

2022

Summer Youth Sailing Program Dinghy

Parent Handbook





SUMMER YOUTH PROGRAM PARENT HANDBOOK

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WELCOME TO SAIL NEWPORT



What is Sail Newport?

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

Sail Newport's mission is threefold:

- I. To allow public access to the sport of sailing by providing low-cost, high quality sailing instruction and rentals,
- II. To provide a fully equipped facility with hoists, ramps and drysail storage for local and regional and visiting sailors,
- III. 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 from the Volvo Ocean Race stopovers and America's Cup World Series, to local events here in the South Bay. In this short time, Sail Newport has become a recognized model for community sailing centers around the country.



PROGRAM GOALS

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 or goals they have.

The Primary Goals of the Youth Program:

- 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 skills.
- Instill a sense of responsibility for the boats and equipment.
- Create a fun atmosphere in which the students want to participate.



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. Come sailing with your child on Graduation Day and during Saturday Free Sail. 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.

Let the Head Instructor know if you have questions! Hearing about the feedback you get each day on the ride home from sailing can be helpful in ensuring that your child is getting the best possible experience. The instructor staff at Sail Newport is very experienced, and there are precious few situations that we have not previously encountered.

DAILY REMINDER CHECK LIST

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. Pack sunblock. look for "reef-friendly" mineral sunscreen which typically comes with Zinc and/or titanium dioxide and avoid **Oxybenzone**.



3. Come prepared with a healthy lunch. **NO NUTS**, we are a free-nut zone.



4. Bring lots of fluids (No glass containers please - we are huge fans and supporters of re-useable plastic or metal water bottles, just label with your child's name!). Water, juice, low-sugar and non-caffeinated beverages are best.



5. Have sunglasses, hat and other sun protection. Buffs are recommended.



6. 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!



7. 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**.



8. Bring a Coast Guard approved Type III or better life-jacket (PFD) with a whistle attached.



9. Arrive at class on time!



10. 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.



11. REMEMBER TO LABEL ALL PERSONAL BELONGINGS!

TYPICAL DAY

9:00-10:00 a.m.

Check-in by class, morning chalk-talk and rigging

10:00-Noon

Morning on the water

Noon-12:45 p.m.

Lunch

12:45-1:00 p.m.

Afternoon chalk-talk

1:00-3:00 p.m.

Afternoon on the water, de-rig, de-brief the days' activities and clean-up!

3:00 pm

Pick-up

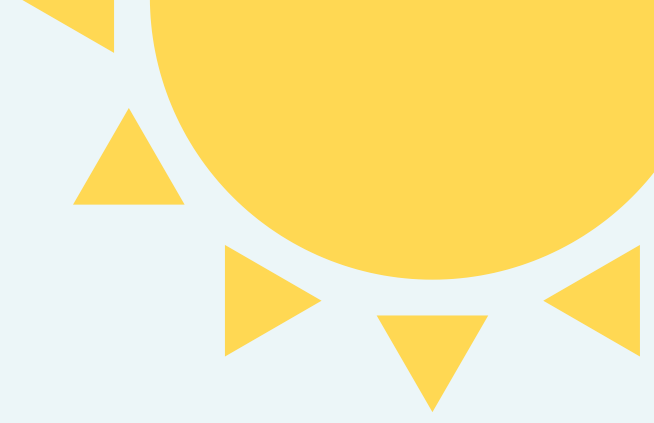


BEHAVIORAL RULES AND GUIDELINES

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

1. Follow established rules and regulations of Fort Adams State Park.
2. The word of the instructors is absolute, and students are expected to obey the instructors at all times. **Safety is our priority.**
3. All students must take a short water comfort check, with a PFD on during the first day of class that consists of swimming 20 yards and treading water for one minute.
4. Life-jackets will be worn at all times whenever a student is on the docks, or in a boat.
5. Observe the boundaries, both on the water and on shore, as established by the instructors.
6. No running on the docks, no climbing on the boat racks, or the rocks along the shore, and any and all other areas as identified by Sail Newport staff.
7. Students are expected to pick-up their own trash, as well as contribute to the overall health of the environment of Fort Adams State Park, Sail Newport and Narragansett Bay, by helping collect other trash where possible, and are expected to keep their belongings in a neat and orderly fashion.

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8. No mobile phone use: Students are discouraged from bringing cell phones (and other valuables) to class, and use is prohibited during the class day unless permission is granted by their instructor or the head instructor.
9. Students will show respect for the equipment and property.
10. Students will show respect for their peers, the instructors and other individuals. Bullying will not be tolerated.
11. No physical violence towards other students or staff.
12. No obscene language.
13. 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” from activities during class.

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.

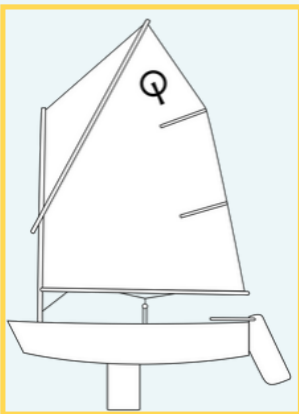
A second incident will result in the student’s dismissal from the remainder of the session. There will be no refund of tuition.



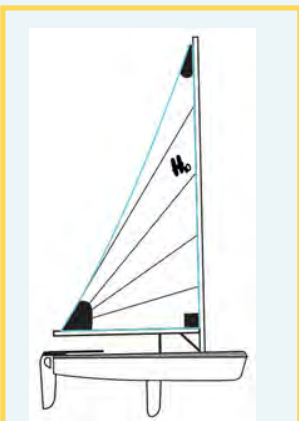
THE BOATS

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.

