

North Carolina Maritime Museum

Junior Sailing Program

Beaufort, North Carolina



FRIENDS OF THE
NORTH CAROLINA
MARITIME
MUSEUM
BEAUFORT

Program Handbook 2025

JUNIOR SAILING PROGRAM HANDBOOK 2025

INTRODUCTION

The Friends of the Museum Junior Sailing Program is pleased to offer sailing sessions for youth ages 8 to 16. Participants learn to be self-reliant and adapt to the forces of nature while learning basic to more advanced seamanship skills, meeting new friends, and having fun. While learning safe boating practices from the Instructors, your Junior Sailor will become more confident and learn respect for each other, the boats, and the sea.

Right away, first-year participants learn to sail in their own small sailboat, and as they gain experience and skill, they may move into a larger or more complex sailboat in future sessions. This year, the camp has Optimist Dinghies, O'Pen Skiffs, Club 420s, and a Topaz Taz. Each participant must demonstrate their swimming ability on the first day of the session.

The last summer session is Regatta Week. Junior Sailors can sign up to learn competitive racing skills and test their abilities against other Junior Sailors in spirited, friendly competition.

Check-in and orientation for each session is at the **Junior Sailing Program Dock (instead of previous Pavilion - note new location!) – 171 West Beaufort Road Extension, Beaufort, NC.** At least one parent or guardian should attend the 30-minute orientation on the first day to learn important information about the sailing camp. The West Beaufort Road Extension is at the east end of the Hwy 70 high-rise bridge across the road from Town Creek Marina, and the entrance to the JSP Dock is the first left.

When registering online, you should have filled out a *Statement of Understanding* and a *Medical Information and Consent* form. If you registered with the Museum Registrar, the forms must be signed by the student and parents or guardians and returned to the museum as soon as possible.

The new post-COVID societal norm is to implement safety and wellness protocols when necessary to prevent unnecessary illness to our staff and participants. We intend to operate the Junior Sailing Program normally, but schedules and capacities are subject to change, and we encourage vaccinations that are recommended by medical experts.

Success requires cooperation. Participants are expected to launch and retrieve their boats and to assist with other equipment each day. Parents and guardians will ensure appropriate and safe behavior from each participant. **Participants that undermine safety or disrupt the program may be expelled without reimbursement of tuition.**

GOALS

During each session, Instructors introduce seamanship and the fundamentals of sailing to beginning students, introduce more advanced techniques to participants with experience, and encourage cooperation from every Junior Sailor. Students are encouraged to help and guide one another with rigging, launching, retrieving, and maintaining boats and equipment.

Regatta Week concentrates on developing competitive sailing skills and honing the skills of each participant.

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COMMUNICATION

We constantly strive to improve the Junior Sailing Program and encourage your constructive comments. You may discuss in person either with the **Parent Liaison** for your session, an Instructor when time allows, or the Program Supervisor.

TUITION

While the tuition increased in 2024, the pricing for the Junior Sailing Program remains very competitive with similar programs. Teaching sailing requires many qualified Instructors who deserve pay at more than minimum wage. The sailing camp also requires a lot of well-maintained boats. We have used your money wisely and have upgraded our staff and equipment. Your Junior Sailors will benefit.

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 during the session. Program T-shirts and hats will be for sale during the session.

PARENT LIAISON

Friends of the Museum volunteers coordinate a Parent Liaison Program. 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 at orientation. They will ensure that your inquiry will be addressed promptly while allowing the Instructors to focus on teaching the Junior Sailors.

FORMS, RULES, AND GEAR

The **Statement of Understanding** helps students, parents or guardians understand what is expected. The parent or guardian should read the information together with the student, so all points are understood.

The **Medical Information and Consent** form ensures a 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 special needs.

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

Included at the end of this manual is a list of items the student needs for the comfort and safety.

WATER COMFORT TEST

Every student will complete a Water Comfort Test the first day of camp regardless of the student's age or whether they have participated in the program previously. Under Instructor supervision and approval, the student will, while wearing their lifejacket (PFD), swim in normal sailing clothing and boat or tennis shoes parallel to a dock for 25 yards without a PFD.

There will be no exceptions or special considerations for the Water Comfort Test.

