 a Junior Sailing Steering Committee was formed to improve the quality of the program. The Program can accommodate students between the ages of 8 and 15 in each of two sessions. With these goals, a well-planned curriculum, and a dedicated staff, children will become Junior Sailors:

- Create an enduring interest in sailing that students will pursue after the Program.
- Provide a safe environment for sailing instruction.
- Develop children's sailing ability at a rate that they are comfortable with.
- Make learning to sail a pleasant experience for all students.
- Develop children's appreciation of and respect for weather and the sea.
- Provide opportunities to compete and to practice good sportsmanship and teamwork.
- Develop children's self-confidence.
- Teach children respect for other people and property.

Program Information

Enrollment priority is given to member families through the last day of February. On the first of March, enrollment is open to previously enrolled non-members. We fill in any remaining room with non-members who have not previously been enrolled.

Admission is open to children ages 8-15. Presently, club owns 13 Optis, 3 Picos, 6 420s. Enrollment charges include a damage charge for use of club owned boats. If you are a club member family, you may use your own Opti, Pico, 420 or Laser. With regard to privately owned Picos and 420s, the instructor staff will determine which sailors (including the owner) will be on board, either as crew or skipper. Non-members can not bring their own boat. The child's age and ability determine which curriculum the child should be placed in. If we do not sail due to weather conditions, onshore activities are arranged.

2010 Schedule - Weekdays; 9:00am to 4:00pm

- Do not drop off children at the Boat Club before 8:45 am.
- All children must be picked up promptly at 4:00 pm.
- Roll call promptly at 9:00am

First Session: Monday, June 28th to Friday, July 23rd
Second Session: Tuesday, July 27th to Friday, August 20th

The last Friday of each session is a special day. Parents and extended family members are strongly urged to attend. We will hold races and an Awards Barbecue Dinner.



What to Bring

Junior Sailors should bring the following every day:

- Water jugs
- Lunch - NBC provides refrigerated storage
- Hats with strap or catcher
- Sunscreen - sailors apply twice a day
- Life Jackets
- Proper footgear - boat shoes, sneakers, dinghy boots (*no sandals or open toe shoes*)
- Note: we recommend inexpensive sneakers for young and new sailors
- Sunglasses with strap
- Foul-weather gear
- Complete change of clothes

Instructors

Nyack Boat Club Junior Sailing instructors are young adults who are accomplished sailors. Each instructor is certified as a US Sailing Association Level 1 Dinghy Sailing Instructor, as well as certified in CPR and basic First Aid. Upper level staff may also be US Sailing Level II certified.

The 2010 line up includes:

Head Instructor	Ms. Kristin Wright
Instructor 4 th Year	Ms. Larisa Shuckle
Instructor 3 rd Year	Mr. Alex Feldman
Instructor 3 rd Year	Ms. Elle Turk
Instructor 2 nd Year	Mr. Paul Kaplan
Instructor 1 st Year	Mr. Dylan Keegan
Instructor 1 st Year	Mr. Scott Guinn
3 CITs	

Line of Authority

The Head Instructor is expected to handle routine operation of the program. The Head Instructor is authorized by the Junior Sailing Program Steering Committee to handle disciplinary problems and temporarily suspend any sailor for misconduct. The Head Instructor is available for discussions after program hours.

Parents with concerns about program issues are not to have private discussions with staff, other than the Head Instructor or a member of the Nyack Boat Club Junior Sailing committee, only. Contact phone numbers are found on page 3 of this document.



General Safety Rules For Sailors

1. Each sailor is expected to be a role model.
2. Each sailor is required to pass a swimming and capsize test.
3. Lifejackets must be worn **AT ALL TIMES** while on the dry sail area, the docks, piers, and on the water – There are no exceptions.
4. Junior sailors are not permitted to operate a hoist unless fully trained by a club member.
5. Wear proper footwear at all times.
6. No running.
7. No pushing or fighting of any kind.
8. No smoking, no drugs, no alcohol. Period.
9. No playing on or near ramps and hoists.
10. No glass jars or bottles.

