



South Shore Nautical Education Foundation, Inc.

Adult Sailing Program

WELCOME SAILORS!

Welcome to another fantastic summer with the South Shore Sailing School Youth Day Camp run by South Shore Nautical Education Foundation, Inc. (SSNEF). Our staff is ready for a fun and exciting season of sailing!

SCHEDULE & GOALS

Classes are conducted for four consecutive Thursdays.

Time: 5:00 PM - 7:30 PM. Please arrive 10 minutes early. Instructors will not wait for students.

Program goals:

- Enjoyable and successful learning experience
- Effective skill building
- Safe learning environment
- Equal opportunity to participate
- Entice your palette in hopes you join a crew or buy a boat

COURSE DESCRIPTION

Class time is a mix of classroom instruction and water time.

This course is designed for beginners with little or no sailing experience. However, students with some sailing experience will be able to sharpen their skills.

By the end of the course, you will be able to:

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| • Know how a boat sails | • Basic maneuvering |
| • How to rig a boat and learn the parts of a boat | • Rigging and boat handling |
| • Rules of Sailing & Boating Etiquette | • Knots |
| | • Weather |

ATTIRE / WHAT TO BRING

Wear a bathing suit (only if extremely hot) or for cooler weather, quick dry shorts or pants, temperature can turn cool in the evening, so a jacket maybe needed, sunscreen, and closed toed shoes (sneakers or non-skid) with no socks. Bring a towel and water bottle. Optional: shirt, hat, sunglasses with a croakie (so it's not lost overboard). No jewelry unless it's ok to lose. Long hair should be tied back. Each student is REQUIRED to have his/her own properly fitted USCG Type III Personal Flotation Device (PFDs). Life jacket must fit snugly around the chest, so the wearer cannot slip out when in the water.



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HEALTH & SAFETY GUIDELINES

- There will be a dedicated restroom only for our instructors, students, and staff.
- Hand Sanitizer will be made available to all participants.
- All participants must bring their own water bottles, filled prior to arrival. Additional water is available during class.
- If you do not feel well, please do not come to class.

SAFETY

- Students' safety is our utmost concern. The sport of sailing and the conduct of this course do entail and are subject to certain inherent risks.
- Students must wear a lifejacket at all times when on the boats. Additional safety procedures will be reviewed at the beginning of the program.
- No alcohol, drugs or smoking are allowed in the classroom, on the dock or in the boat.
- If a student is believed to be under the influence at any time they will not be allowed to participate in the program and no refunds will be given.
- We do have an Emergency Action Plan, which we will review with all students. A manned safety boat is out at all times that includes a first aid kit, flares, and oars.

INCLEMENT WEATHER

Class will be held regardless of weather. Class time and educational activities are planned for days when it is unsafe to be out on the water. If the weather is extreme, we may have to cancel class.

We are all looking forward to a great sailing experience!

CAN'T MAKE IT

Please call or text:

- Scott Kingan, Board President & Instructor at [219.615.8057](tel:219.615.8057)
- Dale Moyer, Board Vice President & Instructor at [312.451.2809](tel:312.451.2809)