



# Ram Island Yacht Club

## Parents Handbook for Junior Sailing

### 2019

#### Junior Sailing Chairpeople~

- **Ann Bergendahl** ~860-460-3909 (Jr. Sailing operations and regattas)  
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- **Rob Warn**~ 860-287-2978 (Jr. Sailing Activities)  
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- **Tina McLaughlin** ~ 617-513-8619 (Thursday Night Picnics)  
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#### Head Instructor~

**Annie Longo** ~860-712-6884  
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#### 1. What to bring~

Life jacket, bathing suit, hat, sunscreen, water bottle, towel and sunglasses

There is **no designated snack** time for the kids. If you would like to pack something for your kid(s) to eat during a water break, **PLEASE make sure it is NUT FREE (Peanuts and tree nuts).**

#### 2. Drop Off / Pick up~ Be careful of children in the parking lot.

Please be prompt for the drop off and pick up times. **PLEASE abide by the posted speed limits in Noank Village.**

a. **Morning**~ Class starts at 9:00 and finishes at 12:00.

b. **Afternoon**~ Class starts at 1:00 and finishes at 4:00.

#### 3. Communication~ Please reach out to us through email or phone. If a problem arises, please call or set up a meeting to discuss. **WE PREFER YOU TO BRING ISSUES UP WITH THE JR. SAILING CO-CHAIRS AND NOT THE INSTRUCTORS.**

4. **Vacation / Sick Days**~ Please let the head instructor know when you are away for vacation. It is a huge help for the instructors to be able to plan. If a child is sick that day, you can send the head instructor a text.

5. **Swim Check**~ A swim check will be given on the first day of class. All students must pass the swim check prior to taking any classes. Experienced sailors will be expected to swim 25 yards without a life jacket, tread water for 3 minutes and put on their life jacket while in the water. Beginners will be allowed to keep their life-jackets on. If you have any questions or concerns please contact one of the jr. sailing chair people.

6. **Boat Policy:** All students are required to bring their own boat and equipment to class. Boats must be sound and in safe working condition. Boat types used in the program are International Optimist Dinghy, Club 420 with spinnaker and trapeze, O'pen Bic and Blue Jay. No boats are available for charter from Ram Island Yacht Club this year as those boats will be used to support both the morning and afternoon classes. Contact a Jr. Sailing Chair if you have any questions or concerns related to a boat.

***Exception:** First year beginners registered for morning class don't need to bring a boat but are welcome and encouraged to. If you do not bring an Opti / 420 to class, you will be charged a boat usage fee.*

1. **Boat Inspection:** A boat inspection is required for all Optimists and C 420's and O'pen Bic in our program. Boat inspection will be held on June 22nd, between 8am and 10am. All boats must pass inspection prior to being used in class even if they have been utilized in the program in the past. It is the parents' responsibility to ensure boats remain in good working order throughout the summer. Boats and rigging that don't work well place unnecessary stress and frustration on students and instructors and can present hazardous situations jeopardizing safety and well being of the student.

***\*\*RIYC is not responsible for any lost equipment or damage done to boats used in the program. Please ask your children to communicate when items are broken or missing and plan to personally check your child's boat condition periodically throughout the summer.***

7. **Thursday Night Picnics**~ All sailors and their families are invited to the club every Thursday night during the program. The grille is lit for all to use. Beer, wine and soft drinks are available for a donation. The grille is usually warmed up and ready to go around 6 and we usually go until it gets dark.

Several Thursday Nights we will have food trucks available as an alternative to feeding your family. The grille will still be lit as well.

Each Thursday night the instructors will run “fun” races. This is a GREAT way to get your sailors interested in racing and ready for a green fleet regatta. Sailors need to be rigged and ready to go at 5, and will race for roughly an hour. Results will be tallied and awards given at the end of the season.

There will also be a host of additional “activities” on Thursday nights...so stay tuned!!!

## 8. Volunteering~

- a. **Thursday Night ~Feeding the Instructors~** Please sign up to feed the instructors Thursday night during the picnic. This year we will be feeding the instructors every other week. We encourage you to “couple up” with another family. FYI- This is a great chance for parents to get to know the instructors. This may seem like an obvious statement but, please dine with them if possible.
- b. Our club and our sailing program are very labor intensive organizations and we are always looking for parent involvement/volunteers! Thank you in advance!

9. **Regattas** ~Students enrolled in either the morning or afternoon class can participate in regattas if they are **approved by the head instructor**. There are numerous Optimist, C 420 and Open Bic regattas held at area clubs of Fishers Island Sound throughout the summer. RIYC typically tows to the local events and provides instructor support as part of the program. The head instructor will distribute information, a schedule of planned events, and a sign-up process several days in advance of the regatta.

- i. **Sign-Up for Regatta’s**~ We will have a sign up for regatta’s. This will help us for staffing needs for the club that day as well as the regatta.
  1. **Opti’s Sign-up**~ Opti Regatta’s are typically on Tuesday’s and sign-ups will be Friday the week before.
  2. **C 420’s**~ C420 Regatta’s are on typically on Thursday’s and sign-ups will be by Tuesday of the same week.
- i. **Departure Time**~ When you sign up for the regatta’s please notice the departure time. This is the time we will be **LEAVING**

the club. Please be ready to leave at this time, meaning your boat is in the water and attached to the tow, sails and rudder bags are in the coach boat, etc.

- b. **Green Fleet**~ Green fleet regattas are for children that know how to sail, but need to become familiar with learning the rules of regattas and becoming comfortable in a regatta setting. You need to be approved by the head instructor to attend with Ram Island. **We strongly RECOMMEND you attend your child's first green fleet regatta.**
- a. **Red, white and Blue fleet:** This is for the older more advanced opti racer who knows how to race and sail.
- b. **C 420**~ This is for the older children sailing 420's.

## 10. Regatta Etiquette~

- c. **Early dismissal from Regatta's**~ Because of safety reasons we can not bring a child in from a regatta early. You are free to come and get your child, but if you do, please make sure the instructor knows that you have taken your child and their boat.
- d. **Coaching**~ After the child finishes the race, please allow time for the coaches to check in and provide the child with feedback before you rush over to the child.
- e. **Spectators of Regattas**~ A regatta is no different than a soccer field, baseball field or basketball court. If you would not run across a soccer field, please think before you drive through a regatta.

Please be mindful of the 'rules of the road' when operating in close proximity to children. Sailboats **ALWAYS** have the right of way, your boat should be safe and seaworthy and not operated under the influence of drugs or alcohol.

**11. Private Lessons outside of class time**~ If you would like to hire one of the instructors for a lesson outside of class time, please set this up directly with one of the instructors. The cost is \$40/1 hr and checks should be made out to RIYC, Jr. Sailing.

## **RIYC Dates:**

**Sunday, May 5th: Mandatory Meeting -6:00 pm**

Saturday, June 22<sup>rd</sup>: Boat Check / Brief parents meeting (10:00)

Monday, June 24<sup>th</sup>: Jr Sailing classes begin

Thursday, July 4th: No Sailing classes - *There will be a Thursday Night Picnic.*

Tuesday July 23<sup>th</sup>: Austin LaFrance Opti Regatta

Thursday August 15<sup>th</sup>: Jr Sailing Awards Night

Friday August 16<sup>th</sup>: Last day of Class