



Nantucket Community Sailing Youth Programs



Parent/Student Handbook

Summer 2021

Nantucket Community Sailing
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Welcome to Nantucket Community Sailing!

We are very excited for another great summer of sailing! It is our hope that the skills learned in our classes will provide the foundation for a life-long hobby because sailing is one of the few sports where size, physical strength, and gender are equalized on the water. Furthermore, many of the skills learned on the water are transferable to daily life: responsibility, seamanship, confidence, independence, problem solving, among others.

Our goal with this handbook is to provide a comprehensive resource for parents and students participating in our youth programs. It is designed to help you understand what to expect, what to bring, where to be, and when to be there!

On behalf of the staff, instructors and Board of Directors, we welcome you to Nantucket Community Sailing and look forward to a summer of sailing with you.

Emily Taylor
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Note: This 2021 Parent/Student Handbook does not contain our 2021 COVID Policies and Procedures, and because of that, is subject to change. Communication about our 2021 COVID Policies and Procedures will be sent directly to enrolled students later this spring. Also, please note that some program classes will be merged and/or offered at a later date.

What is Nantucket Community Sailing?

Nantucket Community Sailing is a non-profit, educational organization providing affordable, recreational access to sailing and other water sports (windsurfing, kayaking, foiling & paddle boarding) to the public. Our programs aim to foster positive, lifelong fitness habits while continuing to strengthen our island's historical connection to the ocean. Last year we instructed over 1,000 students by teaching water safety and sailing skills while improving the community's access to Nantucket's waters. Please visit our website: <http://www.nantucketcommunitysailing.org>

Nantucket Community Sailing Mission Statement:

Our mission is to engage people of all ages in the joy of sailing, offering access to all of Nantucket's youth, and teaching every participant in our programs enduring life and leadership skills with a deep respect for the marine environment.

Who runs Nantucket Community Sailing?

A volunteer Board of Directors oversees all of the NCS policies and procedures. The Board is comprised of active members of the Nantucket community (seasonal and year round residents) whose common interest is a commitment to increasing education and access to the sport of sailing. Day-to-day operations of our various programs are the responsibility of the full, part-time, and volunteer staff.

Are Scholarships available?

Yes, scholarships are available to year-round Nantucket youth participating in our youth sailing program. Scholarships are awarded from the generosity of donors, who love to read the thank you notes from our scholarship recipients (so, please write!). Financial assistance is confidential, and a separate application form is required. Please call the Main Office at 508.228.6600 to request a form, or print one from our website: <http://www.nantucketcommunitysailing.org/page/programs/scholarship>

What Youth Programs are available?

We offer a wide variety of classes for students ages 2-18 years. Our Polpis Harbor location primarily hosts our beginner and intermediate youth classes; and our Jetties Sailing Center primarily hosts programs for our older youth sailors and adults. The All-Island Opti Race Team Program (ages 9 – 15) runs out of Nantucket Yacht Club as part of a collaborative program that launched in June, 2014. Some of these programs will be discussed in this handbook, but complete class descriptions can be found on our website: <http://www.nantucketcommunitysailing.org/page/programs>

What is NCS's Membership policy?

As a membership based organization, NCS requires that any student who participates in a NCS youth program becomes a member. The standard membership is a youth student membership for \$75, if you have multiple children you may purchase a youth family membership for \$200. Both of these memberships can be purchased at the time of registration. Included in your membership is a 25% discount off rentals at our Jetties Sailing Center for the student when accompanied by a parent. If your family plans to use the Jetties Sailing Center regularly for rentals and lessons, NCS recommends a Jetties Sailing Center Family membership for \$850, which includes free rentals as well

as discounts on lessons. If a student's account is found to not have an active NCS membership in place for the current season, NCS will add the minimal membership level (\$75) to the incomplete account. Accounts without proper memberships may be at risk for losing their spot within the NCS program.

Where do the Youth Classes meet?

Polpis Harbor:

From Downtown:

- From the town rotary take Milestone Road for .2 miles.
- Take the second left off of Milestone Road onto Polpis Road and drive approximately 4.6 miles.
- Turn left onto Wauwinet Road (there will be a sign) and drive for approximately .5 mile.
- The NCS Polpis Harbor location (#18 Wauwinet Road) will be on your left across from #19 Wauwinet Road.

