

IYC YOUTH SAILING PROGRAM PARENT NOTES / INFORMATION

PROGRAM START 08:30 AM

Please try to bring your child by 08:30 am, to enable the instructors can get a head start on rigging the boats for the morning wind and sailing.

SIGN IN/OUT PROCEDURES

Parents of children under the age of 13 will need to sign youth sailors in and out (at 4:30pm) each day at the desk in the Youth Sailing Building. Feel free to chat with our Instructor Team!! Please be courteous of pick-up time, as our staff have been teaching / coaching your children all day long in the sun. Children ages 13 and older are permitted to sign themselves in/out each day.

LUNCH

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

JUNIOR ROAST - (Children Only)

Jr. Roasts are a 65+ year-old tradition at the Ithaca Yacht Club and all sailing participants and siblings are invited to attend. The Roast takes place on Thursday evening starting at 6pm when hot dogs and hamburgers are cooked on an outdoor grill for a nominal charge (\$3-4) per child, while parents donate a dish-to-pass to supplement the meal. Adults (members and non-members) can relax and enjoy dinner and/or cocktails from the club while the children eat and are entertained by lifeguard and sailing staff.

RACING

You are welcome to consider registering your sailors to race Optis, 420s, or Lasers at weekly and optional weekend regattas in the region. Weekend regattas are organized and run by boat class associations. Please talk with the IYC Youth Sailing Race director, Lindsay Anderson (email: cla28@cornell.edu), or the Head Instructor for more information and logistical details.

SUITABLE CLOTHING AND THINGS TO BRING

Clothing which will keep the kids warm when it is windy and they are wet!!

Please bring:

- LIFEJACKET - can be left during the week in a cubby
- TOWEL - please bring home daily
- CHANGE OF CLOTHES
- FOOD-DRINK - please bring labeled refillable water bottle
- SUNSCREEN PROTECTION – please remind your sailors to reapply after lunch, before the afternoon sail.
- SHOES - Shoes to be worn in the boats! For safety reasons, sailors will need closed-toe sandals, sailing boots, or sailing sneakers which will not slip off as kids launch and land boats. Rocks and slippery surfaces are very common on the lakefront and our little boats have hardware which can hurt bare feet.
- RASH GUARDS tops can be bought quite inexpensively and are the perfect undergarment in chilly conditions as well as protect from the sun.
- SAILING SMOCK (waterproof wind breaker) - outer garment to take on the boats, especially on chilly or very windy days.
- SHORTS We would like sailors to be properly outfitted so that we avoid unnecessary disruption to the sailing instruction, AND more importantly, we want kids to be happy, cozy and warm!!

INCLEMENT WEATHER

The Program Director and staff constantly monitor the weather throughout the day using radar and are vigilant of visual storm signs. On rainy days, if the wind is not too strong, classes will go sailing. In the case of foul weather due to fog, wind, 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. Classes on land will be held if it is decided that it is unsafe to go out on the water. Every effort will be made to avoid having kids on the water during thunderstorms. Kids will not go sailing if it appears that there is a storm approaching.

Occasionally, storms pop up and do not appear on radar. In these cases, all classes will be immediately cleared from the water. In some cases, 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*

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

1. Head Instructor will issue “clearthewater” notification via VHF; this notifies all coach boats, as well as on shore staff that boats are coming in quickly;
2. Sailors will be notified 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, lifeguards will assist boats into shore.

* To be reviewed each Monday morning with new program

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 be permitted to use his/her phone for the purposes of 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 will be used to communicate between coach boats and to the lifeguard station.
- Participants found to be playing on their phones will be asked to forfeit them for the remainder of the day.