

North Carolina Maritime Museum

Junior Sailing Program

Beaufort, North Carolina



Student
Handbook
2023

COVID-19

It is our intension to operate the 2023 Junior Sailing Program in as normal a fashion as we are able given the lingering pandemic. All schedules and capacities are subject to change. Safety and wellness protocols will be implemented to keep our students and staff safe. Vaccinations are strongly encouraged.

INTRODUCTION

The museum's Junior Sailing Program is pleased to offer sailing sessions for youth ages 8 and older. Using the fun of sailing, the program teaches seamanship, from basic to more advanced, and competitive racing culminating in *Regatta Week*. The program promotes self-reliance, awareness of safety, adaptability to the forces of nature, developing self-confidence, sportsmanship, and respect for others, boats, and the sea.

All participants must demonstrate their swimming ability on the first day of the session.

Each participant is assigned a boat in which he or she will sail. Those students enrolled in the Optimist classes will sail alone, while the Club 420 require a two-person crew.

Check-in and orientation for each session will be held in the **Junior Sailing Program Classroom at Gallants Channel – 293 West Beaufort Road Extension, Beaufort, N.C.** West Beaufort Road Extension is off Hwy 70 right at the end of the new high-rise bridge across the road from Town Creek Marina.

In this 30-minute orientation, important information for the session will be shared so parents/guardians should plan to attend.

The *Statement of Understanding and Medical Information and Consent* forms are part of the on-line registration process. If registering through the Museum's Registrar, the forms must be signed by the student and parents or guardians and returned to the museum as soon as possible.

To ensure the success of the program the cooperation of all participants is required. Participants are expected to launch and retrieve the boats and assist with program equipment each day. Parents or guardians are encouraged and requested to offer their assistance with the sessions and activities. Parents must ensure that all participants engage in conduct becoming of the museum's program - safety is of the utmost importance. **Behavioral problems that undermine safety or disrupt the program may result in expulsion without reimbursement of tuition.**

GOALS

The program sessions have been developed to allow the instructors to provide a curriculum that will introduce seamanship and the fundamentals of sailing to beginners while teaching more advanced techniques to participants with experience. The instructors will coach and encourage cooperation from every junior sailor. Students will be encouraged to help one another with rigging, launching, retrieval, maintenance of boats and equipment, and also to assist others and offer guidance.

Regatta Week will concentrate on competitive sailing and honing the skills of the participants.

TUITION

Included in the tuition is a Junior Sailing Program T-shirt custom designed for the program. Size selection is made during the registration process. Try to be sure of the size, as there will be limited substitutions when issued on the first day of class. Program T Shirts and hats will be for sale during the session.

PARENT LIAISON

With the help of volunteers, we have a very successful Parent Liaison Program. Your Parent Liaison will be introduced at the orientation meeting held at the beginning of each session. If you have any questions or concerns regarding your child or the Junior Sailing Program, please speak with your Parent Liaison or call them at the number you will be provided with at orientation. They will ensure that your inquiry will be addressed promptly. This helps avoid distracting the instructors from their assigned duties.

FORMS, RULES, AND GEAR

There are two forms that are completed during the on-line registration process or, if working through the Registrar, returned by the student's parents or guardians as soon as possible.

The ***Medical Information and Consent*** form is to ensure that the student can receive proper care in the event of illness or accident. A doctor's physical is not required; however, it is the responsibility of the parent or guardian to use this form to notify the museum of any medical conditions, precautions, or needs.

The ***Statement of Understanding*** helps the student and the parents or guardians understand what is expected. The parent or guardian is asked to read the information with the student so all points are understood.

Please review the *North Carolina Maritime Museum Junior Sailing Rules and Regulations* included in this handbook.

The ***List of Gear*** is a checklist of what is needed for the comfort and safety of the student.

SAFETY

Safety is of prime importance to our program.

