



South Shore Nautical Education Foundation, Inc.

Youth Day Camp

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 Monday through Friday:

Prompt arrival is greatly appreciated. Instructors will not wait for students.

Morning class: 9:00 AM - 12:00 PM. Afternoon class: 1:00 PM to 4:00 PM.

Program goals:

- Enjoyable and successful learning experience
- Effective skill building
- Safe learning environment
- Equal opportunity to participate
- Demonstrating respect

COURSE DESCRIPTION

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

Beginning Students

Learning Objectives

Basic skills:

- sailing terminology
- boat nomenclature
- sailing knots

Basic sailing drills will be introduced and practiced.

On the water skills:

- tacking and jibing
- steering skills
- sail trim
- launching and docking
- capsize recovery

Advanced Students

Learning Objectives

On the water skills:

- race tactics
- advanced water skill concepts

Advanced sailing drills practiced.

DROP OFF / PICK UP

Students can be dropped off and picked up behind the Fish Camp Restaurant at the Pavilion.

Please arrive 10 minutes early so the class can begin on time.



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ATTIRE / WHAT TO BRING EACH DAY

Wear bathing suit, sunscreen, and closed toed shoes. 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.

WATER COMPETENCY TEST

Instructor will perform a swim level check of each student on the first day of class. The swim check consists of swimming approximately 25 yards while wearing a life jacket.

Swimming speed and proficiency are not being tested. Instructors are looking at the students' comfort level in the water. Students must be able to independently pull themselves out of the water into the safety boat using upper body strength.

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** always wear a lifejacket when on the dock or on the boats. Additional safety procedures will be reviewed at the beginning of the program.

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

EXPECTATIONS

STUDENTS

- Arrive on time with all equipment and be ready to learn
- Obey all program rules as set forth by the instructors & CITs
- Use utmost care in the use of the boats and equipment



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- Exhibit good sportsmanship, including being a team player and pitching in to do your share when preparing boats for sailing and de-rigging
- Be tolerant and supportive of others
- Use appropriate language
- Do not engage in any horseplay on the dock or other disruptive behavior

PARENTS

- Be on time for drop off and pick up. The instructors have limited time between classes for lunch and preparation for another class. They have other jobs/commitments in the afternoon and cannot be expected to watch your child.
- Let us know if the student is not coming to class. Please call or text Andrew Gurschick at [773.829.5645](tel:773.829.5645) or Lynn Duttlinger at [219.221.0956](tel:219.221.0956).

INCENTIVE SYSTEM

Students are given numerous opportunities to earn "points" throughout the session, with small prizes given out each week for the top 3 weekly point earners. Point earning examples include: bringing in the daily weather report, exhibiting good behavior, helping others, and scoring well on Friday quizzes.

DISCIPLINE

A failure to abide by the rules and/or exhibiting harmful or dangerous behavior will be brought to the parents/guardians' attention in a prompt manner and an appropriate, agreed-upon consequence will ensue. The South Shore Sailing Program has the right to maintain the integrity of the program by dismissing serious offenders.

PARENT INVOLVEMENT

We appreciate any questions, comments, concerns, or suggestions that you may have and will make ourselves available before and after class if you'd like to speak with us.

Parents are welcome on the last day of the session to take photos of their student. Otherwise, we ask parents to respect the efforts of the instructor and not to interfere during course instruction.

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!