

TOMS RIVER YACHT CLUB



**JUNIOR SAILING
HANDBOOK**

CODE OF ETHICS

(Adopted from Jersey Shore Sailing Team)

- Treat other persons and their property as you know they should be treated and as you wish them to treat you and your property.
- Regard the racing rules as agreements, the spirit or letter of which you should not evade or break.
- Be gracious in victory and defeat.
- Be cooperative and respectful.

Mission Statement:

The mission of the Toms River Yacht Club Junior Sailing Program is to develop knowledgeable youth sailors and to instill in them a love for the sport of sailing that will serve as a foundation for the future of our club.

Program Goals

The primary goals of the TRYC Jr. Sailing Program are:

1. Develop sportsmanship, integrity and interpersonal skills.
2. Instill in junior sailors an admiration for sailing.
3. Develop a respect for the sea and the elements.
4. Learn and incorporate safety and seamanship.
5. Instill responsibility for boats and equipment.
6. Create a fun atmosphere in which junior sailors want to participate.
7. Provide the environment and education for those who want to compete and those who do not.

Program Requirements

Equipment and Forms

Prior to the start of the Junior Sailing Program, all sailors are required to:

1. Have their own properly equipped boat, dolly, floating towline and line to secure the boat when docked. TRYC does not have a fleet for hire.

2. Complete all necessary Junior Sailing Program forms, such as the program application, behavior and liability/consent forms.
3. Make payment in full before the start of program.

Safety

Swim Test

A swim test administered by a Red Cross Certified Lifeguard will take place on the first day of program, regardless of age and past sailing program experience. The test will consist of a fifty (50) yard swim and treading water without a personal flotation device (PFD) for one (1) minute. Sailors who do not pass the swim test will not be allowed to participate in the sailing program. Although junior sailors wear a United States Coast Guard (USCG) approved life jacket at all times while they are in and/or on the water, knowing how to handle himself or herself in the water will afford everyone a safer experience. **No exceptions to this policy can be made.**

Lifejackets

Personal floatation devices (PFD's) must be worn at all times when near on or in the water. These must be U.S. Coast

Guard approved and must be properly rated to an individual's activity that takes place on a boat, dock, ramp, sea wall or launch area adjacent to or alongside the water. The life jacket needs to be properly identified with the owner's name and should be inspected regularly to ensure that it is in good functioning condition (no missing straps, torn zippers, exposed or waterlogged floatation). If a lifejacket is unsafe or of questionable value, it must be discarded and replaced immediately. A whistle on a lanyard (string) must be attached.

Footwear

For all Barnegat Bay Yacht Racing Association (BBYRA) sponsored events such as interclubs and regattas, all sailors are required to wear sailing boots or sandals with a heel strap (Reef or Teva-style). We recommend that parents store a pair in their child's box at all times. Sailors not wearing appropriate footwear may not be allowed to participate in the BBYRA sponsored events. Toms River Yacht Club (TRYC) does not recommend wearing flip-flops during program hours. Proper footwear is for the safety of our children so anyone choosing to wear flip-flops will do so at their own risk and not hold Toms River Yacht Club (TRYC) responsible for any injuries incurred due to the use of flip-

flops. Any questions regarding footwear should be directed to the program coordinators.

Program Attendance

Hours

Opti Groups 1 through 7: Monday through Thursday 9:00 am - 3:30 pm.

Opti Group 8, Opti Group 9, Laser, Sunfish, and 420s: Monday through Thursday 10:00 am - 4:30 pm

Sailors are not to be dropped off more than $\frac{1}{2}$ hour before program begins but please ensure the sailor has adequate time to rig and be ready by the program start time. While no sailor will be left at program unattended, prompt pick-up is required and expected.

Dismissal Policy

All junior sailors must be checked out by their coaches prior to being dismissed to their parents. This policy is important to ensure open communication between parents and coaches. This will also assist with coaches keeping better control of the area and ensuring that equipment is properly stored.

Junior sailors are expected to stay on Toms River Yacht Club (TRYC) property all times unless accompanied by a coach. Dismissal is to be only at the authority of the coaches. Parents are to inform their child's coach of early dismissal in advance.

