



Youth Program Online Handbook

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What is Sail Newport?

Sail Newport is Rhode Island's premier public access community sailing center. Sail

Newport was established for three fundamental purposes:

To allow public access to the sport of sailing by providing low-cost, high quality sailing instruction and rentals,

To provide a fully equipped facility with hoists, ramps and drysail storage for local and regional and visiting sailors,

To serve as a site for local, national and international regattas and sailing events.

Since 1983, Sail Newport has been a guiding force for sailing in Newport, promoting sailing competition and fostering community involvement and instruction at all levels of the sport. In this short time, Sail Newport has become a recognized model for community sailing programs around the country.

Where is Sail Newport and Where Do I Go For Class?

The center is located across the harbor from downtown Newport, in Ft. Adam's State Park, on waterfront property leased from the State of Rhode Island. The body of water that is Sail Newport's "classroom" is Newport Harbor and Narragansett Bay.

Youth Program Dinghy Classes meet at the Robin Wallance Youth Boathouse, right by the water's edge. Look for the storage racks with all the little boats on them, or the small boats resting on the finger docks adjacent to the dinghy ramp. There is limited parking for vehicles dropping off, or picking-up, at the beach, next to the Youth Boathouse. Long-term parking is available in the lot on the hill to your left as you enter the park.

Youth Keelboat Classes meet at the Sail Newport Dock Office next to the Admiral's Pier. Just follow the signs after you enter the park, and look for the big blue hoists and the blue and white tent!

Program Goals

The primary goals of the Youth Program (in no particular order):

- Develop sportsmanship, integrity, and interpersonal skills.
- Instill in the students an interest and appreciation for the sport of sailing.
- Develop new skills in boat handling and sailing for those who wish to compete, and those who do not.
- Develop a respect for the sea and the environment.
- Learn and incorporate good safety and seamanship.
- Instill a sense of responsibility for the boats and equipment.
- Create a fun atmosphere in which the students want to participate.

Sailing is truly a unique sport: skills learned now can be used and enjoyed for a lifetime.

Sailing challenges both the mind and body, allowing individuals with different strengths and weaknesses to “find their niche”. It can be competitive or recreational; you can sail on big boats or little boats, by oneself, with a friend or on a team. Most importantly, everyone has the capacity to learn to sail on some level, no matter what individual challenges they face.

Parental Involvement

To help your child get the most out of the Sail Newport Youth Program, first and foremost, parents should be involved with their children in the program. Talk with your child about what they are doing in class. The opportunity to share newly learned skills is invaluable for several reasons:

- It reinforces the skills learned.
- It increases a child's confidence and self-esteem through support and encouragement.
- It provides an opportunity to find out how classes are going generally, so that if there are problems or issues, they can be addressed sooner, rather than later.

Daily Reminder Checklist

Following is a handy checklist of important daily “To Do’s” for you to remember in preparing your child for class each day!

1. Have a good breakfast, after a good night's sleep!
2. Come prepared with a healthy lunch.
3. Bring lots of fluids (No glass, please!). Water, juice, low-sugar and non-caffeinated beverages are best.
4. Have sunblock, sunglasses, hat and other sun protection.
5. Adequate and appropriate clothing including a change of clothes and rainy-day protection and a towel. Remember, it is usually much cooler on the water than at your house!
6. Shoes: An old pair of sneakers that can get wet, or water shoes. Sandals are acceptable if they have a heel-strap. NO FLIP FLOPS.
7. Bring a Coast Guard approved Type III or better life-jacket *with a whistle attached*.
8. Arrive at class on time!
9. Sail Newport provides shelf space for each student's belongings and will have coolers for lunches to be stored in if you don't have your own.

The daily schedule is generally as follows:

9:00-10:00 Attendance, morning classroom, rigging

10:00-noon Morning on the water

noon-12:45 Lunch

12:45-1:00 Afternoon classroom

1:00-3:00 Afternoon on the water, de-rig, clean-up!

Pick-up is at 3:00pm

Behavioral Rules and Guidelines

Sail Newport has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and fun learning environment. It is important that both you and your child review these rules and guidelines. Appropriate behavior is expected at all times.

1. Classes start promptly at 9:00 a.m.. Students should be dropped off at the Youth Sailing Building no earlier than 15 minutes before the start of class. Class ends at 3:00 p.m. (or 3:30 depending on the session) Students must be picked up promptly at the Youth Sailing Building. Sail Newport will not take responsibility for children who have been dropped off or picked up at a different location other than the Youth Sailing Building.