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INCLEMENT WEATHER

Inclement weather, including lightning and high winds, may prohibit sailing activities, and extreme weather might require canceling classes (e.g., tropical weather). Unless unsafe, classes will continue in the pavilion by the dock and classroom.

SAFETY

Safety is of prime importance to our program.

Only JSP administrators, Instructors, Instructors-in-Training, and Junior Sailors will be allowed on the floating dock or in the boats during the session. An observation area and gazebo are located ashore for visitors, parents, and guardians.

Everyone will wear a U.S. Coast Guard approved Type II or Type III personal floatation device (PFD), also known as a life jacket, while on the dock, in boats, and in the water. 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 always wear proper footwear (boat shoes) while on the dock, in boats, in the water, on the grounds, and in buildings. Boat 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 prevent injuries from slipping on wet surfaces, cutting feet on oyster shells, and stubbing or breaking toes. **Sandals, flip-flops, and similar footwear do not properly protect the feet and toes and are unacceptable on the dock and boats.**

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

CLASSES

Each two-week session has a morning class and an afternoon class, both lasting 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

Regatta Week (Session V) meets from Monday to Thursday from 12:30 to 5:00 p.m. Lunch should be eaten before arrival.

On Friday of Regatta Week participants take part in the Hoop Pole Regatta from 9 am to 4 pm, with lunch provided. See program description for details.

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INSTRUCTORS AND INSTRUCTION LEVELS

The 2025 Junior Sailing Program staff will consist of a Program Supervisor, Lead Instructors, Instructors, and Instructors-in-Training (ITs). Nearly every staff member is a JSP alumni of the program with combined experience in the program of nearly 100 years!

The teaching staff assesses each participant and teaches new skills appropriate to their experience and performance.

If they have any questions, parents and guardians are encouraged to talk to the **Parent Liaison** or a member of the Junior Sailing Program Committee.

ATTENDANCE

To ensure the success of the program, prompt and regular attendance is essential. Each day's lessons build on the previous lessons, making it unfair and impractical to admit students after the first day of class. Admitting a student late takes instruction time from other students while an Instructor brings the tardy student to their level.

Instructors are responsible for students 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; they have a short time to relax and prepare for the next session or the next day and have already been with their students for many hours. If an unforeseen circumstance prevents your timely arrival, please contact the Parent Liaison or the Program Supervisor.

Students must be picked up promptly at the end of each session. Instructors need to prepare for their next activities and cannot be expected to remain with a student. Thank you for your cooperation.

CELL PHONE POLICY

JSP is a cell phone-free zone. Cell phones can be a major distraction to a student's education. Especially since they're only at Junior Sailing for 3.5 hours a day. It's been proven that students who are on cell phones or other electronic devices when it is not part of the instructional lesson are not fully engaged in learning. That's why we have a cell free zone at the Junior Sailing Program.

So, if students have a cell phone, they can either:

- **Leave it at home with their parents or leave it in the car.**
- **Store it with their other gear (turned off or in silent mode) in the classroom.**

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WEDNESDAY NIGHT SAILING

All past and present Junior Sailing Program students are invited to sail on Wednesday evenings from 5:30 to 7:30 pm. First-time sailors should wait for their second Wednesday to gain sufficient sailing experience.

Wednesday Night Sailing is a great opportunity to practice skills and have fun. Parents and/or guardians should be in attendance.

To help insure everyone's safety, proper seamanship is expected, and horseplay is not tolerated.

Boats are available on a first-come, first-served basis.

All sailors and families are invited to a cook-out the second Wednesday of each session from 4:30 to 5:30 pm. The program provides hot dogs and drinks. Participants are encouraged to bring their favorite side dishes.

LAST DAY

Graduation for Morning Session sailors starts promptly at 11:30 am.

Afternoon Session sailors graduate at 4:00 pm.

Both graduation ceremonies will be on the waterfront at the Junior Sailing dock.

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

Please plan to attend!

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Junior Sailing Program Rules and Regulations

Each class involves at least six Instructors, volunteers, a Parent Liaison, up to 32 students learning to sail, three or more chase boats, and as many as 26 small sailboats. It's a complicated program, and the rules make the program run smoothly—more time sailing, fewer accidents, happier participants, and happy parents and guardians. Cooperation and strict adherence to the rules by parents and participants are essential for a successful program.