Please note if you see the Nantucket Island School of Design & The Arts (NISDA) building, you have gone too far.

From 'Sconset:

- From the 'Sconset rotary take Main Street past the Post Office and turn left onto Broadway.
- Follow Broadway, as it will turn into Sankaty Road and then turn into Polpis Road for approximately 3.5 miles.
- Take a right when you see the sign for Wauwinet Road and continue on that road for approximately .5 miles.
- The NCS Polpis Harbor location will be on your left between 18 and 22 Wauwinet Road.

Please note if you see the Nantucket Island School of Design & The Arts (NISDA) building, you have gone too far.

Jetties Sailing Center:

From Downtown:

- From Broad Street (The street where the Steamship Arrives) turn onto South Beach Street until you hit the stop sign.
- At the intersection, go straight onto North Beach Street for approximately .6 miles.
- Turn right onto Bathing Beach Road (just past the Stone Barn Way).
- The Jetties Sailing Center is on the Harbor side of Jetties Beach and can be seen to the right side of the parking lot past the playground.

Where is the NCS Main Office:

From the base of main street you would follow the below directions:

- Head up Main Street towards Bank of America.
- Take a short right on Centre Street.
- Take the first left on Liberty Street (the street in between the Bank and the Methodist Church).
- Take the 2nd left onto Winter Street off of Liberty Street.
- The Coffin School is the big brick building with columns. Take path to side entrance to basement.

Important NCS Phone Numbers:

Main Office	508.228.6600	9am-5pm Monday-Friday
NCS Fax	508.325.7757	
Jetties Beach	508.228.5358	In season only Mon-Fri 9-5

Nantucket Community Sailing: Youth Programs

Youth Program Goals for our students to:

- Develop sportsmanship, self-confidence, and interpersonal skills.
- Develop an interest and appreciation for the sport of sailing.
- Learn and demonstrate new boat-handling skills and improve on existing skills.
- Respect the sea and the environment.
- Learn and practice good safety skills and seamanship.
- Learn responsibility and appreciation for the boats and equipment.
- Have fun and participate in a positive and productive atmosphere whether in drills, races or sailing adventures.



