



## **IYC YOUTH SAILING PROGRAM INFORMATION FOR PARENTS**

### **CONTACT INFORMATION**

For general information about the program, contact the Director of Youth Sailing, YouthSailing@IthacaYC.org.

For information about registration, contact the Business Office, BusinessOffice@IthacaYC.org.

### **OVERVIEW**

The Ithaca Yacht Club Youth Sailing and Racing programs are held from Monday to Friday each week for youth sailors from 8 to 17 years of age. The program is discounted for IYC family members.

The Youth Sailing program is a racing oriented sport, training beginner sailors the basics of sailing and working up to the IYC Youth Sailing Racing Team. As the program is small and focused toward small boat dinghy racing, priority will be to enroll youth sailors with previous experience with youth sailing programs or a strong interest in working toward racing.

Youth Sailing participants are required to be competent swimmers. They must demonstrate the ability to swim 50 yards before engaging in the program. Swim tests are given on the first day of each program week at IYC.

Younger children begin to sail single-handed Optimist dinghies, then graduate to two-person 420s and single-handed ILCA dinghies (Laser), however competitive regattas occur for all classes. All training is done on Cayuga Lake within view of the Ithaca Yacht Club. Racing competition occurs at IYC and nearby sailing clubs with similar programs.

### **REGISTRATION**

#### **Enrollment**

The program is open to all. You do not need to be a member of the Ithaca Yacht Club for your child to attend.

The program is divided into one-week sessions. Dates are posted on the Ithaca Yacht Club website: <https://ithacayachtclub.wildapricot.org/Youth-Sailing-Registration>.



Follow the link on the registration page for the online registration form for each week. If a child attends more than one week, register each week separately. Enrollment to the Sailing Program is limited and is on a first-come-first-served basis. Your place will be reserved upon payment. Partial-week enrollments are not accepted, although a child may choose not to attend every day.

Registration for the sessions must be received by the Wednesday before the session begins. Late enrollment is subject to a surcharge of \$30. All fees are non-refundable.

### *Members*

Children and grandchildren of members get a discount of approximately 15% on the dues for the program. Member's annual dues must be paid in full to register for the summer programs as a member.

In addition, any member's child who attends four or more weeks gets a further discount of approximately 10% per week.

### **ADDITIONAL INFORMATION**

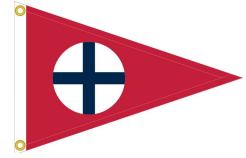
#### **Interclub Regattas**

If you would like your child to take part in these fun regattas, please contact [YouthSailing@IthacaYC.org](mailto:YouthSailing@IthacaYC.org) as soon as possible.

Transport of kids is generally done by parents, so let us know if you can help. The sailors need to take food and drink with them for lunch and on-water drinks.

In the case of the 420s, we usually borrow boats from the host club, and will not take our boats unless we need to in order that we can compete. For the Junior Olympics, parents need to borrow or charter 420's, if available at the host club. The instructor will take extra club boats, if not available to borrow from the host club, and if these boats are not taken by parents.

Boats will be assigned by the Program Director. No child can assume ownership of a particular club boat. Equally, no parent can take boats without express permission of the Program Director, nor assume ownership of club boats. We will usually send at least one instructor, along with volunteer parents, as a part of the IYC Team. However, if there are very few competitors going to a regatta, for example one boat, then it does not make sense to spare an instructor, who otherwise has other more pressing duties, so we will tailor the instructor support to the needs of the sailor.



### **Junior roasts (children only)**

The junior roasts are held every Thursday in July and August. Volunteer parent chefs cook hot dogs, hamburgers and cheeseburgers provided at a nominal cost including beverage. The hot dogs and burgers are supplemented by dish to pass contributions from parents. The children love it. The roast is followed by games organized by the Waterfront and Sailing staff. A marvelous time for all.

P. S. This is also a good time for parents to have some time off: dinner, a drink or just relax by the lake.

### **Awards Night**

This event is held on the last Junior Roast of the year with awards and certificates presented by the Commodore, Instructors, and Youth Sailing Directors to the children. In addition to Certificates of Completion, awards are made in numerous categories such as sportsmanship, improvement, leadership, team building and excellence. Lots of memories.

