PLYMOUTH YACHT CLUB
JUNIOR SAILING

2019 Parents Handbook

SUMMER 2019
PLYMOUTH YACHT CLUB
34 Union Street, Plymouth MA  02360   508-746-7207
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MISSION STATEMENT

The mission of the Plymouth Yacht Club Junior Sailing Program is to develop knowledgeable youth sailors and to instill in them a lifelong love of, and respect for, the sport of sailing that will serve as a foundation for the future of the Club.

PROGRAM GOALS

The primary goals of the PYC Junior Sailing Program are:

- Provide training in all aspects of sailing, both racing and recreational.
- Create a fun and safe atmosphere in which young sailors participate.
- Develop sportsmanship, integrity and interpersonal skills for our youth sailors.
- Develop a respect for the ocean and the elements.
- Learn and incorporate seamanship and safety.
- Instill responsibility for boats and equipment.
- Display appropriate behavior and respect for members and staff of the Plymouth Yacht Club.
SAILOR CODE OF CONDUCT

Cooperation, teamwork, and sportsmanship are all cornerstones of our program. The Plymouth Yacht Club expects positive behavior at all levels, while at the Club and while representing the Club at away regattas. Inappropriate or disrespectful behavior, language or choice of clothing by program participants will not be tolerated and will result in disciplinary action by the Sailing Committee, including any such youth sailor being barred from participating in the PYC Jr. Sailing Program.

Children are the responsibility of the instructors only while in class. Instructors are not allowed to leave the PYC Jr. Clubhouse after lessons unless all sailors have been picked up or prior arrangements have been made. It is necessary that parents are punctual in picking up their sailors after their scheduled lessons.

Cell phone policy. All student must keep their cell phones with their other belongings, in the clubhouse, for the duration of the class. No phones will be allowed on the water, or to be used at any point during on-land class sessions.

STUDENT PLACEMENT

All returning sailors to the PYC Jr. Sailing Program will be placed and advanced in accordance with the recommendations of the staff from the previous session/season. If a student is incorrectly placed, changes will be made at the beginning of the season based on the skills demonstrated by the sailor to the instructors. Placement is based on sailing skill, attitude, comfort, and the discipline of each sailor. Requests for placement changes during the sailing season should be addressed to
the individual instructor as well as the Program Director. New sailors will be placed into classes in accordance with their age, comfort, and experience.

**COMMENTS, SUGGESTIONS & COMPLAINTS**

We are always trying to improve the Jr. Sailing Program. We welcome all compliments, suggestions, criticisms, and complaints. Any problems that arise need to be addressed as early as possible, and any complaints and suggestions should be made, or at least followed up in writing. Having complaints and comments in writing will help with the issue being addressed fully. Your complaints and comments should be directed to the Program Director and/or the Sailing Committee. We all try our best, but your constructive input will help make the Program a greater success.

**SAFETY**

Staff

All PYC Jr. Sailing Program staff members are US Sailing certified who have received American Red Cross First Aid and CPR training. The curriculum for the Program is developed from the US Sailing Certification series, the national standard for quality sailing instruction.

**Water Safety Requirements**

Each child must provide his or her own Coast Guard approved Type III or higher PFD (lifejacket) that fits properly. A waterproof/ plastic whistle must be attached to the PFD at all time. Students
must wear their PFDs while on any dock and while in the water or aboard any sail/power boat during lessons. Closed toe shoes are also required in order to participate in lessons (no bare feet, flip flops, or Crocs).

Each child must pass a swimming test to remain enrolled in the sailing program. This will allow the instructors to evaluate each child’s swimming skills and comfort level in the water. The test will be conducted on the first day of lessons so students should come prepared. The test will consist of the following:

1. Treading water for 1 minute unaided
2. Swimming 50 yards while wearing a lifejacket

Students will also be given a water orientation lesson to learn self-rescue techniques with a sailboat and proper safety procedures (i.e. capsizing drills).

Bad Weather

Classes will not be cancelled due to bad weather. When the safety of the students is threatened by inclement weather, indoor sailing-related activities will be implemented.

HELPFUL SUGGESTIONS

Check the Junior Sailor Program page on the Plymouth Yacht Club website or the Plymouth Yacht Club Junior Sailing Facebook page for useful information, upcoming events and functions.

Items for Sailors to bring to lessons: PFD, waterproof whistle, bathing suit/swim shirt (wearing) water bottle, towel, sunglasses, closed toe shoes, change of clothes, hat, sun block, personal snack.
SOCIAL OPPORTUNITIES

Weekly Junior Cookouts

Every Wednesday evening a group of sailing parents and students organize a cookout on the front lawn of the Club. All sailing program participants (both members and non-members) and their families are welcome to attend, as well as any members of PYC. These cookouts provide a weekly opportunity for sailors, families, members, and instructors to get to know each other better. Dinner items and sodas are offered at nominal charges, to benefit the Jr. Sailing program. Parents/families are asked to bring side dishes, deserts, or volunteer time when they are able. Volunteers can sign up to help grill burgers and hot dogs as well.

July 4th Parade

The Jr. Sailing Program participates in the Town of Plymouth 4th of July Parade with a float and accompanying group of the Program’s sailors and Instructors. All sailing program participants, ages 8 and up, are welcome to join our parade group.

Past Commodore/Junior Dinner

The Past Commodore/Junior Dinner is the major fundraising even for the Junior Organization to support the Jr. Sailing Program. The dinner is served by the junior members (12 and older) of the Program, with the help of some parents. Jr. Students from ALL Jr. Sailing program classes and sessions, families and friends are welcome. Proceeds are donated to the Junior Organization to augment boat and equipment purchases and other program expenses. Donations have been used to purchase trailers, Club-owned Optis, sails, 420 harnesses, etc. Each season a silent auction accompanies the dinner with the proceeds going the Junior Organization.
Commodore’s Dinner

The Commodore’s Dinner is the annual end-of-season awards banquet. All are welcome and reservations are required and can be made by calling the Club Manager. The Commodore’s Dinner occurs the Sunday night after the Jr. Sailing Program ends.

Volunteers

The Jr. Sailing Program is always looking for volunteers to assist in a number of different areas, including boat take out day, loading/unloading trailers for away regattas, trailing boats to away regattas, Wednesday night cookouts, Past-Commodore/Junior Dinner, Plymouth Yacht Club Junior Regatta, and boat put away day. Contact the Program Director or any member of the Sailing Committee to discuss volunteer opportunities.