

Welcome to MYC Junior Sailing Class Spring 2021

Please bring daily

- 2 masks (gators, cloth masks, bandanas are allowed- NO masks with exhalation valves or vents)
- swim suit, dry clothes, towel, hat, sunblock
- slippers/flip flops for shore
- beach shoes for boat
- LIFE JACKET (PFD)
- lunch & water bottle to reuse

Rules for the class

- listen to the adults, instructors, and helpers
- listen and respect your classmates
- don't be afraid to ask questions
- WEAR A PFD IN/ON THE WATER AT ALL TIMES**
- keep one water bottle with your name on it
- no sand on the patio
- no wet feet or objects in the lounge
- everyone helps clean up and put all equipment away

Goals (age dependent)

- tread water for 10 minutes with PFD on
- take off and put on PFD in the water
- swim to the mark and back to shore
- capsize boat and right boat
- bale boat (scoop water out)
- knots - bowline, square knot, clove hitch, stopper knot
- know how to rig boat and name each part
- be crew in a boat
- steer and navigate confidently
- sail independently
- gain independence and leadership skills
- learn and utilize points of sail to sail a course

Safety tips to remember

- Stay calm
- Tiller toward danger
- Don't switch the tiller and sheet until after you're in your seat.
- SAFETY POSITION sit in center of boat, hold onto the sides of the boat (let sheet / tiller go)