Parents' Guide to Youth Programs

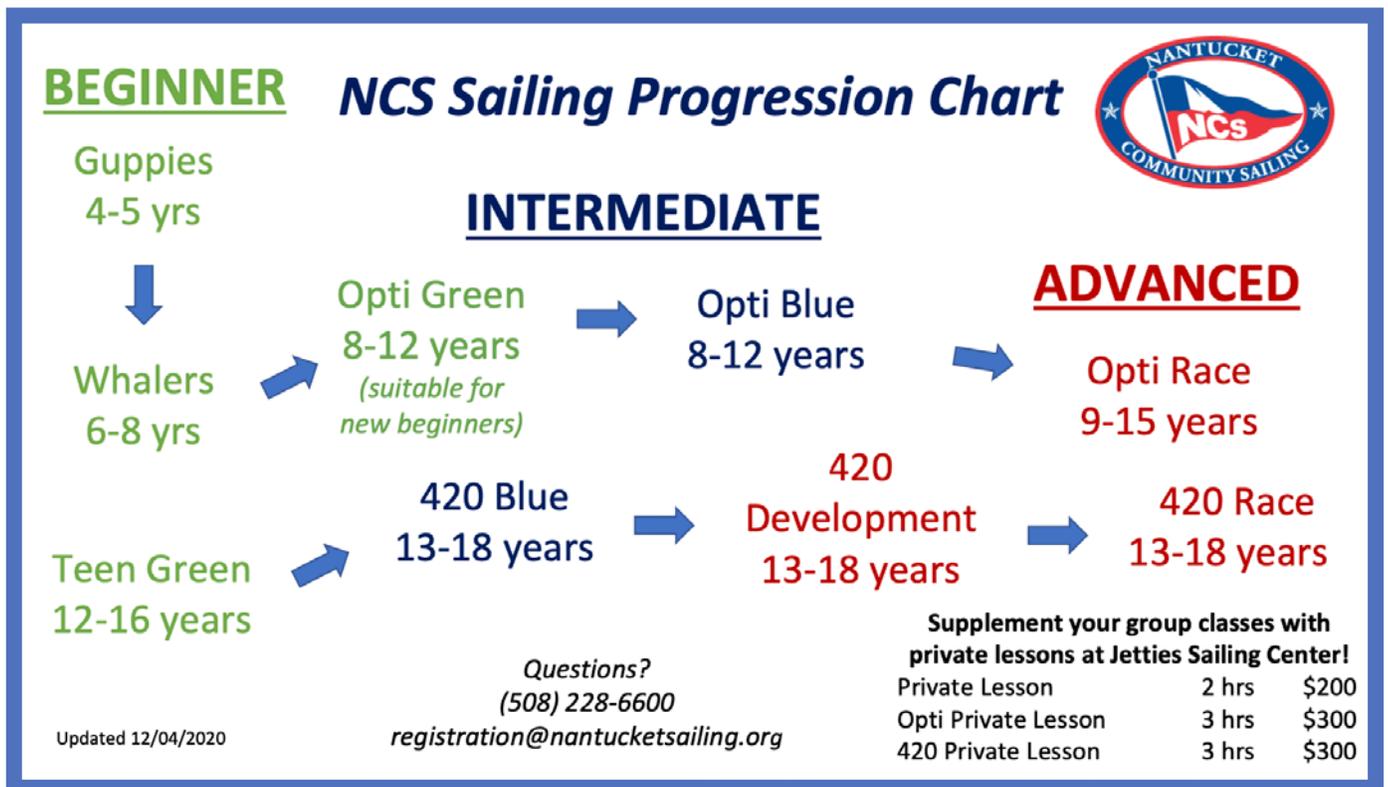
- **Keeping in touch:** We probably won't need to call you, but if we do, we must have your contact phone number. If you are difficult to reach, give us several numbers and label each number (work, home, cell, etc.).
- We must know if your child has any **learning disabilities**, or **special needs**. We can work with many conditions as long as we know in advance. Please call or email (emily@nantucketsailing.org) the Program Director to discuss in confidentiality any learning disabilities or special circumstances, no matter how slight.
- The most common of the few injuries we experience each summer are shell cuts due to inappropriate footwear. Your child **MUST** come to class wearing **closed-toe shoes** such as aqua socks, Crocs, Keens, or Native Footwear. Flip-flops are not acceptable. Students without proper footwear will not be allowed to sail.
- Sailing is one of the few sports where size, physical strength, and gender are equalized on the water. **Anyone can sail** and the skills learned can be enjoyed for a lifetime! Sailing challenges both the mind and body; it can be competitive or recreational, on big boats or small, and can be an individual experience or a social one!
- To **help your child get the most out of NCS's Youth Programs** we strongly suggest that you talk to your children 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.
- **Don't push your child.** More often than not, a student will have to repeat the same level many times before advancing. The student may not be interested in competitive racing but may enjoy sailing recreationally. NCS offers both types of classes. Remember, sailing is about having fun!
- **Please respect the role of NCS instructors.** Once your child's class session begins, please don't interrupt programming. If you need to speak with your child, please approach the site manager first. If you choose to stay on the beach during programming, we ask that you please watch the class from a respectful distance and don't distract your child.
- Be sure to **attend the Admiral Sir Isaac Coffin Cup** (more on this event later) and/or other sailing events, such as our **Parent Launch Rides** and **Family Cruises to Coatue**, to show support and encourage interest in the sport.

Youth Sailing Progression Chart

The Sailing Progression Chart outlines the way in which NCS encourages youth sailors of all ages and all ability levels to participate in our programs. As a result, the "track" that each student takes as s/he advances through our programs, at unique ages and ability levels, will differ. A parent, who is registering a student and has a question about which program their student should be placed into (if a new student) or has been placed into (a returning student), should call the NCS office at [508-228-6600](tel:508-228-6600) to verify the best program/proper placement.

NCS instructors make a large effort to ensure they recommend students for the appropriate programs at the end of each season for the subsequent season. In addition, NCS instructors assess ability levels of students throughout the summer - approaching the Program Director, who will approach the family, if we think a change in placement should be made during the season.

Please note, sailors from our Opti programs/track, who size or age out of the Opti, or who advance in ability, will be placed accordingly in our 420 programming.



Note: As for 2021, program registration will be rolled out based on local, state and federal guidelines.

