

# BAY ACCESS SUMMER PROGRAM GUIDELINES



## **PARENT ORIENTATION**

Parents please join us for short orientation meeting on Monday immediately after the drop off at 9am. We will have a brief welcome meeting and be available to answer your questions. On Friday from 2:30pm to 3:30pm we will have a short presentation at the Small Boat Harbor during which the parents will be able to meet the Sailing Staff and sailors will receive a small gift.

## **CLASS OBJECTIVES and EXPECTATIONS**

Sailing is a complex sport and mastering it takes years of practice. During the Beginning Sailing Program we will focus on its most fundamental aspects. The Sailors will learn basic sailing terms, safety and rigging. While sailing, the Instructors teach them about the wind, water, and encourage their comfort in sailboats. Daily team-building activities and games are played both on and off the water to further the children's knowledge and ability to have fun while sailing. Since the objective of the course is to get the students to feel comfortable sailing, the class will not sail on days with threatening weather, such as storms or high winds. Instead, the class will partake in land activities to improve their nautical knowledge. All sailors shall help one another in moving boats, dollies and with launching and returning to shore. Class will not be dismissed until all boats are clean and stored properly.

## **DAILY ROUTINE**

On Monday morning, all students will meet at the Lakewood Yacht Club pool where parents/guardians will have to sign their children in. On all other days, you should drive to the LYC Seahorse Lounge to sign your sailor in and drop off. Upon arrival, sailors will check in and meet with their instructor. At the beginning and end of each day the group will review the days plan and discuss the skills to be learned. This is an essential component of an efficient, effective, and safe sailing class. After the briefing, the sailors will proceed with water activities. The class will take a break for lunch during which they will cool off in the classroom and have a chance to reapply sunscreen.

## **Lunch and Snacks**

Lunch and an afternoon snack is included in our program. All food will be served following all CDC COVID-19 guidelines.

## **Late Pick-Up Options**

Normal pick-up time is 4pm. If you wish to pick up your sailor later, we have an option of a late pick-up from 4:30 to 5:30pm. Fee of \$65 for the week.

## **Inclement Weather Policy**

Throughout the summer, storms can inhibit our practices and force us indoors. In an attempt to keep social distance in our groups, classes will be canceled for the day if the forecast calls for storms throughout the day. The decision to cancel practice for the day will be communicated through email the night before.

## **COVID-19 Safety Update**

Lakewood Yacht Club and their employees continue to monitor the development of the COVID-19 pandemic in Texas and more specifically in Harris County.

Texas is still one of the hottest spots in the US, with thousands of new cases reported everyday only in the Houston greater area, and no one is immune to it.

Coaches would like to remind all parents and sailors of the importance to keep social distancing and wearing some sort of facial covering (mask, buff, bandana) while participating in any Yacht Club sanctioned activities like practices and regattas.

The situation is far from over, and we can all help out by following the guidelines the CDC and the Governor have in place.

Thank you for your support and understanding, and we look forward to keep offering the best coaching and fun practices as we wait for the national regattas to start sometime in the future.

## **LESSON PLANS FOR BEGINNING SAILORS**

### Monday

- Welcome
- Meeting with instructors and sailors
- Safety brief
- Swim & strength test in pool
- Capsize and recovery in pool
- Steering
- Tying basic knots

### Tuesday

- Rigging a boat
- Points of sail
- Avoiding collision
- Reaching

### Wednesday

- Tacking
- Sailing upwind

### Thursday

- Gybing
- Sailing downwind

### Friday

- Sailing around a course including all points of sail

## **BEING PREPARED. ALL SAILORS SHOULD:**

- Wear a Coast Guard approved PFD type III (personal flotation device) at all times when on the dock and on the water. All sailors must bring their own PFD (life jacket) that is designed specifically for watersports and has the sailor's name written visibly on it in permanent marker. The sailor's life jacket must fit properly and be in good condition. The straps should be tightened so that the life jacket doesn't float over their head and prohibit them from getting back in the boat.
- Bring a refillable water bottle and drink liquids regularly throughout the day
- Wear waterproof sunscreen (high SPF, with ability to reapply throughout the day as necessary)
- Wear sunglasses with both 100% UVA & UVB protection (polarized are best) on a lanyard
- Wear a hat with a clip so it can be tied to the life jacket
- Wear a bathing suit and a long-sleeved swim shirt, rash guard, and/or sun shirt
- Wear closed-toe fast drying, soft, light soled shoes, water shoes, or sandals (**not flip-flops**)
- Bring a towel
- Attach a whistle to their life jacket or PFD.
- Please advise the instructors in advance of any medical issues or medicines that your child requires

