



## **Juneau Youth Sailing Foundation**

*A non-profit trust promoting youth sailing programs for Juneau, Alaska*

2000 Summer Youth Program  
Parent / Student Handbook



## **What is the Juneau Youth Sailing Foundation?**

The Juneau Youth Sailing Foundation is a non-profit trust established in 1997 to promote youth sailing activities in Juneau. The Juneau Sailing Club generously endowed JYSF with start-up and ongoing support. In 1997 the foundation received a major grant from the CBJ Youth Activities Fund which aided JYSF in purchasing eight Club 420 dinghies from the Seattle Yacht Club. Support from corporate grants, community groups, student fees, and on-going fund raising activities provide the resources needed to operate the programs of the JYSF. The trustees, all the adult instructors, and the many persons who help with the program are volunteers giving generously of their time to bring youth sailing to Juneau.

JYSF is a member of US Sailing, the sanctioning body for sail racing and Olympic sailing in the United States. US Sailing provides instructor training and certification for sail training programs all around the US. All JYSF instructors are US Sailing certified.

JYSF is also a 4-H club. Students are required to sign up for 4-H (fees are included in the JYSF enrollment) as are all of the adult volunteers and instructors. Students have access to all other 4-H activities offered in Alaska.

## **Program Goals**

The overall goal of the foundation is to bring sail training to Juneau youths in particular, and the community in general in a manner that promotes safety, fun, and learning.

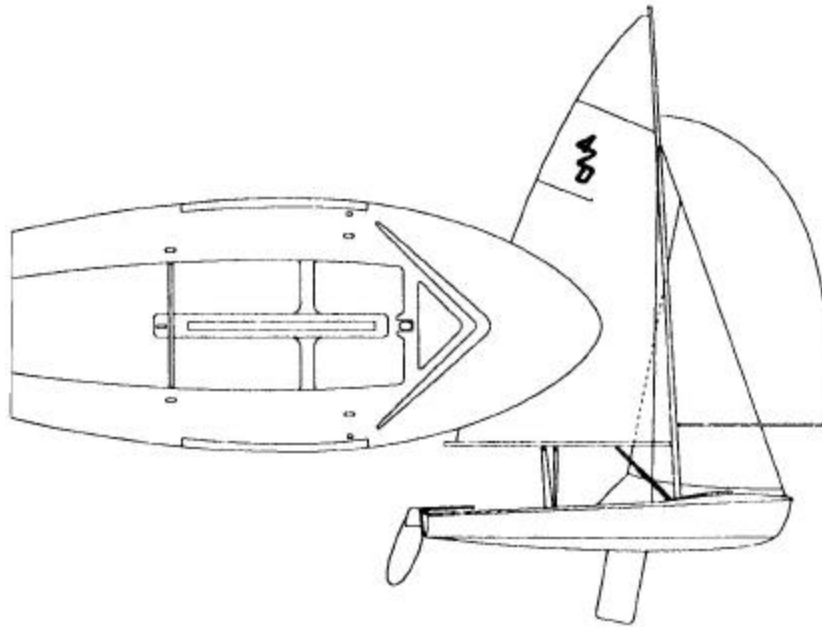
The program goals for the basic and intermediate sailing classes of the Juneau Youth Sailing Foundation are to teach basic water and boating safety and the safe handling of a sailing dinghy. Students are encouraged to develop teamwork, self-confidence, and judgment to independently maneuver the sailing dinghy.

For students participating in the Beginning Racing programs, the goals are to build upon the boat handling skills learned in the basic and intermediate classes, and to add knowledge of racing rules, and develop a Corinthian spirit among competitors.

For students with the ability and desire to advance to regional or national competition, JYSF will support their activities with the goal of training a champion sailor from Juneau.

## About the Boats

The JYSF has ten Vanguard “Club 420” sailing dinghies (2 new in 2000). The 420 is used extensively in youth and collegiate sailing programs, especially on the West Coast. The 420 is about 15 feet long and weighs about 270 pounds completely rigged. They are normally sailed by a crew of two, but can accommodate three beginners in reasonable comfort. There are two sails on each boat, a main sail and small jib. We also have spinnakers for use in advanced classes.



The 420 is designed with large air tanks in the hulls providing positive flotation, even if the boat is swamped. Small sailing dinghies such as the 420 are expected to capsize, and are capable of self-rescue. Even a lightweight crew can right a 420 by themselves. Large amounts of water can be removed from the boats by the self-draining cockpit, allowing the crew to right a capsized boat and go right back to sailing.