Behavioral Rules & Guidelines

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

- Students should be dropped off at Polpis Harbor or Jetties Beach no more than 15 minutes before the start of class. Students **MUST check-in** with an instructor, to have their name marked on the roster. They must then follow proper intake procedures (washing hands, etc.)
- Students must be picked up promptly and **MUST check-out** – with a parent or guardian visible or by their side – with the instructor handling the roster prior to leaving the NCS site(s) for the day. The instructor handling the roster for the checkout period will mark that the student has been picked up. The Head Instructor will be responsible for reviewing the roster at the end of each instructional session to ensure that all students who were checked in were also checked out. Any discrepancies will be resolved by calling the parent. If a student is walking or biking home alone, or going home with another parent, the student's parent must submit **written permission** to the Site Manager or NCS Office, or must speak with the Site Manager at the beginning of the day or session (if applicable to every day) and a note will be made on the roster. Nantucket Community Sailing will not take responsibility for children who have been dropped off or picked up at a different location other than the designated locations.
- Students will show respect for their peers, instructors and other individuals.
- The word of the instructors is absolute, and students are expected to cooperate with the instructors at all times.
- All students must take a short swim check on the first day of class. PFDs will be worn. Students may **NOT** swim without an instructor's permission. The intent is to evaluate students' comfort and ability to follow directions in the water. It is not a swim test.
- USCG-approved Type-III Lifejackets (PFDs) will be worn at all times whenever a student is on the docks, in the water, or in a boat (these are provided by NCS, and if a student chooses to bring his/her own, it must be USCG-approved Type-III and fit properly.)
- Boundaries must be observed, both on the water and on shore, as established by the instructors (so we don't disturb our neighbors).
- No running on the docks and no climbing on the boat racks.
- Students will pick up their own trash and are expected to keep their belongings in a neat and orderly fashion.
- At the end of class, students are expected to leave the boats and equipment ship-shape.
- Absolutely no roughhousing, bullying, fighting, hitting, profanity or throwing of

objects. No knives, drugs, alcohol or other harmful substances or weapons are allowed at any NCS sites.

- NCS cannot be responsible for lost or stolen personal items. Students are asked to leave items of value at home.
- Students may not bring a friend or sibling to class.

Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but will follow the NCS Discipline Policy.

Discipline Policy

The Nantucket Community Sailing discipline policy maintains that each sailor will have three chances to rectify any non-rule-following behavior as follows. Nantucket Community Sailing reserves the right to reexamine students' participation in programs, because of behavior, at any time.

1. First "strike": the Head Instructor will speak with the sailor about his/her behavior and ask that he/she correct his/her behavior moving forward.
2. Second "strike": the Head Instructor will call the student's parent and the transgression will be reported to the Site Manager and Program Director. The Program Director will report the incident to the NCS Main office ([508-228-6600](tel:508-228-6600)), and it will be recorded in the student's file in Active.
3. Third "strike": the student will be suspended from the remainder of the NCS program; The Program Director will contact the students' parents who will be required to immediately pick the student up from class. The student may participate in future NCS programs, under a probationary measure. There will be no refund for lost program days. The Program Director will notify the NCS Main Office ([508-228-6600](tel:508-228-6600)) and the incident(s) will be recorded in the student's file within the program database.

Continued abuse of the rules in subsequent programs: the student will be completely expelled from NCS Programs for the remainder of the summer and may not participate or register for NCS Programs or events until the following season.

Answers to Commonly Asked Questions

When can I sign up for classes?

NCS offers early class registration for Nantucket residents (with children enrolled in school year-round on Nantucket) - registration goes live Monday, January 25th at 12pm Noon EST and will close Wednesday, January 27 at 4pm EST.

Registration will then for all other registrants reopen Monday, February 1st at 12pm noon EST.

What should my sailor bring with them?

- **Face covering** - this can be a traditional mask or "buff." Please have 1-2 spares packed, as they do get wet!
- **Closed-toed shoes** with a back/strap and non-marking sole, that can get wet. ([Native Footwear](#), Crocs, Keens, or water shoes.)
- Sun block (apply to all exposed skin before coming to class.)
- Bring or wear a bathing suit, shorts, t-shirt, hat, sunglasses, and a fleece or rain jacket for windy cooler days.
- Small bag/backpack for extra jacket/fleece, a towel, and a water bottle.
- NCS provides lifejackets! You are welcome to bring your own, provided it is USCG Type III.