Inclement Weather

Program will be cancelled if inclement weather creates a situation that we will not be able to safely hold the program outside.

General Safety Rules

The Toms River Yacht Club (TRYC) Junior Sailing Committee has unanimously adopted policies that will apply to all participants in the Junior Sailing Program. Junior Sailing participants are encouraged to abide by these rules at all times. More particularly, during program, these rules must be followed:

1. Each sailor and coach **MUST** wear a U.S. Coast Guard approved life jacket that fits properly and is zippered or fastened as designed with a whistle permanently attached while on the water. **No Exceptions.**

2. Proper footwear should be worn at all times.
3. Sailors are expected to refrain from unsupervised running or swimming, skateboarding or roller-blading during program.
4. Any "horseplay" including pushing or throwing of participants or coaches off of docks and bulkheads is prohibited. Hoists are not playground equipment, they are for boat launching only.

Reasons Junior Sailors are asked to Stay Home

1. Health Reason - Please see the COVID-19 Response Plan. Beyond COVID-19 related health concerns it is recommended a child stay home if unable to get wet, medication, contagious conditions (i.e.) pink eye, etc.
2. No life jacket.
3. Boat not in seaworthy condition.

4. Discipline - Junior sailors are expected to act in an appropriate manner. If a coach feels that a junior sailor is not behaving in an appropriate manner, she/he will call the parents to pick up the sailor. Junior sailors who are asked to stay home from the program for discipline reasons may not attend junior sailing activities while they are suspended from the program. Threats and/or acts of violence against other people and/or person's property will be grounds for immediate expulsion from the sailing program. Sexual harassment, alcohol, nicotine, and drug use will be grounds for immediate expulsion from the sailing program.

5. Junior sailors who do not attend the morning meeting may not be allowed to stay for the day's program. (Exceptions may be made at the discretion of the head coach). Please be punctual.

Instruction Levels

TRYC Junior Sailing offers instruction in four different boat classes/fleets: Optimist (Opti), Laser, 420, and Sunfish. In addition, a one week First Mates program is offered to 6 and 7 year olds.

Beginner Opti - This class is developed for first time sailors who have completed the second grade and/or will be 8 years old within the calendar year. This class will introduce first time sailors to the joy of sailing in a fun and safe environment. Sailors will focus on knowledge of the boat, rigging, basic sailing, water safety and gain confidence in handling all points of sailing.

Intermediate Opti - This class is designed for the Opti sailor who enjoys some light competition. Sailors will work on skippering the boat on all points of sail. Sailors will have the opportunity to concentrate on rigging, "rules of the road", boat care, water safety, and will gain confidence in handling the boat in various weather conditions. This class will be encouraged to compete in regattas but racing will not be mandatory.

Advanced Opti - This class is designed for sailors who have successfully completed and mastered objectives taught in the beginner and club Opti programs and are interested in becoming a more competitive sailor. This class will promote more advanced sailing skills with a focus on individual and team racing skills.

Laser - The Laser is a 14-foot, single-handed class that is sailed in the Olympics. It is for more experienced sailors

who are interested in developing their single-handed skills. Classes focus on developing boat handling and racing skills.

420 - The 420 is a double-handed sloop that is almost 14 feet long requiring both skipper and crew. The course includes an introduction to water safety, sailing terminology, rigging, basic seamanship and small sloop sailing. The need for skipper-crew teamwork will be emphasized. This class introduces the techniques and tactics of fleet and team racing. Spinnaker and trapeze skills will be introduced. Skipper and crew will develop coordination and mutual reliance.

Sunfish - The Sunfish is an excellent sailboat for an older novice or even a more experienced sailor who may be too big for an Optimist but not interested in a Laser or 420. The Sunfish sailboat is a personal size, beach launched sailing dinghy utilizing a pontoon type hull carrying a lateen sail mounted to an un-stayed mast. Young sailors will get the full experience of rigging, sailing and racing a beautiful sailboat with the addition of the Sunfish to TRYC's Junior Sailing Program.