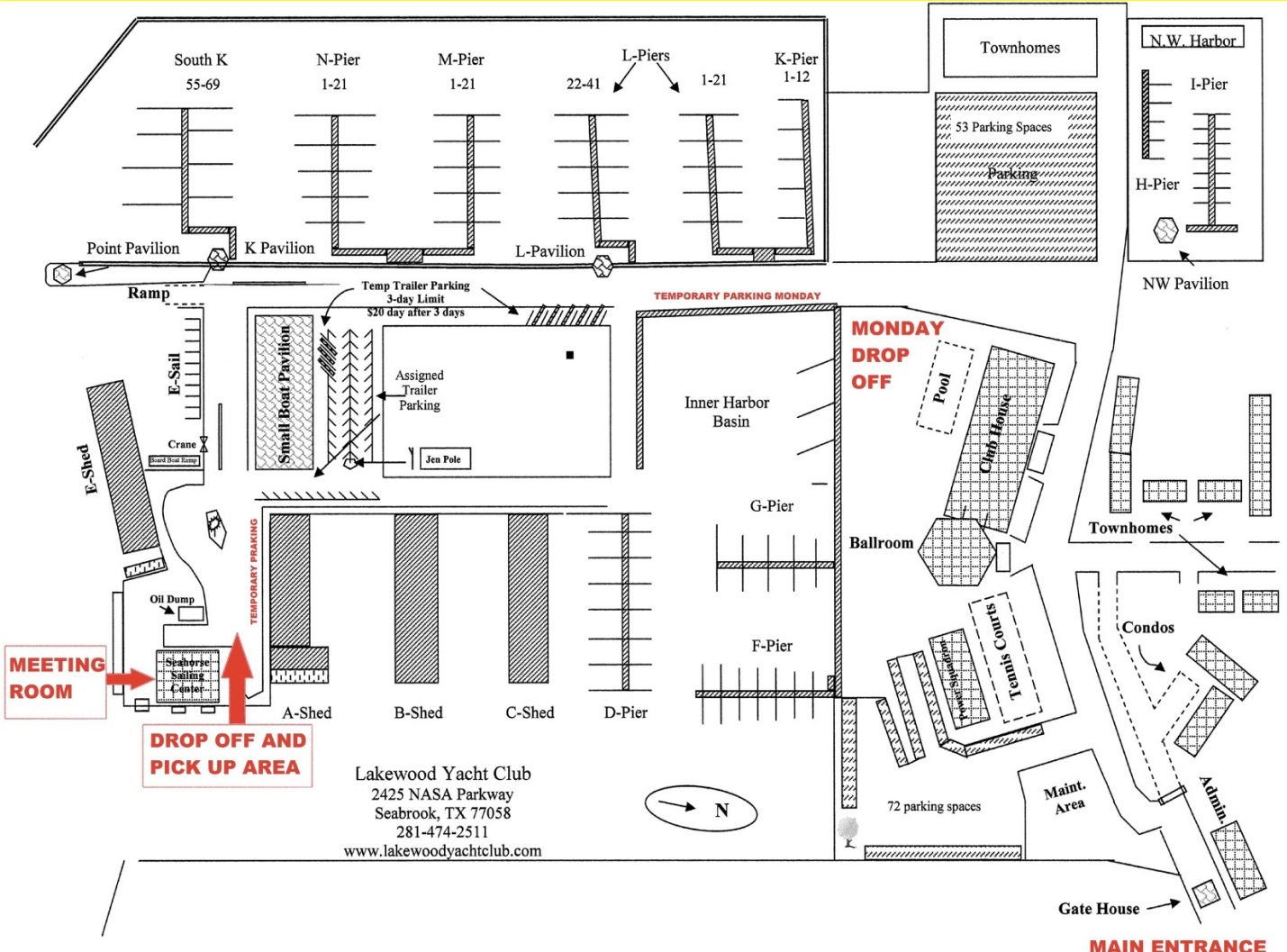
## **CONTACTS**

Waterfront Director Terry Flynn	(832) 256-6865	<a href="mailto:waterfrontdirector@lakewoodyachtclub.com">waterfrontdirector@lakewoodyachtclub.com</a>
LYC Main Office / Security	(281) 474-2511	
Lakewood YC	2322 Lakewood Yacht Club Drive	
	Seabrook, TX 77586	

Our coaches are on the water with the sailors during the days, so they may not be able to immediately respond to your call.

## **WHERE TO GO AT THE CLUB**

Bay Access Youth Sailing Program is hosted at the Lakewood Yacht Club "Seahorse" facility that is located at the far southern end of the Club. Upon arrival please check with the security guards. We have designated specific areas for drop off and pick up. The balance of the Club is reserved for member use only. The speed limit at the club is 10 mph and is strictly enforced for the safety of everyone!



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