The Nyack Boat Club Junior Sailing Program is dedicated to insuring the safety of your child during their participation in Sailing classes. There are two main areas of safety concern:

1. Risk Management, which includes prevention and procedures to avoid accidents and injuries
2. Accident Management, which concerns emergency procedures on and off the water

Each instructor has specific duties and responsibilities in the instruction and care of all program participants. These responsibilities are dependent on the following factors:

- Age and skill level of students
- Type of activity
- Environmental conditions

When exercising general supervision, our instructors are immediately accessible to participants. They are constantly alert for deviations from normal procedures, potentially hazardous conditions and are able to react accordingly. If an instructor has to divert attention from the overall supervision of a class, to make a rescue, administer first aid, or to effect a repair another instructor will watch the class. Our supervision will not be left to chance.

Our instructors rehearse emergency procedures do's and don'ts. All are CPR and first aid trained. Our staff takes great care in selecting the appropriate activity for a class on a given day. In addition to taking into account the level of skill and ability, size and age of the students, they consider criteria such as weather and other potential hazards when deciding how to conduct a class.

The weather directly affects the safety of the sailor. Our instructors understand the weather and local environmental conditions. We monitor a weather radio and receive periodic reports through the Internet. Once bad weather is predicted, the staff acts conservatively and plans alternate activities to keep a class onshore.

Swim Test

As a safety measure, all students are required within the first week of class to take a swim test. They will be asked to swim for approximately fifty (50) yards and to tread water for one (1) minute. Please make sure that your child has a towel and a change of clothes.

Life Jackets

Lifejackets (PFDs) must be worn by students and staff when participating in any activity that takes a person into a boat, on a dock, ramp, sea wall, bulkhead or launch area adjacent to or alongside the water. These must be U.S. Coast Guard approved and must be properly rated to an individual's size and weight.

The lifejacket needs to be properly identified with the owner's name and should be inspected regularly to ensure that it is in good functioning condition (no missing straps, torn zippers, exposed or waterlogged flotation). If a lifejacket is unsafe or of questionable value, it must be discarded and replaced immediately. A whistle on a lanyard (string) should be attached.

Footwear

Shoes that cover the toes and encircle the feet must be worn at all times. This includes land activities as well as on the water work and involves everyone - students, instructors, aides and program administration.

Equipment Check/Maintenance

All of our equipment is periodically checked, some such as safety boats, on a daily basis. If a piece of equipment is broken, we repair it immediately and maintain a maintenance report.

Safety Boat Skills

All instructors are required to pass a safety boat test before they are allowed to operate the safety boat for instructional purposes.



Medical Emergencies

In the case of a serious medical emergency, a sailor is taken to Nyack Hospital by ambulance. An instructor accompanies the sailor to the hospital. A copy of the sailor's medical form is given to the instructor accompanying the sailor. The sailor's parents or emergency contact person is notified immediately.

Discipline Policy

1, 2, 3 Strikes You're Out

In order to run a safe and productive program we need to have a discipline policy. Strikes include, but are not limited to, inappropriate language, destruction of property, physical abuse to another student or instructor. Our discipline policy maintains that each sailor will have three chances to correct any non-rule following behavior as follows:

- Strike 1** Your parent will be called by the instructor and the transgression will be reported to the Club. This will be recorded on your file and the Program Director will be notified.
- Strike 2** You and your parents will be asked to meet with the instructor, the Program Director and, if needed, a senior club flag officer, to discuss the first and second transgression and to make a plan to avoid any future misbehavior. The notes from this meeting will also be documented in your file.
- Strike 3** You're out! We will notify your parents that you are either on your way home or that you must be picked up. You will no longer be welcome in the program. No tuition will be refunded.

Boats

International Optimist Dinghy - the "Opti" - designed especially for ages 5-15, the Opti is 79" long, weighs 77 lbs, and can easily fit in the back of a minivan. The optimist fleet is the largest youth training class in the world. The Opti is exceptionally safe and stable because of its small sail plan and broad beam.

Club 420 - a two-person boat that is used extensively in high school and collegiate racing. The Club 420 is easily self-rescued and is an ideal boat for teaching a crew to race.

Laser Pico - a multi-handed boat that we train on as an "in-between" for those too light for a 420 or too heavy for an Opti. This boat provides an opportunity for all to skipper.