Opti and Laser Travel - This elite class of Opti or Laser sailor is focused on competitive sailing that takes them beyond just local regattas. The Opti and Laser Travel Teams can involve some additional expenses, time

commitments and effort but any sailor who has had the opportunity to compete in a major regatta will share with you that it is all very well worth it. From the bonding experience of travelling and staying with your sailing team and coach(es) to meeting other junior sailors from around the country and often the world, travel sailing is a unique and really fun extension of junior sailing. Any Opti or Laser sailor who has successfully become skilled at competing in local regattas should strongly consider advancing their sailing experience by enjoying all that the travel team has to offer. Membership on any TRYC Travel Team is by invite only.

First Mates - The First Mates Program is for 6 and 7 year olds interested in getting an introduction to sailing and a respect for the water in a relaxed and enjoyable environment.

Your sailor's coach will decide, based upon performance levels, whether your sailor needs to move into a different fleet during program. Evaluation of all sailors is done continually and if a fleet change is recommended, it will only occur with the desires of the sailor being taken into consideration.

Events

Point Races - Point races are sailed within the program by all groups. Usually, the point races are held once a week with the actual number of races dependent upon the weather. The scheduling is flexible accommodating weather, regattas and other program activities. Awards will be given at the Junior Sailing Awards Night at the close of the program.

Interclub - Interclub venues change weekly (please refer to the TRYC Junior Sailing Calendar of Events). Unless otherwise noted, sailors should plan to arrive at normal time and wear their program T-shirt and proper footwear. Interclub racing is not an exact science; parents are asked to be patient since children may arrive back at TRYC later than usual.

Intermediate and advanced Optis, Laser, 420, and Sunfish fleets are expected to participate in interclubs. As summer progresses and interclub for the beginner Opti groups will try to be scheduled the will be specifically designed for beginner fleet sailors.

Regattas

Participation in regattas is optional but strongly encouraged. Sailors are charged a participation fee that usually covers the day's racing, a T-shirt and lunch. Sailors are expected to wear their TRYC shirts and appropriate footwear. Please check with your child's coach regarding the recommended regatta participation for their group.

Parents

We encourage parents to take an active role in their child's sailing experience. Input from junior sailing parents will also help the program be a success. Some ways to be involved are:

1. Sailing has a vernacular of its own so ask your child to explain what they have learned each day; what does a transom mean, what is a port tack, how is a race course set up, etc.
2. Make sure your child is prepared for sailing each day.

3. Remind your sailor that proper, respectful, responsible behavior is required.
4. Call TRYC (732) 929-0888 or your sailor's coach whenever your child is absent. It is important for the staff to know of absences. It also lets us know you are aware of their absence.
5. Transportation for regattas: you are only required to trailer your child's boat to "away" regattas. Transportation may also be needed to participate in team racing at other yacht clubs.
6. In order to run a successful program, parent volunteers are needed for such events as the Spaghetti Dinner Fund Raiser and No Tears Regatta. If you are interested in volunteering, there will be a signup sheet at Meet the Coaches night or just see a member of the TRYC Junior Sailing Committee.

TRYC Team Jackets

Junior sailors are presented with a TRYC team jacket once they have accumulated the required number of points. Points are earned by participation in regattas and interclubs. Please feel free to speak with your sailor's coach to learn more about earning a team jacket. Forms to chart points and complete the necessary requirements for a team jacket are located in your junior sailing folder.

**Where Can I Buy Additional
Equipment?**

Colie Sails

1649 Bay Avenue

Point Pleasant, NJ 08742

(732) 892-4344

What to Pack in Your Sailor's Rubbermaid Container/Tote

Sunscreen

Water Bottle (recommend 2)

USCG Approved Life Jacket with a whistle

Towel

Vinegar in spray bottle - helps with jellyfish stings

Extra sail ties

Sunglasses

Hat - visor

Rash guard

Sailing booties or other appropriate footwear

Sailing gloves (not mandatory)

Dry clothes

Foul weather gear (not mandatory)

Sharpie

Please make sure to label all equipment.

*****These are just suggestions please feel free to add what your child needs***