2. Follow established rules and regulations of Fort Adams State Park.

3. The word of the instructors is absolute, and students are expected to obey the instructors at all times.

4. All students must take a short swim check the first day of class that consists of treading water for 2 minutes, and then swimming 15 yards.

5. Life-jackets will be worn at all times whenever a student is on the docks, or in a boat (except during the swim check).

6. Observe the boundaries, both on the water and on shore, as established by the instructors.

7. No running on the docks, no climbing on the boat racks, or the rocks along the shore.

Behavioral Rules and Guidelines (cont.)

8. Students will pick-up their own trash, and are expected to keep their belongings in a neat and orderly fashion.

9. No mobile phone use: Students are discouraged from bringing cell phones to class, and use is prohibited during the class day unless permission is granted by their instructor or the head instructor.

10. Students will show respect for the equipment and property.

11. Students will show respect for their peers, the instructors and other individuals.

12. No physical violence towards other students or staff.

13. No obscene language.

14. Absolutely no throwing of objects allowed.

Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but can include loss of privileges, and “time-out”.

Any verbal or physical abuse, or if your child’s behavior jeopardizes his/her own safety or that of anyone else in the program, will result in early dismissal from class with a warning to both the parent and student.

A second incident will result in the student’s dismissal from the remainder of the session. There will be no refund of tuition.

The Boats: about the Opti, Bug, Hunter I40's, Club 420s, Windsurfers, and Keelboats

Sail Newport uses several different boats in its youth sailing program. Different boats “handle” differently, and certain boats lend themselves to sailors of different sizes and/or experience levels.

On the first day of class, the instructors will evaluate the skills and experience of the students, and consider factors like size and age, in determining into which group a student will be placed. In the case of returnee students, we usually already know which group the student is best suited for. With new students, it can sometimes take a day for the instructors to determine which group is best for your child.

Sometimes, this can be an issue with a student (e.g. they perceive the Optimist to be a “slow boat”, or the Hunter “just for beginners.” Please allow the instructors the time and space to work with your child in determining what is best. If, after a few days you still have concerns, feel free to talk to the Head Instructor and your child’s Instructor.

The Optimist is the boat used for sailors in the Youth Program from rank beginners to racers, who weigh less than 110 lbs.. The Optimist is a 77lb., 8 foot, sprit rigged pram. Easily rigged, it is designed to be sailed by one sailor, although for the first day or two of class, students are often doubled up till they gain a certain comfort and skill level. The Optimist is the largest one-design class in the world with more than a half million boats being sailed and raced competitively around the world by kids ages 5-15!

Bugs are the newest model added to the Sail Newport Fleet. These single-handed boats can be rigged with one of two different-sized and shaped sails depending on a student's size and ability. The Bugs are used for Beginner/Intermediate and Intermediate skill levels in age groups from 10-14.

Hunter I40's are generally used by the older students (11-16yrs) in the Youth Program, and those who have physically outgrown the Optimist. It is a 14 foot, sloop-rigged boat, that is designed to be sailed by up to three youths. This allows for sailors to develop teamwork skills, in addition to their boat handling skills.

Club 420's are fast, fun sloop rigged double-handed (two sailors!) boats that are very popular in youth programs around the country. Some of the 420s are rigged with spinnakers and trapezes for use by intermediate and advanced and racing instruction, for ages 11-17 (size dependant).

Windsurfers: sailboards, specifically designed for beginning instruction are used as an additional teaching and learning tool for the instructors and students in all classes.

Boats Used in the Keelboat Program

Classes in the keelboat program are taught on board the **J/22's** and occasionally the **Rhodes I9s**. Both boats are sloop-rigged day-sailing keelboats that can be comfortably sailed by 3-5 sailors. In addition, the J/22 is rigged for spinnaker use by advanced students.

Typically, the instructors teach from on-board the boats until the students have progressed to a point where the instructor can teach from a safety/powerboat. This is different from the dinghy program where the instructors teach from safety/powerboats almost exclusively.

Saturday Free Sail Program

This summer Sail Newport will again be offering the Youth Free Sail Program. The Youth Free Sail Program will be run on Saturdays running June 18—August 18, from 10:00 a.m. to 2:00 p.m.. Students must make arrangements with the Head Youth Instructor, or by calling the Main Office at least 24 hours in advance to be eligible to use a boat on Saturday.

