



## Guilford Yacht Club

### Junior Sailing

### Beginner Program - 2018

Dear Parent:

Thank you for signing your child up for the Junior Sailing Program at the Guilford Yacht Club. We are very excited and look forward to meeting you and your child(ren) this summer. Enclosed you will find useful information to make your child's experience the best it can be.

The Beginner Program is a *morning-only* program for first time sailors and concentrates on basic sailing skills, proper terminology, knots, etc. Our hope is that your child(ren) will fall in love with sailing and return in subsequent years for our all-day intermediate program where they will be able to expand their knowledge and learn advanced sailing and racing techniques.

We host a **Welcome Picnic** at the Guilford Yacht Club **on Thursday June 14th at 6:00 pm**. We encourage all families to attend to allow parents and campers to meet the staff, become familiar with the location and ask questions.

Sonya Gladstone and Craig Delgado will be the lead instructors this summer and Colin Call and Brennan Gollaher (all certified sailing instructors) are also returning this summer, along with Andrew Connelly.

Camp hours are from 9:00 am to 12:00 pm Monday to Friday. In the event of rain, camp will be held and may be moved into the Osprey's Nest in the GYC Clubhouse (there are no make-up days for rain). There will be no refunds after May 14<sup>th</sup>, 2018 for any reason. Once the program is underway, there are no make-up days (or refunds) if a camper misses any days or is dismissed for disciplinary reasons. The Junior Sailing program reserves the right to remove any participant from the program at any time at the discretion of the lead instructors.

Camp staff undergoes training including CPR and First Aid, various US Sailing certifications, a "day at camp" reenactment, emergency situations, lost camper drills and much more to ensure safety of all staff and campers.

Mark your calendars for the end of the season **Awards Dinner** on Tuesday August 21<sup>st</sup> at 5:30pm at the GYC Clubhouse.



## Important Information

### Drop Off/Pick Up

- Drop off *begins* at 9:00 am. **NO EARLY DROP OFFS ARE ALLOWED.** The staff utilizes the time before 9:00 am to prepare for the day. The GYC gates will open at 8:55 am. Your child must be signed in/out at drop off and pick up. If your child is going to arrive late please advise the lead counselors ahead of time, to make sure they can accommodate this timing.
- Pick up is promptly at 12:00 pm. Early drop-offs/late pickups will be charged at \$15/15 minutes.
- Early pick up for campers is not possible - once we are on the water it is not feasible to return to the sailing tent until the designated time.
- If a non-parent is picking up your child, they must be on your parent release form. If the person is not on your list, please send a note to camp with your child. Identification may be required.
- If your child(ren) will be riding bikes to/from camp, please let us know. You will be asked to sign a waiver.

### Safety Rules

- No camper is allowed on docks or boats without supervision or a USCG approved PFD (lifejacket). The jacket must be sized correctly according to the child's weight. The jacket must be in good condition and labeled with the sailor's name.
- All campers, regardless of age or number of years in the program, are required to pass a swim test -- swimming 75 feet with their life jacket on and treading water for one minute. They will also need to complete a capsized test. These tests will take place on the first day of each session.
- Shoes are required at all times. No open-toed shoes or shoes with straps or slippery soles are allowed (e.g., flip flops, sandals, or Tevas). Original Crocs, aqua socks, slip-on canvas sneakers, or traditional boat shoes work well.
- All personal property brought to GYC is the responsibility of the camper and not GYC or the instructors.
- No pushing, shoving, running, or hitting anyone at any time.
- No jumping off boats without first obtaining an instructor's permission. If an instructor grants permission to swim, the camper must stay near the boat so they can easily get back in and so that it doesn't drift away or go up on the rocks.
- Campers must stay with their group at all times.
- Only instructors may operate the motorboats.
- Apply sunscreen before arrival at camp.

### Discipline Policy

- Campers must abide by the GYC Junior Sailing Program Code of Conduct
- Instructors will deal with any behavior issues.
  - First Offense: An Instructor will speak with child.
  - Second Offense: A Lead Instructor will talk to parent.
  - Third Offense: Child will be asked to leave camp and no refund will be given.



### **Illness/ Medical Needs**

- Any physical problems, allergies or disabilities which may inhibit the sailor in certain activities must be brought to the attention of the Sailing Program before enrollment.
- Please follow the public school's policy with respect to illness - do not send your child to camp sick or with a fever.
- If a child becomes ill at camp, parents will be called first and if they are not available, persons on the emergency list will be contacted.

### **What to Bring to Camp**

- A Personal Flotation Device (life jacket) that is Coast Guard approved and appropriate size for your child's weight. No camper will be allowed to sail without a PFD.
- Insulated Water Bottle
- Sunscreen
- Towel
- Bathing Suit
- Water Shoes
- Change of clothes
- Hat
- Bug Spray

Each camper's completed and signed paperwork and payment must be received **no later than April 1, 2018**. If all required, completed, documentation (and payment) is not received before this date we will give your spot to someone on the wait-list.

Required paperwork:

- 1) Completed and signed *Child Information and Release Form*
- 2) Check for the entire amount due, payable to "GYC." Please write "Jr. Sailing" on the memo line.
- 3) *The Guilford Yacht Club Junior Sailing Program Code of Conduct – Camper Expectations* - signed by both camper and parent.
- 4) *The Guilford Yacht Club Junior Sailing Program Code of Conduct – Parent Expectations* – signed by parent
- 5) Copy of the State of CT Health Assessment Record (available at [www.guilfordschools.org](http://www.guilfordschools.org)), completed and signed by a physician within the past 24 months.

Please mail complete package to:

Hilary Lawton  
81 Seaside Ave.  
Guilford, CT 06437