For the safety of all, no one other than those participating in or administering the program will be allowed on the docks or in the boats during the session. An observation area and gazebo are located ashore for visitors, parents and guardians.

While on the docks, in boats, and in the water, everyone will wear a U.S. Coast Guard approved Type II or Type III personal floatation device (PFD), also known as a life jacket. This includes the junior sailors, instructors and assisting parents, as well as any other visitor or family member. If students do not have a PFD, a type II will be provided for their use on a temporary basis.

All junior sailors, instructors, and assisting parents will wear deck or boat shoes at all times (while on the docks, in boats, in the water, on the grounds, and in buildings). **Sandals, flip-flops, and similar footwear are unacceptable on the docks and boats since they do not properly protect the feet and toes.** Shoes with soft, non-skid soles and toe bumpers, uppers of fabric or leather with tied lacing are preferred. Tennis shoes are acceptable. Boat or tennis shoes assist in preventing injuries from slipping on wet surfaces, cutting feet on oyster shells, and stubbing or breaking toes.

Participants who do not follow these basic safety rules or who do not have proper PFDs and boat or tennis shoes will not be allowed to participate in the program.

SWIMMING TEST

Regardless of the student's age or whether they have participated in the program previously, a swim test will be administered the first day. Under instructor supervision and approval, the student will swim in normal sailing clothing and boat or tennis shoes parallel to a dock, 25 yards without a PFD. While treading water student must be able to put on and remove a PFD.

There will be no exceptions or special considerations for the swimming test.

INCLEMENT WEATHER

Class will be held in the Pavilion and in the classroom when weather does not permit sailing. Scheduled classes may be cancelled due to tropical weather.

CLASSES

Each two-week session has a morning class and an afternoon class, both of which are for a duration of 3-1/2 hours.

The classes begin and end promptly as follows:

Morning 8:30 AM - 12 noon

Afternoon 1:00 PM - 4:30 PM

The **Regatta Week** (Session V) meets from Monday to Thursday 12:30 PM to 5:00 PM. Lunch is to be eaten before arrival.

On Friday of Regatta Week (9 am to 4 pm) all Regatta Week participants take part in the Hoop Pole Regatta. See program description for details.

ATTENDANCE

To ensure the success of the program, prompt and regular attendance is essential. As with all educational courses the Junior Sailing Program builds on the lessons learned the day before. It is neither practical nor fair to the instructors to ask that a student be admitted after the first day of class. This is disruptive to the other students in that it takes instruction time from them in order to bring the absent or tardy student to their level.

The student is the responsibility of the instructors during class time; therefore, the student must stay with the class at all times.

Please be considerate of the instructors by arriving on time for pickup. If an unforeseen circumstance prevents your timely arrival, please contact the Parent Liaison, or the Head Instructor.

Students must be picked up promptly after each session ends as instructors will not be available to oversee any students left unattended. We would appreciate your cooperation in this regard as the student's safety is paramount.

INSTRUCTORS AND INSTRUCTION LEVELS

The 2023 Junior Sailing Program staff will consist of a Head Instructor, Instructors, Junior Instructors, and Instructors-in-Training. The staff members, including the Instructor-in-Training volunteers, are all alumni of the program with combined experience in the program of week over 100 years!

The teaching staff will assess each program participant based on experience and performance and the instruction will be tailored accordingly. If there is a question, parents/guardians are asked to talk to the **Parent Liaison** or a member of the Junior Sailing Program Committee.

WEDNESDAY NIGHT SAILING

The Junior Sailing Program invites all past and present students of the museum's Junior Sailing Program to participate in recreational sailing on Wednesday evenings.

This is a great opportunity to practice skills and have some fun. Parents are expected to be in attendance as spectators and/or to help out. Boats will be available on a first-come first-served basis. There is a hot dog cook-out each second Wednesday. Hot dogs and drinks are provided by the program. All sailors and parents are welcome. If as parents you would like to provide a side dish, please do so. Chips, mac & cheese, pasta salads, brownies and cookies are always a hit. 4:30 – 5:30 PM Cookout and 5:30 – 7:30 PM Open Sailing.