What is the Program Cancellation Policy?

Cancellations made prior to June 15th will incur a \$50 fee per week of enrollment, not to exceed \$100 per sailor or \$200 per family.

Cancellations made after June 15th are non refundable.

Refunds will not be given for sick or absent days nor for bad weather days.

What is the Private Lesson Cancellation Policy?

Private Lessons will be booked via the NCS website rental tab as all lessons will be held at the Jetties Sailing Center.

Cancellation can be made via email or by calling the Jetties Sailing Center, during normal business hours, (508) 228-5358. JSC staff will confirm cancellation, if you do not receive confirmation, please call again. Please note that if you cancel within 24 hours or are a no show there is no refund; if cancellation is within 48 hours, you will be issued a 50% refund and if cancellation is prior to 72 hours of lesson, you will receive a full refund.

As for Weather Cancellations -- Nantucket is a "marine location" with a "marine forecast". This means the wind and weather can affect this rental. If the wind or weather is not conducive to safe operation, Jetties Sailing Center will cancel the lesson. Customers will receive a full refund for lessons canceled by Jetties Sailing Center for any reason. Customers may reschedule any lesson in the future at no extra cost. Please remember, in a "marine forecast" the weather can change quickly. Please respect Jetties Sailing Center wind and weather judgements for cancellation. JSC will use the cell phone on file at time of registration to contact you.

What happens if it is raining?

NCS makes every effort to hold class, even in high winds and light rain. When we cannot be on the water, we make use of our time on shore to review lessons, tie knots, review, terminology, and play a few sailing games! In the case of severe weather, we will cancel class. Class will *not* be held inside at the Coffin School or other location.

If we do need to delay the start of class (by 30 minutes or an hour, to let weather pass) or cancel class for the morning or afternoon session, you will receive a text message and an email to the primary phone number and primary email address listed on your registration account. We will *only* send a message if there is a *change* to the normal schedule.

What if my child is going to be late or cannot attend class?

Please call the Main Office at 508.228.6600 and let them know your child will be getting dropped off or being picked up late. If you know your child will be out for the day please call the Main Office so we can inform the instructor.

Will there be a swim test?

For many of our programs there will be a swim check on the first day of each new session. While life jackets are provided and required when on the water, each NCS student should be comfortable in and around the water; be able to follow instructions when in the water; and have basic swimming skills. PFDs will be worn during the swim check.

What if someone else is dropping my child off for class?

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.

What if my child is reluctant to attend class?

A student's unwillingness to come to sailing can be caused by any number of things: fear, nerves, or simply being tired. NCS instructors are encouraged to help students feel more comfortable. If you can get them to class, in all but exceptionally rare cases, we can get them out sailing and enjoying it too.

I have a concern or issue to whom should I talk?

Serious concerns should be brought to the attention of the Program Director. Otherwise, the Head Instructor will be your first contact for resolving most issues. They are the hands on day-to-day program facilitator and will usually have the answer; they are also 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 Main Office asking the Head Instructor to follow up with you.

My student has started sailing Optimis/420s. What kind of technical gear should they have?

Check out this [West Marine gear guide page](#) and consider the items below:

- **Life Jacket (PFD)** - NCS provides these for all students. Check out West Coast Sailing, West Marine or MTI Lifejackets for a more sleek PFD. PFDs must be US Coast Guard Type III approved.
- **Whistle** - All sailors should have a plastic whistle attached to their life jacket for safety.
- **Sailing gloves** - Longer days on the water call for sailing gloves to prevent blisters. West Marine and West Coast have great options. West Marine, Gill and Harken make great Junior Gloves with 3/4 fingers.
- **Spray Top** - Spray tops keep sailors warm and dry from spray in windier conditions. Gill and Henry Lloyd make junior dinghy/spray tops/smocks. Visit West Marine or West CoastAnnapolis Performance Sailing websites under "Foul Weather Gear" or "Apparel." The top should be a pullover, allowing for a seal at the neck.
- **Technical Shirt or Rash Guard** - wicking/synthetic/non-cotton apparel - *Sailors who are on the water all day should not be wearing cotton!* Any long-sleeve wicking top is great for sun protection, especially under a spray top; it dries quickly and doesn't chafe when wet.
- **Sunglasses (Polarized)** - Sailing on the water all day can damage eyes. All sailors should wear eye protection.
- **Footwear** - Sailors in competitive boats may prefer a more technical shoe. Sailing shoes should always have a closed toe, dry quickly, and stay put. Keens are great, and particularly for sailors in the 420, dinghy boots are great. Gill, Zhik and Ronstan make boots, all of which can be found on the West Coast Sailing website.
- **Spray Pants** - 420 sailors, especially in the shoulder seasons, tend to wear spray pants along with spray tops on colder days. These aren't really necessary for most of the summer although more advanced 420 sailors may choose to buy a pair, for colder/rainy days on the water.

