

North Carolina Maritime  
Museum  
Junior Sailing Program

Beaufort, North Carolina



**FRIENDS OF THE**  
NORTH CAROLINA  
**MARITIME**  
**MUSEUM**  
**BEAUFORT**

Program Handbook 2026

# JUNIOR SAILING PROGRAM HANDBOOK 2026

## 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 acquiring basic to advanced seamanship skills, making 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, and Club 420s. Each participant must demonstrate their swimming ability on the first day of the Session.

**Check-in and orientation** for each Session is at the **Junior Sailing Program Dock (instead of the 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. You will be sent a map and instructions.

**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 as normally as possible, but schedules and capacities are subject to change. We encourage participants to follow the vaccinations 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 need to ensure that each participant exhibits appropriate and safe behavior. **Participants who undermine safety or disrupt the program may be expelled without receiving a tuition refund.**

## 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.

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## COMMUNICATION

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

## STAY THE COURSE

The course is designed over two weeks to ensure your junior sailor grasps the sailing concepts successfully.\* The first week can be overwhelming to new students, but please trust the process and push them to come back. The first week focuses on fundamentals, and the second week applies them directly. This gives students the best chance at observing materials and the optimal time to practice new skills. 99% of the students who initially wanted to drop out but stayed in are glad they did by the end of the week. Our Instructors are very familiar with these scenarios and can help your child overcome their fears. \*(Except in the case of our new one-week sessions, where the lessons will all be completed within the week.)

## TUITION

While tuition increased in 2024, the pricing for the Junior Sailing Program remains very competitive compared to similar programs. Teaching sailing requires many qualified Instructors who deserve pay above the 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 sailor will benefit.

Included in the tuition is a custom-designed Junior Sailing Program T-shirt, exclusive to the program. Size selection is made during the registration process. Please ensure the size is accurate, as there will be limited substitutions available 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 provided during orientation. They will ensure that your inquiry is addressed promptly, allowing the Instructors to focus on teaching the Junior Sailors.

## FORMS, RULES, AND GEAR

The **Statement of Understanding** helps students, parents, and guardians understand what is expected of them. The parent or guardian should read the information together with the student to ensure 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 that may affect your child's participation.

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 comfort and safety.

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## WATER COMFORT TEST

Every student will complete a Water Comfort Test on the first day of camp, regardless of their age or prior participation in the program. 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.

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

## INCLEMENT WEATHER

Inclement weather, including lightning and high winds, may prohibit sailing activities, and extreme weather conditions might require the cancellation of classes (e.g., tropical storms). 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 are 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 junior sailors, Instructors, assisting parents, and any other visitors or family members. If students do not have a PFD, a Type II will be provided for their temporary use.

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, as well as uppers made 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 provide adequate protection for the feet and toes and are not permitted on the dock or boats.**

**Participants who do not follow basic safety rules or who do not have proper PFDs and boat/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

New for 2026!

Based on strong interest from parents, this summer's Session 3 is divided into single weeks of full-day classes, with parents able to sign up for either the week of July 6 or July 13

- Hours are from 8:30 am to 4:30 pm.
- 420s will embark on day-long adventure sails, accompanied by lunch while out. The FULL-DAY option for 420s is perfect if your sailor is looking for something beyond the standard curriculum
- Skiffs and Optis will break for lunch at midday for a minimum of 1 hour.

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## INSTRUCTORS AND INSTRUCTION LEVELS

The 2026 Junior Sailing Program staff will consist of a Program Director, 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 over 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**.

## 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 always stay with the class.

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, having already spent many hours with their students. 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 following 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 a few hours a day. It has been proven that students who use cell phones or other electronic devices during instructional lessons 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.**

# **JUNIOR SAILING PROGRAM HANDBOOK 2026**

## **WEDNESDAY NIGHT SAILING (Also known as Free Sails)**

All past and present Junior Sailing Program students are invited to sail on the second Wednesday evenings from 5:30 to 7:00 pm. Wednesday Night Sailing is an excellent opportunity to practice skills and have fun.

- Takes place on June 17, July 1, July 15, and July 29.
- Parents and/or guardians are required to be in attendance.
- To help ensure everyone's safety, proper seamanship is expected, and horseplay is not tolerated.
- Boats are available on a first-come, first-served basis.

Before the Free Sail, all sailors and families are invited to a cookout 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.

(We will notify those attending the one-week, full-day programs of the graduation schedule.)

**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 Session involves at least six Instructors, volunteers, a Parent Liaison, up to 40 students learning to sail, three or more chase boats, and as many as 30 small sailboats. It's a multifaceted program, and the rules ensure it runs smoothly—resulting in more time sailing, fewer accidents, happier participants, and satisfied parents and guardians. Cooperation and strict adherence to the rules by parents and participants are essential for a successful program.

1. Respect the North Carolina Maritime Museum's Junior Sailing Program rules, the Instructors, and the Parent Liaison.
2. Be prompt and 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 the ability to head home after a long, hard day; they should not have to wait for students to be picked up by their parents.
3. Be responsible and polite. Agree not to run, push, or shove while attending the sailing camp. This applies to all areas of the Museum property, including the dock, classroom, gazebos, yard, and boats. This also applies if the class is together off-site.
4. You are required to pass a Water Comfort Test in the presence of a current Instructor.
5. Wear a Personal Flotation Device (PFD) and boat shoes while on the dock, in a boat, or in the water. Your PFD should fit properly and be in good condition. A PFD with faded or cut material should be replaced.
6. All personal equipment must be clearly marked with your name and appropriately stored while attending class.
7. 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. Be prepared for three or more hours of sun exposure. You are responsible for your own sunscreen protection. You 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. Bring a refillable water bottle to take on the boat, and a snack. You should not bring snacks containing peanuts into the classroom.
10. Handle boats properly. Your Instructors will teach you proper boat handling. Intentionally ramming other boats or the dock will not be tolerated. Learning to sail takes concentration, so stay alert in class, and avoid fooling around when outside and on the water.
11. Keep your hands inside the boat when sailing.
12. 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-sailors, while other boats, like the 420s, are two-person boats. Only an Instructor can authorize more than one junior sailor per Optimist Dinghy or more than two in a 420.
14. Junior sailors will not operate powerboats.
15. 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 be closed-toe. Can be slip-on, lace-up, or tennis shoes.
  - **HAT OR VISOR**  
It 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 the boat, so make sure to include a lanyard.
  - **SWIMSUIT**  
For the swim test and as part of sailing attire.
  - **CHANGE OF CLOTHES**  
Sailing clothes will get wet, so quick drying is helpful. Clothes should be comfortable but not too baggy.
  - **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 children, this can be one of their more traumatic moments, especially if they are new students. 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, starting at under \$10. Sailing/Dinghy helmets usually range between \$50 and \$125. Another alternative is to bring a helmet that your child already owns from another sport.
- **RED CERTIFICATION RECORD BOOK (RETURNING STUDENTS)**