



2022

Summer Youth Sailing Program Keelboat

Parent Handbook





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What is Sail Newport?

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

- 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 from the Volvo Ocean Race Stopover 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 programs around the country.



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

The Sailing 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.

The Keelboat Program meets at the Sail Newport Dock Office - ground floor of 72 Fort Adams Drive.

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 Keelboat Program:

- Learn and incorporate good safety and water based skills. Foster an interest in and comfort level with sailing and being on the water.
- Instill a sense of responsibility for the boats and equipment.
- Develop a respect for the sea and the environment.
- Create a fun atmosphere in which the students want to participate and learn!



Parental Involvement

To help your child get the most out of any Sail Newport Youth Keelboat 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 experiences and 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 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 snack and lunch. **NO NUTS. We are a nut-free zone.**



3. 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. There are Zip-2 filtered water stations where everyone can refill.



4. Have sunblock (look for reef-friendly), sunglasses, hat and other sun protection. Face buffs are recommended



5. Adequate and appropriate clothing including swim gear, a change of clothes and a jacket or fleece, and a towel. Remember, It's 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 life-jacket (PFD) with a whistle attached. It is important the life-jacket fits well (do not buy one for them to grow into!). We have PFDs on hand for Youth Keelboat participants to use if you would prefer to use one of ours.



8. Arrive at class on time!



9. REMEMBER TO LABEL ALL PERSONAL BELONGINGS! Water bottles, lifejacket, etc., so that we can help it find its way back to the rightful owner if it gets separated.

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 both you and your child review these rules and guidelines. Appropriate behavior is expected at all times.

1. Classes start promptly. Student should be dropped off at the Dock Office located in the main Sail Newport building (72 Fort Adams Drive) no more than 10 minutes before the start of class. Sail Newport will not take responsibility for children who have been dropped off at a different location other than that stipulated above. Class ends at 3 p.m. each day. Students must be picked up promptly, and should be collected from the Dock Office.
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. **Safety is our priority.**
4. All students must take a short water comfort check the first day of class, with life jacket on that most certainly is not a test – it is an opportunity for the instructors to gauge the comfort level of each participant in the water – for many, salty Newport Harbor is a new experience!
5. Life-jackets will be worn at all times whenever a student is on the docks, in a boat, or in the water.
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, and any and all other areas as identified by Sail Newport staff



Behavioral Rules and Guidelines (continued)

8. 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.

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



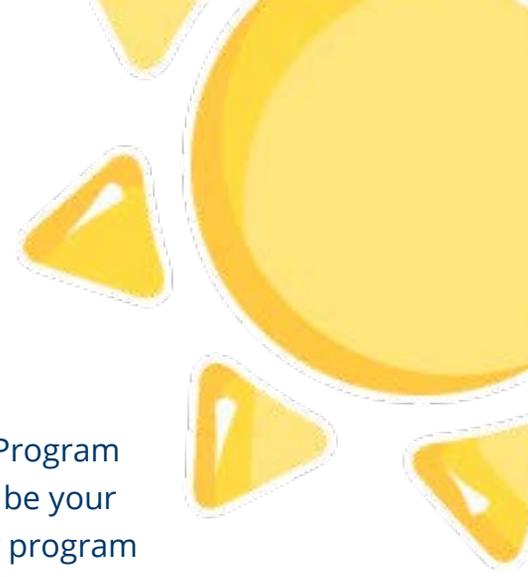
The Boats: about the J/22

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 experience levels.

For the Youth Keelboat sessions we use the J/22, and occasionally the Rhodes 19.



The J/22 is a day sailing keelboat, 22' long that comfortably fits up to five. It is a versatile platform for learning to sail and developing advanced skills, as well as for racing, for youth (typically those 12 and older) and adults.



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 Keelboat Program Manager should usually be your first stop for resolving most issues. She 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 Keelboat Program Manager (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 Main Office asking that the Keelboat Program Manager 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 401-849-8385 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 401-849-8385 and let them know your child will be out for the day so that they can inform the instructor.

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 to enjoy sailing!

Q. I want to volunteer!

A. Contact the Sail Newport Main Office, or check-out our website: sailnewport.org as volunteers for different activities are always needed and appreciated.



Answers to Commonly Asked Questions (continued)

Q. What is the publication "Basic Keelboat"?

A. This is a text used by Sail Newport Instructors for its learn-to-sail programs. It is a valuable resource for helping to reinforce what 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. The book is available in the Dock Office.

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 Keelboat Program Manager. 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 will be dropping off your sailor for class each day, 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: 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. Graduation Day!

A. The last day of each session we hold a Graduation Party for sailors and families. You will receive further information at the time of your child's session.



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Sail Newport

Rhode Island's Public Sailing Center

Fort Adams State Park

72 Fort Adams Drive

Newport, RI 02840

Main Office Tel. (401) 846-1983

Dock Office - Call if student is late or absent

Before 8 a.m. you may get an answering machine but it's checked each morning.

Tel. (401) 849-8385

Sail Newport is a 501(c)(3) nonprofit organization

sailnewport.org