What if my child has a learning disability, IEP, or medication?

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

What if my child gets hurt?

Any time an instructor is required to administer first aid for a cut, bruise, or other, they will complete an injury report. In the event of a serious injury we will notify the parent.

How can I volunteer?

As a non-profit organization we rely heavily on volunteer participation. Please [click here](#) to see our most up to date volunteer needs and how you can help!

I feel like my student is ready for the next level, what should I do?

Our instructors regularly, but informally, evaluate the skill sets of our students and promote them to the next level when they are ready. We are always looking to help our student's progress. If a student is ready for the next level, and that class meets at the same time as the one they are currently in, the move is easy. We will speak with the student, ask them if they feel comfortable trying the next level, and if so, have them start with the next class that day. The student will either remain in that upper level class if they are comfortable and succeeding or they may opt to finish their session in the class they originally started with. We try very hard to encourage our students, but not push them.

If your student is moved up a level, mid-session, this will be noted in their file as their placement for the next season. If we feel a student is ready to move up to a class that is held at a different time (i.e. a move from Opti Green/Beginner in the morning to Opti Blue/Intermediate) in the afternoons, the instructor will first speak with the Program Director, who will check with the NCS Office to see if there is space in the class. If so, the NCS Office will call the parent to see if a mid-session move to a class at a different time is feasible. If not, or if there is no room in the class, the student will be marked to move-up to that next level for the following summer.

Every student is given a placement for the next summer with us at the end of their session. If you feel like your student is ready for the next level, you should have him or her inquire with their Head Instructor. S/He will be able to let the student – or you – know what other skills may be necessary for the move.

How do you evaluate students' abilities?

Each of our classes has a curriculum that the instructors follow. These curricula contain detailed skill sets that our instructors both teach to, as well as look to, when evaluating a student for a promotion. We also consider the student's attitude, behavior, maturity, size and age, in addition to their sailing abilities. We recommend that sailors sail for at least 4 weeks each summer to build on their skills sufficiently; this will help them progress.

What is Nantucket Race Week and how can we be involved?

Nantucket Race Week is Nantucket Community Sailing's biggest fundraiser. It is co-hosted by Nantucket Yacht Club and Great Harbor Yacht Club each summer. The first Check out our website: www.nantucketraceweek.org. Here you will find a schedule of regattas and awards ceremonies, and information on events such as the Classic Yacht Exhibition, and much more. Nantucket Race Week is a great opportunity for our young sailors to see some sailing action! Some of our Opti and 420 students are invited to participate in the Youth Regatta. Even if your student doesn't participate in Race Week events on the water, you should take them down to Straight Wharf at some point during the second half of the week to admire many of the beautiful, big sailboats in the Boat Basin, and to Children's Beach to check out our Race Week Village. Don't forget to take them to Brant Point on the final Sunday morning to catch the Rainbow Fleet Parade leading the competitors for the Opera House Cup out to their race course: this is an event not to be missed! If you – and your student – are interested in volunteering or housing competitors, please let us know: info@nantucketraceweek.org

I'd like to check out my student's class: Am I allowed to watch?

We always encourage parents to support their students, but we ask that it is from a distance. Parents are welcome to sit on the beach at Polpis or Jetties to watch class, but they may not interrupt a class or sit near or stand over a class that is having a shore lesson. If you have a concern, please wait until class is over to speak to the Head Instructor. Another way to check out classes in Polpis is to sign up for our seasonal "*Parent Launch*" outings. Check out our online registration to learn more!