1. Junior Sailors will respect the North Carolina Maritime Museum's Junior Sailing Program rules, the instructors, and the Parent Liaison.
2. Junior Sailors must be prompt. We expect them to be ready to start classes on time. We also expect parents or guardians to pick up students on time after classes. Our Instructors deserve an uninterrupted lunch break between classes and to be able to head home after a long hard day; they should not have to wait for students to be picked up by their parents.
3. Junior Sailors will be responsible and polite. They will agree not to run, push, or shove while attending the sailing camp. This applies anywhere on museum property including the dock, classroom, gazebos, yard, and boats. This also applies if the class is off-site together.
4. Every Junior Sailor is required to pass a Water Comfort Test in the presence of a current Instructor.
5. Every Junior Sailor will wear a Personal Flotation Device (PFD) and boat shoes while on the dock, in a boat, or in the water. Their PFD should fit properly and be in good condition. A PFD w/ faded or cut material should be replaced.
6. All personal equipment must be marked with the Junior Sailor's name and be properly stored while attending class.
7. We suggest Junior Sailors come to class appropriately clothed for sailing. Sunglasses, hats, and long-sleeved T-shirts are recommended. Sunglasses and hats should be equipped with a "keeper" to prevent loss from wind, waves, or capsizing.
8. Junior Sailors should be prepared for up to 3 hours in the sun. They are responsible for their own sunscreen protection. Students may want to wear SPF long-sleeved shirts and long pants.
9. Three-plus hours is a long time for Junior Sailors in the heat and sun. They should bring a refillable water bottle to take on the boat, and some will need a snack. They should not bring snacks containing peanuts into the classroom.
10. Junior Sailors will handle boats properly. Their Instructors will teach them proper boat handling. Intentionally 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 and on the water.
11. Junior Sailors should keep their hands inside their boat when sailing.
12. Junior Sailors should report 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.
13. Some of the boats, like the Optimist Dinghy, are designated as single sailor, while other boats like the 420s are two-person boats. Only an Instructor may authorize more than one Junior Sailor per Optimist Dinghy or more than two in a 420.
14. Junior Sailors will not operate powerboats.
15. Junior Sailors will report damage to boats, rigging, or sails to an Instructor as soon as possible. Early attention may prevent further damage or an accident. Damage to property due to negligence is the monetary responsibility of the student and parent or guardian.
16. Unacceptable behavior may result in a loss of sailing privileges or expulsion without a refund.

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LIST OF REQUIRED AND RECOMMENDED GEAR

- **Type II or TYPE III PFD (LIFE JACKET)**
Must fit well and be in good condition
- **2 PAIRS OF BOAT OR TENNIS SHOES**
Must fit and have closed toe, may slip on, lace up, or be tennis shoes
- **HAT OR VISOR**
Should be equipped with a keeper to avoid loss
- **SUNGLASSES**
Also equipped with a keeper
- **SUNSCREEN**
- **WATER BOTTLE**
They will be able to tie these to boat, so make sure to include a lanyard.
- **SWIMSUIT**
*For the swim test and as part of sailing attire.
Sailing clothes will get wet, so quick drying is helpful; clothes should be comfortable but not too baggy.*
- **CHANGE OF CLOTHES**
- **TOWEL**
- **BAG TO STORE PERSONAL GEAR**
- **HELMET**
Sometime over the course of the Session, your child will probably get bumped in the head by the boom, which is the horizontal pole that attaches to the bottom of the sail. For many kids, this can be one of their more traumatic moments, especially if they're a new student. Contact could happen during rigging or while sailing. The following options can help protect your child's head and make them feel more comfortable.
 - *Bump Caps: Typically built around a padded, impact-resistant plastic shell, the bump cap looks like a basic ball cap and is designed to provide comfortable, lightweight protection against minor impacts.*
 - *Bump Cap Inserts: Bump cap inserts can be placed inside any regular baseball cap, essentially turning a favorite hat into head protection.*
 - *Sailing/Dinghy/Water Sports Helmets: Similar to a horseback riding helmet, these provide more protection than Bump Caps/Inserts.**Bump caps and Inserts can be found online at Amazon and at Lowe's. They are inexpensive and start at under \$10. Sailing/Dinghy helmets usually range between \$50 and \$125. Another alternative is to bring a helmet your child already owns from another sport.*
- ***RED CERTIFICATION RECORD BOOK (RETURNING STUDENTS)**