The class instructors will be on the water with the students in outboard safety boats, available to assist in the event a student experiences a problem on the water or to provide rescue in the event of a more serious problem. All instructors are US Sailing certified and have Red Cross First Aid and CPR training. Instructors are equipped with VHF radios and a cell phone in the event that they need to summon emergency assistance.

## **Programs Offered**

Many students, even those with some previous sailing experience, will benefit from taking each of the following courses. The course progression establishes a solid foundation in the fundamentals, adding complexity and difficulty at the advanced levels. While all students are encouraged to complete each level to assure a solid foundation, with permission of the instructor, students may start above Level 1.

Some of the courses, especially the Level 2 - Intermediate Dinghy Sailing and Level 3 - Introduction to Racing/Performance Sailing courses, may be profitably repeated by most students. At the beginning of each session, the instructors will assess the experience and ability of the students participating and adjust the material as appropriate. Students will also be paired in boats each day in ways most beneficial to learning.

Student progress will be recorded in the US Sailing "Little Red Book" which is recognized by sailing programs around the country. The instructor signs off skills demonstrated at different wind strengths. The certified training logged in the book may allow students to join other sailing programs at advanced levels or qualify to rent boats in some programs.

### **Youth Programs -- Ages 10-11**

#### Introduction to Sailing

A half-day course introducing the sport of sailing to younger students. Safety and comfort around the boats will be emphasized while students learn to self-rescue and to maneuver the sailboat. (Prerequisite - Swimmer)

### **Youth Programs - Ages 12-19**

#### Level 1 - Beginning Dinghy Sailing

Introduction to dinghy sailing. Covers the basics of rigging, launching, and maneuvering the sailboat. Self-rescue and water safety skills are emphasized. (Prerequisite - Swimmer)

#### Level 2 - Intermediate Dinghy Sailing

Continuation of Level 1 instruction. Class reviews and expands upon material in Level 1 class. Materials are covered at a faster pace and at a greater level of difficulty than in Level 1 class. (Prerequisite Level 1 - Beginning Dinghy Sailing)

#### Level 3a - Performance Sailing

Building on the fundamentals mastered in the Level 1 and 2 programs, students will work to improve and refine their sailing skills. Advanced sail handling, including the use of the spinnaker will be introduced. Seamanship and the skills needed for safe boating are emphasized. (Prerequisite successful completion of Level 2 - Intermediate Dinghy Sailing)

#### Level 3b - Introduction to Racing

Building on the fundamentals mastered in the Level 1 and 2 programs, students learn racing rules, tactics, and strategies. Advanced sail handling, including the use of spinnakers, is intro-

duced. Emphasis is on racing skill development. (Prerequisite successful completion of Level 2 - Intermediate Dinghy Sailing, Recommended Level 3a - Performance Sailing)

## **Adult Programs**

### Learn-to-Sail

Adult fundraiser for youth sailing programs. Friday evening classroom and all-day on-the-water instruction Saturday and Sunday. Prerequisite for participation in Adult Independent Study Free-Sail Program.

## **Programs for all participants**

### Independent Study Free Sail Program

The Independent Study Free Sail program is an opportunity for youth and adult graduates of JYSF programs to practice the sailing skills developed in class. All participants are required to wear sailing drysuits and PFDs at all times. No on-the-water coaching is provided, although a safety boat is available to provide assistance in an emergency. Boats are available on a first-come-first-served basis during Free Sail periods. Unsafe sailing, late returns of boats, or negligent damage to boats or gear may result in expulsion from the Independent Study program.

Youths 12-19 who have successfully completed a JYSF Level 2 course, and who demonstrate excellent boat handling skills, maturity, and good judgment in JYSF classes can be authorized by a JYSF instructor participate in the Independent Study Free Sail Program. Youths must be pre-approved by an instructor and have a signed free sail form on file at least 24 hours before the free sail period. In two person boats (such as our Club 420s) where both the skipper and crew are under 19, both must qualify for youth free sail privileges.

Adult graduates of a JYSF program who have had their "Little Red Book" signed off in all skills at the appropriate wind range may participate in the Independent Study Free Sail Program. A qualified adult may take as crew a youth graduate of a JYSF program. The Adult Independent Study Free Sail program is a fundraiser for JYSF youth programs.

### Wednesday-night-at-the-races (Race Practice)

Instructors, adult graduates, and free-sail authorized youth students are all invited to the Wednesday night race clinic. Each week will start with a short lesson or demonstration of a racing skill or topic. Depending on the weather and the desires of those participating we will then work on skill drills or fun races. Participants will pay for this class on a per session basis using their free sail annual pass (no additional fee) or a free sail punch card. This will be a great time to brush up on racing skills, learn some new things, and generally have fun on the water. A great midweek break, especially for parent-student teams!