This program is for students who have successfully completed one or more of Sail Newport's Summer Youth Sailing Sessions (but NOT including the keelboats), and has demonstrated the ability and maturity needed for this privilege. Each student will also need to go on a "check out sail" during class time and sign a Youth Saturday Program Waiver of Liability. Both the student and the Head Instructor are responsible for ensuring the check out sail is completed and the waiver is signed before participation in a Saturday Free Sail Session.

The student must check in at the Youth Building and sign out equipment before sailing. When they have finished, they are to return to the Youth Building and sign equipment back in.

REMINDER: Before anyone can sail on any Saturday they must have a Youth Saturday Program Waiver of Liability signed by a parent or guardian and the Head Youth Instructor!! No exceptions will be made.

Sail Newport will provide two to three instructors and/or volunteer each Saturday. If any parents are interested in volunteering time to help supervise, it would be greatly appreciated!

Answers to Commonly Asked Questions!

Q. I have a concern or issue who should I talk to?

Serious concerns should be brought to the direct attention of the Program Director. That said, the Head Instructor should usually be your first stop for resolving most issues. S/He is the hands on day- to-day program facilitator, and usually will have the answer, as well as being empowered to make decisions and correct problems.

The best time to talk to the Head Instructor (and your child's individual instructor) is at the end of class. If this is not convenient, please, call and leave a message at the Dock Office asking that the Head Instructor or the Program Director follow-up with you.

Q. It's raining!

A. Classes are held in all kinds of weather: even if it's raining. The one exception is if there is a threat of severe storm or hurricane. In this event, class participants will be called at home, and informed of the decision to cancel class.

Q. We're late!

A. Please call the Dock Office at 849-8385 and let them know your child will be late getting dropped off, or being picked-up, so that the instructor can be informed.

Q. My child is sick!

A. Please call the Dock Office at 849-8385 and let them know your child will be out for the day so that they can inform the instructors.

Q. Students arriving by Launch or on a Bicycle

A. Parents are requested to inform the Head Instructor if their child will be arriving and/or departing other than by car, or if someone other than the parent or guardian will be collecting a student from class.

Q. My child is reluctant to come to class!

A. A student's unwillingness to come to sailing can be caused by any number of things: fear, an incident with a fellow classmate, or simply being tired. Sail Newport instructors are well versed in the art of coaxing and motivating reluctant students. If you can get them to Sail Newport, in all but exceptionally rare cases, we can get them out and sailing, and enjoying it too.

Q. Learning Disabilities and Special Medications

A. Should your child have any learning disability or medication that might not be indicated on their application, or that needs further certification, please speak with the Program Director or Head Instructor. This will enable us to help your child have a positive and rewarding experience at Sail Newport.

Q. What is the Dock Office, anyway?

A. The Dock Office is Sail Newport's "Grand Central Station". It is the little stone building next to the blue and white tent, and the hoists. It is where you can buy Sail Newport merchandise, gift certificates, sign-up for an adult sailing lesson, rent a boat, or leave a message. There is always a staff person on duty in the Dock Office from 8:30a.m.-8:30p.m., so it is used as a message center for the instructors. The phone number is: 849-8385.

Q. My child was hurt!

A. Any time an instructor is required to administer first aid for a cut, bruise, or banged head, they will complete an injury report. A slip indicating the nature of the injury and what treatment was, given will be sent home at the end of the day with the student.

Q. What is LearnSailing Right?

Learn Sailing Right is the text used by Sail Newport in all of its instructional programs. It is a valuable resource for helping reinforce the material that is learned in class, as well as providing another vehicle by which a student can share their Sail Newport experience with you! We highly

recommend that you pick-up a copy for your child; available at USSAILING's website (limited quantities are available in the Dock Office).

Q. My child has a Youth Program "Rating Card": what is it, and how do they use it?

A. At the end of each session students are given a Youth Program Rating Card. This card states whether the student can be a skipper or crew during the Saturday Free Sail Sessions, and what boats they are permitted to sail on, based on the experience they have gained in class. These ratings are for your child's safety. We only allow students who have mastered skills on a specific boat to sail as a skipper on Saturdays. However, all students who have attended classes at Sail Newport are welcome to sail as crew on boats they have used in class.

who go on to take classes in other programs should carry their books with them, as they are recognized by most youth programs.

Q. I want to volunteer!

A. Contact the Program Director! Volunteers for different programs and events are always needed and welcomed!