

BAY ACCESS SUMMER PROGRAM GUIDELINES



PARENT ORIENTATION

Parents please join us for short orientation meeting on Monday immediately after the drop off. Our sailing coaches will be available to answer your questions. At this time, you should turn in the Swim Test Form. If you are not planning on dropping your child off in person, please make sure that we receive these documents from you ahead of time. On Friday (last day of each program) at 4 pm we will have a short presentation at the Small Boat Harbor during which the sailors will receive a completion certificate and 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 rinsed and stored properly.

DAILY ROUTINE

On Monday morning, all students should meet at the Lakewood Yacht Club pool. On all other days, you should drive to the LYC Seahorse Lounge. 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.

LESSON PLANS (subject to change due to weather conditions)

Monday

- Meeting with instructors and campers
- Safety brief
- Capsize and recovery
- 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

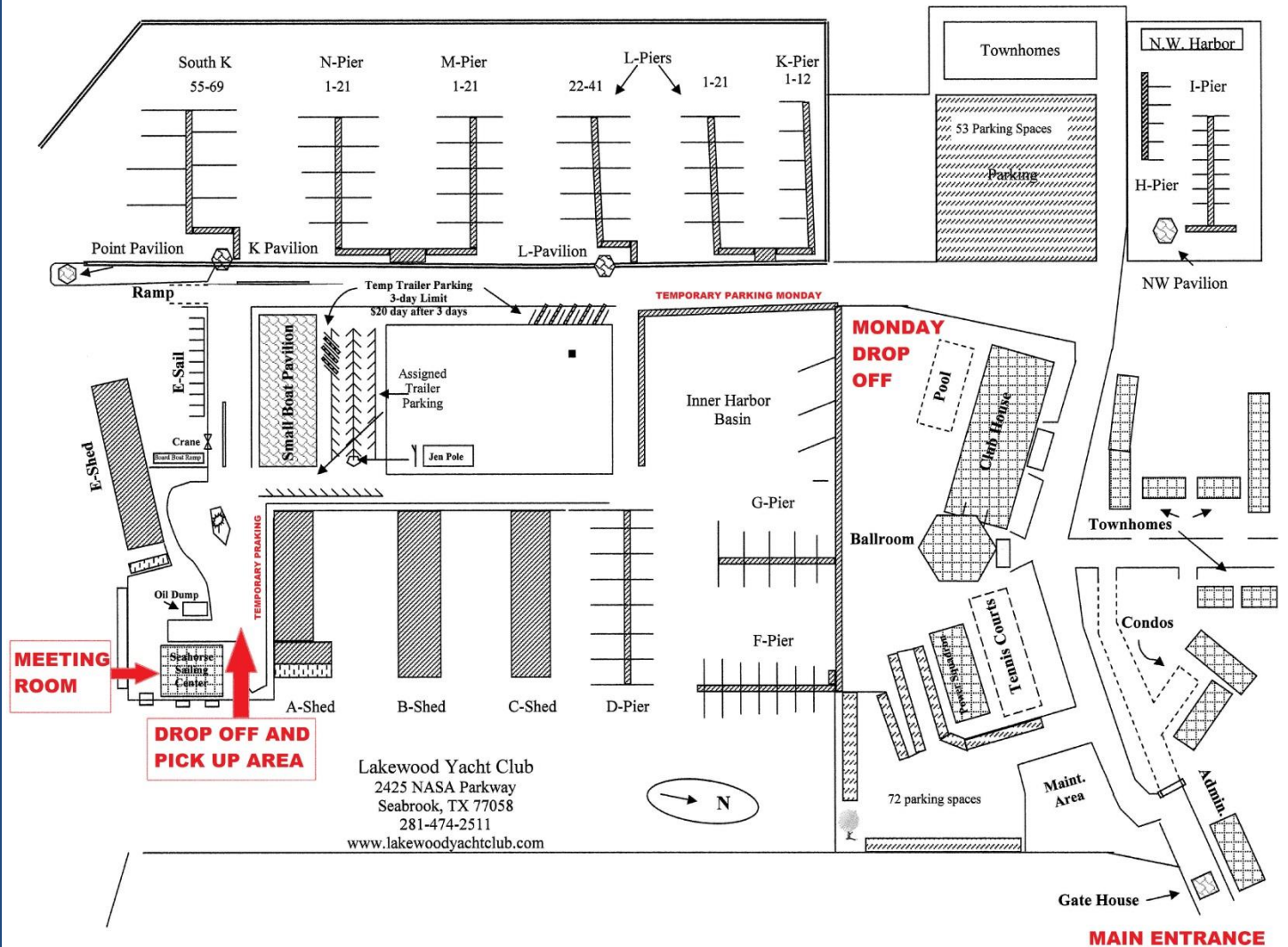
BEING PREPARED. ALL SAILORS SHOULD:

- Eat a healthy breakfast
- Bring a simple lunch and a healthy snack or two
- Bring at least one (1) 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 and/or rash guard
- Wear fast drying, soft, light soled shoes, water shoes, or sandals (**not flip-flops**)
- Bring a towel
- Wear a Coast Guard approved PFD type III (personal flotation device) at all times when on the dock and on the water. You can bring your own PFD (life jacket) that is designed specifically for watersports and has the sailor's name written on it in permanent marker. Bay Access will have an assortment of PFDs available for those who need one. 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
- Attach a whistle to their life jacket or PFD. Plastic whistles from KO or West Marine are best
- Please advise the instructors in advance of any medical issues or medicines that your child requires

Finally, help manage your child's expectations of him or herself and please communicate to the instructors if you feel your child is struggling. Jamie Gilman is the program's sailing coach and can be contacted at youthsailing@lakewoodyachtclub.com. For more urgent matters, you can contact LYC sailing director Marek Valasek at 832-256-6865. He is on the water teaching children during the days, so he may not be able to immediately respond to your email or 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!



BAY ACCESS

2014 SUMMER SAILING SWIMMING PROFICIENCY VERIFICATION

(Bring this page to the First Day of Lessons)

Each camper should be capable of swimming at least two lengths of the LYC pool and treading water for two minutes or more.

Camper's who cannot meet this requirement without the assistance of a life jacket will be required to demonstrate comparable swimming proficiency while wearing a life jacket.

SWIM TWO LENGTHS OF LYC POOL YES _____ NO _____

WITHOUT LIFE JACKET YES _____ NO _____

TREADS WATER FOR TWO MINUTES YES _____ NO _____

WITHOUT LIFE JACKET YES _____ NO _____

Camper Name: _____

Parent's or Legal Guardian's Signature: _____ DATE: _____

*LYC LIFEGUARD'S SIGNATURE: _____ DATE: _____

*A Lakewood Yacht Club Lifeguard must sign off each camper on the first day of lessons.