LAST DAY

Students in the morning class will have a graduation ceremony at 11:30 AM and the afternoon class will have the graduation ceremony at 4:00 PM – both will be on the Gallants Channel waterfront.

Certificates will be presented to all Junior Sailors who successfully complete the session.

Please plan to attend!

Junior Sailing Program Rules and Regulations

Each class involves at least 6 instructors, volunteers, parent liaison, up to 30 students learning to sail, 4 chase boats, up to 20 Optimists and up to 6 Club 420s. It is a complicated program, and rules are needed to ensure that it runs smoothly. A smooth operation means more time sailing, fewer accidents, and happier participants and parents. Cooperation and strict adherence to the rules by parents and participants are essential for a successful program.

1. Junior Sailors will be respectful of the rules of the North Carolina Maritime Museum's Junior Sailing Program, the instructors, and the parent liaison.
2. Please be prompt. We expect students to be ready to start classes on time. We also expect parents to pick up students on time after classes. Our instructors deserve an uninterrupted lunch break between classes and after a long hard day, should not have to wait for students to be picked up by their parents.
3. Junior Sailors will conduct themselves in a responsible manner. No running, pushing, or shoving is permitted in the parking area, classroom, or on the docks.
4. All students are required to take and pass a swim test.
5. Personal Flotation Devices (PFDs) are to be worn at all times while on the dock, in a boat, or in the water. Boat or tennis shoes must be worn at all times.
6. All personal equipment must be marked with the student's name and be properly stored while attending class.
7. Changing of clothes will be done in the facility provided and not in the classroom. It is suggested that whenever possible, come to class appropriately clothed for sailing. Sunburn can be a problem. Students are responsible for their own sunscreen protection. Hats and T-shirts are recommended. Students with a light complexion may want to wear long-sleeved shirts and long pants. Be prepared for up to 3 hours in the sun.
8. Students are to handle boats in a proper manner. Intentional capsizing and ramming other boats or the dock will not be tolerated. Learning to sail takes concentration, so stay alert in the class, and avoid fooling around when outside. Students should keep their hands inside their boat when sailing.
9. Report any injuries to the instructors as soon as possible. Instructors have been trained and certified in First Aid and CPR. An accident report will be completed.
10. There is to be only one student per Optimist and two per Flying Junior unless authorized by the instructors.
11. Junior Sailors must obey all seamanship and right-of-way rules- as instructed.
12. Junior Sailors are not to operate any powerboats.
13. Report any damage to boats, rigging, or sails to instructors as soon as possible. Early attention can sometimes prevent further damage or an accident. Any damage to property due to negligence is the monetary responsibility of the student and parent.
14. Unacceptable behavior may result in loss of sailing privileges or expulsion without refund.

We are constantly striving to improve the museum's Junior Sailing Program and appreciate any constructive comments offered by parents and students. Evaluation sheets are provided for this purpose, but instructors and members of the committee are happy to receive suggestions at any time.

All complaints are taken very seriously. A **Parent Liaison** can be reached each day of the session, and the appropriate person is so named at Orientation.

**NORTH CAROLINA MARITIME MUSEUM
JUNIOR SAILING PROGRAM
BEAUFORT, NC**

LIST OF GEAR

**TYPE III PFD (LIFE JACKET)
2 PAIRS BOAT OR TENNIS SHOES**

(slip on or lace up tennis shoes)

HAT OR VISOR

SUNSCREEN

SUNGLASSES

PLASTIC WATER BOTTLE

(for tying to the boat)

SWIMSUIT

CHANGE OF CLOTHES

TOWEL

BAG TO STORE PERSONAL GEAR

***RED CERTIFICATION RECORD BOOK**

**RETURNING STUDENTS*