### **INFORMATION FOR PARENTS**

#### **Registration paperwork**

On the first day of the session, please print out the the following forms from the web site, fill them in, and bring them with you.

- IYC Youth Sailing Health Form. Vaccination records must be on file before a child can participate in the program. This is a requirement from the County Health Department.
- IYC Youth Sailing Program Liability Waiver.

#### **Schedule**

The program starts at 8:30am and runs to 4:30pm, Monday to Friday. Please try to arrive by 08:30 am, so that the instructors can get started on rigging the boats to make full use of the morning breeze.

#### *Sign in/out procedures*

Parents of children under the age of 13 will need to sign the sailors in and out (at 4:30pm) each day at the desk in the Youth Sailing Building. Children ages 13 and older are



permitted to sign themselves in and out each day. Please be punctual, but feel free to chat with the instructors.

## **What to bring**

### *Lunch*

Children must provide their own lunch and any other snacks, as well as a beverage. Water will be supplied in the youth clubhouse, but please provide a labeled refillable water bottle.

### *Sunscreen protection*

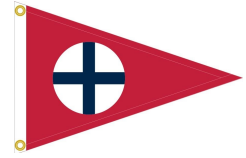
Please remind your sailors to reapply sunscreen after lunch, before the afternoon sailing.

### *Clothing*

We like sailors to be properly outfitted so that they keep warm when it is windy and they are wet. We want everybody to be happy, cozy and warm.

- Lifejacket. Can be left during the week in a cubby.
- Towel. Please take home daily.
- Change of clothes.
- Shoes. To be worn in the boats. Sailors will need closed-toe sandals, sailing boots, or sailing sneakers that will not slip off as they launch and land boats. Rocks and slippery surfaces are common on the lakefront and the boats have hardware which can hurt bare feet.
- Rash guard tops. They can be bought quite inexpensively and are the perfect undergarments in chilly conditions, as well as protection from the sun.
- Sailing smock (waterproof wind breaker). An outer garment to take on the boats, especially on chilly or windy days.
- Shorts.

## **Bad weather**



The instructors monitor the weather throughout the day using radar, and are constantly looking out for bad weather.

If the wind is not too strong, classes will go sailing on rainy days. In the case of fog, strong winds, or heavy rain and thunderstorms, the final decision on whether or not the students sail will be made by the Head Instructor.

Wind speed (or gusts), wave height, and air temperature are critical factors in determining if sailing will take place. If it is decided that it is unsafe to go out on the water, classes will be held on land. Every effort will be made to avoid having boats on the water during thunderstorms. and we will not go sailing if it appears that there is a storm approaching. Occasionally, storms pop up while we are sailing. In these cases, all classes will be immediately cleared from the water. Sometimes, putting boats on a tow line and dropping sails will allow the most control in the increased winds that occur with sudden storms.

A “ Clear the Water ” signal is established and understood by all instructors and sailors. The procedure is reviewed each Monday morning at the beginning of the session.

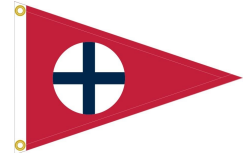
The guidelines for responding to “clear the water” are as follows:

1. The head Instructor will issue a “clear the water” notification via VHF. This notifies all coach boats and on-shore staff that boats are coming in quickly.
2. Sailors will be told to drop their sails by their coaches.
3. Coach boats will attach sail boats to a tow line to get them into safety, starting with the most inexperienced sailors.
4. If the waterfront is clear, the lifeguards will assist boats into shore.

### **Cell Phone Policy**

Cell phone use (social media, email, texting, games) is strictly forbidden during the hours of 8:30am and 4:30pm.

- The Head Instructor will use his/her phone for communicating with parents, the Director of Youth Sailing, monitoring the weather at any time during the day, and for any emergency.
- Parents may text or call the Head Instructor during the day for emergency purposes only.
- VHF radios are used to communicate between coach boats and to the lifeguard station.



- Participants found to be playing on their phones will be asked to hand them in them for the remainder of the day.