### Commodore's Cup (Saturday August 12, 2000 -- tentative, subject to change)

A regatta featuring racing for adult and youth participants in JYSF programs. All JYSF students who have completed a Level 2 or Level 3 course are eligible to participate. The Commodore's Cup (awarded by the Juneau Sailing Club) will be awarded to the top team in the top youth racing class.

# Student Requirements

## Swimming

Students must be able to pass a swim check on the first day of class consisting of a swim along a dock and treading water while performing a simple task. These tests are done in salt water alongside the dock while wearing the sailing dry suit and PFD. The purpose of the swim check is to assure that students are comfortable enough in the water to deal with a cap-sized dinghy. Students DO NOT need to be particularly strong swimmers. They do, however, need to be comfortable in the water.

## PFD - Students must bring

Students are required to bring a properly fitting PFD (life jacket) to all classes. A proper PFD fits securely enough so that the student can be lifted out of the water by a person grasping the shoulders of the PFD. JYSF has a few loaner PFDs for use by scholarship students or for temporary replacement of lost or inadequate student PFDs.

Student owned PFDs will be stored along with rented or personal drysuits in the JYSF storage container to assure that they are available for each day of the class.

## Medical Questionnaire and Release Forms

**All fees must be paid and the Medical Form, the Acknowledgment and Waiver Form, and the Behavior Rules Form must be completed and in the hands of the Foundation at least 48 hours prior to the start of class.** Any student appearing for class for whom fees that have not been paid and completed forms submitted PRIOR to the deadline class will not be allowed to participate in the course.

## Clothing and Shoes

Adequate and appropriate clothing, including a dry change of clothes, and a warm hat for damp or cold days. Remember that it is usually much colder on the water than at home. Sailing dry suits are waterproof and will keep moisture from penetrating, however they trap all perspiration in the clothing. For this reason it is important to wear clothing that wicks moisture away from the body without chilling. Polypro, fleece, silk or wool materials are preferable. COTTON GARMENTS ARE UNACCEPTIBLE and will lead to chilling and possible hypothermia.

Shoes that protect the feet from injury and can get wet such as old sneakers, deck shoes, or sailing boots are required on the docks and in the boats. Bare feet or sandals will not be allowed on the docks or in the boats. Wet suit booties, especially those with a good sole, are particularly good. Either wool or neoprene socks are available and can be quite comfortable with sneakers. REMEMBER, THE FOOTWEAR USED IN THE BOATS WILL GET WET! Most students will want to have a dry set of land footwear and a second set for wet wear. Rubber rain boots or other tall heavy boots are not acceptable for wear in the boats.

## Daily Reminder Checklist

1. Have a good breakfast after a good night's sleep!
2. Come prepared with a healthy lunch. *Keep in mind that sailing is like any other sport: good nutrition is important. It does not matter whether the sailor has as their objective becoming a racer, or simply wants to learn solid fundamental sailing skills, you are what you eat. Diet directly effects a student's ability to learn and perform in class.*
3. **Bring lots of fluids!**
4. Have sunblock, sunglasses, and a hat for sun protection (the sun does come out in Juneau!).
5. Remember to bring your PFD and any personal dry suit with you on the first day of class.
6. Adequate and appropriate clothing, including a dry change of clothes, and a warm hat for damp or cold days. Remember that it is usually much colder on the water than at home. Sailing dry suits are waterproof and will keep moisture from penetrating, however they trap all perspiration in the clothing. For this reason it is important to wear clothing that wicks moisture away from the body without chilling. Polypro, fleece, silk or wool materials are preferable. **COTTON GARMENTS ARE UNACCEPTIBLE** and will lead to chilling and possible hypothermia.
7. Shoes that protect the feet from injury and can get wet such as old sneakers, deck shoes, or sailing boots are required on the docks and in the boats. Bare feet or sandals will not be allowed on the docks or in the boats. Wet suit booties, especially those with a good sole, are particularly good. Either wool or neoprene socks are available and can be quite comfortable with sneakers. **REMEMBER THE FOOTWEAR USED IN THE BOATS WILL GET WET!** Most students will want to have a dry set of land footwear and a second set for wet wear. Rubber rain boots or other tall heavy boots are not acceptable for wear in the boats.
8. All gear, lunch, and extra clothing contained in a small duffel bag, backpack or the like.
9. Arrive to class on time.

JYSF will provide storage space for each student's duffel and a cooler for keeping lunches. However, JYSF will not be responsible for anything lost or stolen. We strongly recommend that no valuable items be brought to class.