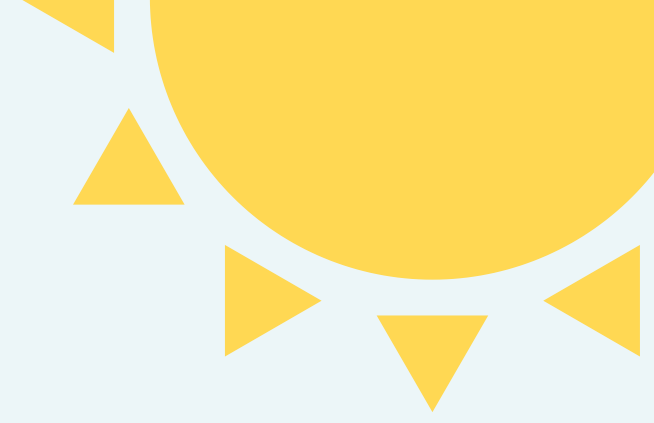
Sometimes, this can be an issue for a student (e.g., they perceive the Optimist to be a “slow boat,” or the Quest “just for beginners.”). Please allow the instructors the time and space to work with your child in helping them understand and settle in to this placement. In this unusual "Covid-19" environment, we will not be making switches between classes once the program starts the first day of each session in order to observe state guidelines for maintaining stable groups and classes. If, 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.



Hartlie 10s are primarily a single-handed boat but can be sailed double-handed as well. These boats are being used for Beginner/Intermediate to Advanced skill levels, for ages 9 – 12, particularly for those who might be physically too big for an Optimist.



Quests are used by the older students (11-16 yrs) in the Youth Program. It's a 14-foot, sloop-rigged (mainsail and jib) 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. The Quests are used for both beginning level instruction as well as for intermediates, where the asymmetrical and symmetrical spinnaker ("Chute") will provide added fun and challenge.



420s are fast, fun sloop rigged double-handed (two sailors!) boats that are very popular in youth programs around the country. The 420s used by intermediate and intermediate / advanced sailors have a main and jib. The C420s are rigged with spinnakers and trapezes for use by performance and racing instruction, for ages 13-17 and a minimum weight of 105 lbs.



ANSWERS TO COMMONLY ASKED QUESTIONS

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

A. Serious concerns should be brought to the direct attention of the Program Director, Kim Hapgood. That said, the Head Instructor should be your first stop for resolving most issues. The Head Instructor 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. Serious issues or those not resolved by the Head Instructor, should be brought to the attention of the program director.

Q. It's raining! Do we come to sailing?

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! Who do I call?

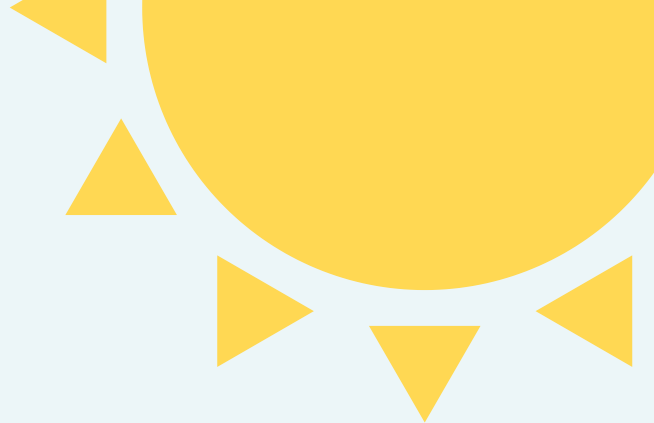
A. **Please call the Dock Office at 401-849-8385** and let them know your child will be late getting dropped off, or being picked-up, so that their instructor can be informed.

Q. My child is sick! Who do I call?

A. **Please call the Dock Office at 401-849-8385** and let them know your child will be out for the day so that they can inform the instructors.

Q. May student arrive by launch or on a bicycle?

A. Yes, but parents are asked to submit details to Sail Newport.



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 medical form, or that needs further clarification, please speak with the 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?

A. The Dock Office is Sail Newport’s “Grand Central Station.” It is located in the ground floor of the new Sail Newport Marine Education and Recreation Center at 72 Fort Adams Drive, next to the hoists (a one-minute walk from the Youth Boathouse). It is where you can buy Sail Newport merchandise, gift certificates, sign-up for an adult sailing lessons, 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: 401-849-8385.

Q. My child was hurt!

A. Any time an instructor is required to administer first aid 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. In the rare instance the injury is more serious and may require a doctor’s attention, SN Staff will call the parent, guardian or other contact indicated on the Emergency Information form.

Q. What is the Saturday Free Sail?

A. Saturday Free Sail is an opportunity for sailors who have completed a two-week dinghy session to come and practice what they have learned. It is free and runs 10 a.m. to 2 p.m. on Saturdays beginning on July 2 and ending on August 13. Specific details will be sent to program participants.



Q. What are the publications "Learn Sailing Right" and "Learn Sailing Better"?

A. These are texts used by Sail Newport instructors for its learn-to-sail programs. They are 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 recommend that you pick-up a copy for your child; available from US Sailing (limited quantities are available in the Dock Office).

Q. I want to volunteer!

A. Contact the Sail Newport Main Office, or check-out our website: www.sailnewport.org as volunteers for different programs and events are always needed and welcomed! Hannah Lasorsa is our volunteer coordinator and she is available by email: hannah.lasorsa@sailnewport.org

WHO TO CONTACT

Please call us if your child will be late or absent:

Sail Newport Dock Office
401-849-8385

email:

Tom O'Neill
headinstructor@sailnewport.org

Kim Hapgood, Program Director
kim.hapgood@sailnewport.org
O (401) 619-1971

Sail Newport
72 Fort Adams Drive Newport,
RI 02840
Tel. 401.846.1983

sailnewport.org