Program Description

The Junior Sailing Program is for children who want to learn to sail and race. Parents, please be careful not to force a youngster to participate. Sailors, age 8 through 15 will sail Club 420s, Laser Picos and Optimists. Sailors, 15 and older will be encouraged to sail Lasers with the NBC Laser Fleet.

We focus on building self-confidence, sailing and racing skill building. All students are expected to bring a desire to sail and a proper attitude. Sailors who are uncooperative in the first few days of sailing will be asked to leave the program and have their fee refunded. All programs stress learning, fun, and safety. Students are on the water as much as possible. Shore time is spent learning about seamanship, nautical nomenclature, rules of the road, boat maintenance, weather, and navigation.

The Nyack Boat Club Junior Sailing program incorporates the USSA Small Boat Sailor program, known as “The Little Red Book.” This is a certification record of fourteen basic sailing skills. Each sailor is provided with his or her own copy. As each skill is demonstrated, instructors sign of and date the record. The Nyack Boat Club Junior Sailing program is divided into five groups, based on age, experience and ability; Beginner Opti, Intermediate Opti, Advanced Opti, C420 and Advance 420 Racing. Instructors work to eliminate the sense that one group or one boat is better than another. Below is a general description of how the program is organized:



Beginner Opti:

Beginners

First-time sailors

Sailors who are not at ease with sailing all day

The purpose of this level is to teach basic sailing skills and to provide an introduction to sailing that is both safe and enjoyable. Each student will be assigned a boat. This group spends the first few days around the boats and may not even sail. They spend a good amount of time on the water but do more shore-side activities than the other groups. The group determines at what speed it progresses and is not pushed to sail as much as the more experienced groups. At the end of four weeks, this group should be comfortable around boats and the water, enjoy the program, and want to come back next summer or next session for more sailing. Some of the skills include:

- Boat handling and balance
- Sailing and sail trim
- Water safety
- Knots
- Rig and de-rig a boat
- Basic weather patterns
- Sailing terminology & skills
- Self rescue techniques
- Fun sailing

Intermediate, Advanced Opti:

*Younger, more advanced sailors
Older first-time sailors*

The focus is on expanding the student's skills. As conditions permit, this group spends most of the day on the water. They are responsible for rigging, launching, and sailing their own boats. These students should be comfortable sailing a boat in light to moderate winds and weather conditions as skipper and crew. Racing fundamentals are introduced but boat handling is the main concern. Some of the skills include:

- Advanced sail trim and boat handling
- Performance sailing and proper boat trim
- Trapezing
- Physics of sailing
- Boat repair and maintenance
- Introduction to the racing rules of sailing

C420, Laser Pico

Older continuing sailors

As conditions permit, this group spends most of the day on the water. They are responsible for rigging, launching, and sailing their own boats.

These group concentrate on expanding sailing and racing skills that have been mastered previously.

Regattas, Day Trips and Overnights

There are days when some sailors will leave the club for “away” regattas or other activities. Parents are required to drive sailors to away events. The Club does not provide for personal transportation. Parents will be notified in advance of these dates. Reimbursement for expenses, such as gas, meals, housing and entry fees can be applied for through Nyack Boat Club’s Murray Green Fund.

Each session has an overnight. Parents are called upon to be chaperones. Parents will be notified in advance of these dates.



Boat Storage

Storage will be provided for boats and related gear only during the session or sessions for which the child is enrolled. Storage privileges are extended only to members. Members must have their boats properly identified with the Club decal.

Boat Damage

Even though the Nyack Boat Club expects routine wear and tear to occur to the Club-owned boats, parents are responsible for any damage to a boat that is caused by consistent misuse or abuse by their Junior Sailor.

Parent/Guardian Responsibilities

Junior Sailors arrive on time at the Club: 9:00 am. They are picked up no later than 4:00 pm. Any complaints or suggestions about the program, the instructors, junior sailors, or related issues should be made to a Junior Sailing Program Steering Committee member. Parents should not take it upon themselves to reprimand instructors or other children. Parents are responsible for understanding the goals and rules of the Program and for fostering them in their children.