## Daily Schedule

The class schedule varies daily depending on the particular activities planned. However, the approximate schedule is:

### Level 1, Level 2, and Level 3(a&b) Courses

8:30-9:30a Attendance, morning classroom, rigging  
9:30-Noon On-the-water exercises  
Noon-12:45p Lunch  
12:45-1:45p Afternoon classroom  
1:45-4:00p On-the-water exercises  
4:00-4:30p derigging, clean-up, and review

### Introduction to Sailing -- Juniors

8:00-8:45 Attendance, classroom instruction  
8:45-9:15 Rig the boats  
9:15-9:30 Demonstrations and land drills  
9:30-11:45 On-the-water exercises  
11:45-Noon Review and Clean-up

-or-

1:00-1:45 Attendance, classroom instruction  
1:45-2:00 Demonstrations and land drills  
2:00-4:15 On-the-water exercises  
4:15-4:45 Derig the boats  
4:45-5:00 Review and Clean-up

## Behavioral Rules and Guidelines

The Juneau Youth Sailing Foundation has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and fun learning environment. It is important that you and your child review these rules and guidelines, sign the form enclosed with the packet return it prior to the deadline. Appropriate behavior is expected at all times.

- Classes start and finish promptly at their scheduled times. Students should be dropped off at the site no earlier than 15 minutes before the start of class. Students must be picked up promptly at the end of class. JYSF will not take responsibility for children who have been dropped-off or picked-up at a location other than the training site.

Class times -- Intro to Sailing (Juniors) 8:00am to Noon or 1:00pm to 5:00pm  
Level 1, 2, and 3 -- 8:30am to 4:30pm

- The word of the instructors is absolute, and students are expected to obey the instructors at all times.
- All students must take a short swim check the first day of class that consists of treading water for about a minute and swimming along a dock.
- Lifejackets (PFDs) will be worn at all times whenever a student is on the docks, or in a boat.
- Sailing dry suits will be worn at all times on the water. (Dry suits are provided as part of the course fee. Personal suits will be inspected by the instructor and must meet with his/her approval.)
- Observe the boundaries, both on the water and on the shore, as established by the instructors.
- No running on the docks, climbing on boat racks, docks, trailers, or rocks near the shore.
- Students will pick up their own trash, and are expected to keep their belongings in a neat and orderly fashion.
- Students will show respect for their peers, the instructors, and other persons.
- Absolutely no throwing of objects is allowed.
- No obscene language.

Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but can include loss of privileges, and “time-out.” Any verbal or physical abuse, or if your child’s behavior jeopardizes his/her own or another’s safety, will result in early dismissal from the class and a warning to both the parent and student. A second incident will result in the student’s dismissal from the remainder of the session. There will be no refund of tuition or fees.

## **What if? Frequently asked questions...**

### **Why does my child have to wear a drysuit? People use boats around Juneau without them all the time.**

The occasional capsizes of the dinghies is an expected part of the learn-to-sail process. Our Juneau water is so cold that a person in street clothes rapidly loses the ability to tie knots, hold on to a rope, and other tasks essential for sailing. The drysuit allows a person to stay dry and warm (relatively) for long periods in the water and in the wind and rain so common here in Juneau. Other boaters who expect to get wet such as the operators of jetskis and personal watercraft wear them. Without a drysuit, a person falling in the water or getting splashed would have to be taken to shore to be re-warmed. Having our students wear drysuits assures that a capsizes is not an emergency, just part of the learning experience.

### **What if my child already knows how to sail?**

If your child has previously attended a formal learn to sail program, such as those provided by US Sailing, you should contact the instructors for specific advice on placement. If your child has learned to sail from family members or on their own, we recommend that they start with the Level 1 Basic Dinghy Sailing course as this will assure that they have a solid foundation in the fundamentals and that any bad habits they may have picked up are corrected.

### **What will happen if my child is injured?**

Although one of the guiding principles of instruction at JYSF is safety, there are hazards to any sporting program. In the event of a minor injury such as a small cut, scrape, or bruise, the instructors can provide Band-Aids and icepacks. In the event of any more serious injury the instructor will contact the parent or guardian who should provide for necessary medical care. If the parent or guardian cannot be contacted the student will be transported by ambulance to the emergency room and the medical treatment release you signed will be presented to emergency personnel. Instructors are required to complete a written injury log for every injury, no matter how minor, should you have any questions about the circumstances. Your child's membership in 4-H also provides supplemental accident insurance to cover out-of-pocket expenses up to \$1,500 not covered by your medical insurance carrier.