I want to learn to sail! Do you have any programs for adults?

We do! If you're female, we recommend our Adult (18+) Women's Clinic on Tuesday evening. This is a class for beginners, held at our Jetties Sailing Center and it's lots of fun! Or, if you're male – or a couple – and want to learn how to sail, you can sign up for a private lesson online (offered at our Jetties Sailing Center). These are great ways to get involved and if you enjoy it, you might consider a Family Membership to our Jetties Sailing Center in the future.

My child is nearing the age of moving from Polpis to Jetties, but is nervous about this move – what should I do?

Our Jetties Sailing Center is open Mon-Fri 10am - 5pm, so bring your sailor down on to scope it out – we will happily point out the boats s/he would be sailing and give your student a little tour. Jetties is a really fun place to learn to sail as well!

Sailing, after NCS...What comes next?

For NCS sailors who have aged out of our programs or no longer have the time to commit to a full program during the summer, there are still many ways to get out on the water. [Check out this page on our website!](#)

OPTI and 420 Race Teams

Nantucket Community Sailing offers two different racing classes for sailors: the All-Island Opti Race Team and the 420 Race Team. Students of these classes are considered members of the Opti and 420 Race teams and they are both encouraged and expected to travel to local regattas with the team.

In 2014, the All-Island Opti Race Teams at Nantucket Community Sailing, Nantucket Yacht Club and Great Harbor Yacht Club merged, to become a single collaborative program that practices and travels together. Students still register for the program through the NCS website.

Local regattas for the All-Island Opti Race Team may include on-island events such as Nantucket Race Week in August; and off-island events such as the Stage Harbor Opti Regatta, Bass River Opti Regatta, Wianno Opti Regatta, Hyannisport Opti Invitational, among others. Opti regattas tend to be single-day, mid-week events. The 420 Team likewise participates in the Jobson Cup, and Nantucket Race Week, as well as Marblehead Race Week, Hyannis Regatta, Falmouth Regatta, Duxbury Bay Maritime School and the CJ Buckley Team Race, as well as US Sailing ladder events like the Cumming Cup. The 420 regattas tend to be multi-day, weekend events.

Sailors may participate on the All-Island Opti Race Team through the age of 15, and on the 420 Race Team through the age of 19.

At the beginning of every summer, the NCS Program Director works with the NCS coaches to determine the best events for each team to attend. This list is often fine-tuned once the coaches begin practicing with the teams and can evaluate individual team member's skill sets. It is the intention of the Program Director and NCS coaches that travel off-island will be a positive experience, even though it is one that often presents new challenges for the sailor. The All-Island Opti Race Team Coach and the 420 Race Coach will work with sailors to determine which event is best suited for each individual sailor. As a parent, we ask that you please trust the coach's recommendation for travel to an event. Off-island regattas provide an incredible opportunity to gain skill, experience, to represent NCS and have fun!

Details (travel itineraries, etc.) are emailed out to the regatta attendees/race team students a week before each event. It is NCS policy that NCS teams leave the island prior to 3pm on the day before a regatta so that they will not be traveling in the dark.

The NCS coach (2 for the 420 team; 2 for the Opti team when more than 3 students are traveling) accompanies the teams to all off-island regattas. S/he will meet the team at the ferry on the day of departure, and chaperone them off-island. Generally, a team leaves on a 9am or 12pm Steamship Authority ferry, walks to the NCS 12-passenger van in the SSA lot in Hyannis, loads up, hooks up the trailer and drives directly to the regatta venue. The trailer (3-boat 420 trailer or 8-boat Opti trailer) is dropped off at the host club's parking lot and the team continues on to a group dinner at a restaurant and then on to their housing for the evening.

The NCS Housing Guidelines are as follows: In an effort to keep costs down for our off- island race team members, NCS relies heavily on the generosity of friends and family off- island to host our race teams and coaches. NCS has three stipulations for host families before accepting housing:

- Male and female team-members will be housed in separate rooms.
- The NCS team members will not share a room with host family members unless they are of the same age (within 2 years) of the NCS team members.
- The NCS coach will be housed at the same location (i.e. not at a different house in the same town.)

All host family information (house address and phone number) is recorded at the NCS Office with the Program Director before the team travels off-island.