Parents are responsible for providing their children with the proper personal equipment necessary for sailing activities. Use a permanent marker to mark your child's gear with their name. Physical or emotional problems that may inhibit the sailor in certain activities must be brought to the attention of the Program Chairperson. If a child cannot fully participate in the Junior Sailing Program, the Steering Committee will discuss with the parent whether or not the child may attend the Program.

Parents are responsible for transporting sailors to away regattas. Instructors are not permitted to transport sailors or sailors personal boats. Parents are responsible for ensuring that their personal boats, used for the program, are maintained in safe operating condition.

Parent interest in the program is welcome and encouraged. However, parents may not remain on the Club grounds if they are not a member of the Nyack Boat Club. Parents may not remain with the Junior Sailors when the program is in session, except for specified dates or events.



Parent's Bill of Rights

The Nyack Boat Club Junior Sailing Program believes that parents have rights and that their questions regarding the program are reasonable and important. Parents have the right to know:

1. That they can approach a member of the steering committee at any time, or the Head Instructor only after hours, with an appropriate concern and that these individuals will listen carefully to their concerns and will do everything possible to address the issue.
2. Their children will be safe with the staff both physically and emotionally.
3. The staff is experienced in the sport of sailing and coaches are trained in proper safety procedures on and off the water.
4. All children will be treated fairly and that each child will be treated as an individual.
5. That any negative or cruel behavior among the students or between the students and the staff will not be tolerated.
6. That the staff will conduct themselves in a professional manner at all times.
7. Their children will learn, improve, and have fun with the sport of sailing.

Junior Sailor Responsibilities

Sailors are to abide by the rules of the Nyack Boat Club and the Junior Sailing Program. Sailors are responsible for cleaning up after themselves each day in the dry sail area, docks, hoist area, NBC grounds, and clubhouse.

- The rules of good sportsmanship are to be followed at all times.
- Each sailor is obligated to handle equipment as if he or she owns it.
- Shirts must be worn on the upper grounds of the Club.
- Proper footwear must be worn at all times.

Serious problems such as destruction or theft of property or unsuitable behavior are referred to the Junior Sailing Steering Committee. A member of the Committee discusses the matter with the child and his/her parents. The Chairperson is the final arbiter in matters of discipline and may suspend a sailor from the Program indefinitely for misconduct. Suspended sailors do not receive a refund of fees.



General Rules

Please review these rules with your child. It is the parent's responsibility to ensure that their children understand these rules.

1. *Sailors are expected to adhere to the highest standards of conduct while at Nyack Boat Club and when visiting other clubs.*
 - a. *Theft, borrowing of equipment, vandalism, destruction of property, excessively rowdy behavior, throwing people off docks, bullying, rude or incorrect behavior toward anyone (adults or children), disobedience to instructors are considered violations of such standards.*
2. *Sailors must stay with their class or instructor during program hours.*
3. *Sailors must stay on Club property unless they leave with an instructor or parent.*
 - a. *You are not permitted to leave Club grounds without clear direction and permission from the Head Instructor.*
4. *Sailors may not board any vessels moored in the mooring area.*
5. *No sailor shall leave class for the day until all boats are put away, the clubhouse is cleaned, and they are dismissed by the Head Instructor.*
6. *Use of alcoholic beverages, marijuana, or other illegal substances by a sailor is not permitted.*
 - a. *Any sailor using same will be suspended from the program for the remainder of the session.*
7. *Sailors who are late may not be able to sail that day. No sailor may join a class that has already left the dock for sailing.*
8. *Smoking is not permitted by Junior Sailors or Instructors.*



Sailor's Agreement

Please remove this page after reading the Handbook, sign and return to the either the Head Instructor or the Chair of the Nyack Boat Club Junior Sailing Committee.

To: Nyack Boat Club Junior Sailing Program

From: _____ and _____
Junior Sailor's Name Parent or Guardian's Name

Date: _____

We have read the Nyack Boat Club Junior Sailing Program Handbook and understand our respective responsibilities to the Nyack Boat Club, the program, its staff and steering committee, as well as all Junior Sailors.

Signed: _____
Junior Sailor

Signed: _____
Parent or Guardian