Sometimes NCS is unable to find a host family that can meet these requirements and instead will book a group of rooms at a nearby hotel. In these circumstances, sailors will be housed two/room, and a parent chaperone will be asked to attend the event.

If at any time a parent feels uncomfortable with off-island travel, s/he is welcome to travel off-island with the team, and book a hotel room with their individual sailor at their own expense.

Our #1 priority off-island is the safety of our students. Our coaches are well-versed in the safety requirements of off-island travel, NCS policies, and equipped with a first aid kit, travel binder with medical information for each student and parent contact phone numbers, cell phone, and handheld radio.

Communication for travel to regattas between the Program Director, coaches, students and parents is paramount; please do not hesitate to ask questions or voice concerns. If you cannot get ahold of the NCS coach (who provides his/her phone number to the team and parents at the beginning of each season), you may call the NCS Office at 508-228-6600 or NCS Program Assistant Director, Emily Pelo Aswad, at 617-407-7144 (please call the Program Director with emergencies only). The NCS Office and Program Director maintain an up-to-date list of all team members off-island, at all times.

When the Harbor Start sounds, team members launch their boats and head out onto the water for the day. Usually several races are sailed, lunch is provided on the water, and the day is completed with several more races sailed in the afternoon. If it is a two-day event, the team will stow their boats on shore for the evening, head out for a team dinner and back to their housing. If it is a one-day event, the team will attend awards, load up the trailer and head back to Hyannis to drop the van and trailer and walk down to the ferry. Sometimes, if the team members are lucky (and behaving!) and there is enough time, an ice cream stop is mandatory!

NCS coaches will travel with a credit card. The coach/NCS will pay up-front for all ferry tickets, group meals, fuel, coaching, trailer fees, and any hotel fees. NCS then divides out the expenses and bills individual families for the costs per student.

If a student chooses to purchase anything off-island beyond this amount (additional food items, snacks, etc.) it is up to the student to pay for him or herself. It will still be

important for students to carry cash- \$20- for unforeseen expenses (i.e. ice cream, candy, soda.)

Off-island Gear

As students' progress through our classes and on to our Opti and 420 racing teams (Opti Red or 420 Race class), they often choose to acquire sailing gear designed specifically for longer days on the water and racing. Below is a list of recommended gear for students sailing more competitively:

- **Life jacket** - NCS provides life jackets/PFDs for all students, but racers tend to like a more sleek-fitting PFD. Many styles are available, but the PFD must be US Coast Guard Type III approved.
- **Whistle** - All sailors - especially those sailing more independently at regattas - should have a whistle attached to their life jacket for safety.
- **Sailing gloves** - Sailors who are spending longer days on the water, and in windier conditions, often need sailing gloves to prevent blisters. Even a pair of garden gloves with a rubber palm work great!
- **Spray Top** - Sailing in windier conditions can mean getting hit with a lot of spray. Spray tops are great for keeping sailors warm and dry. Gill and Henry Lloyd make great junior dinghy/spray tops/smocks. These can be found online by searching for "Foul Weather Gear" or "Apparel" on a sailing gear website. The top should be a pullover, allowing for a seal at the neck.
- **Wicking/Synthetic/Non-cotton Apparel** - Sailors who are on the water all day should not be wearing cotton! Any long-sleeve- for sun protection- wicking top is great, especially under a spray top; it dries quickly and doesn't chafe when wet.
- **Sunglasses** - Sailing on the water all day can damage eyes. All sailors- especially those competing in regattas- should wear eye protection. Sunglasses should always be polarized to reduce glare.
- **Footwear** - Some sailors prefer to wear a more technical shoe as they become more competitive in the boat. Sailing shoes should always have a closed toe, dry quickly, and stay put. At the more advanced level, old sneakers and Crocs fail to meet these latter two requirements. Keens and Native Footwear are great, and particularly for sailors in the 420, dinghy boots are great. Gill, Zhik and Ronstan make boots, all of which can be found on the Annapolis Performance Sailing website.
- **Spray Pants** - 420 sailors, especially those sailing in the shoulder seasons, tend to wear spray pants along with their spray tops on colder days. These aren't really necessary for most of the summer sailing done on and around Nantucket, although more advanced 420 sailors may choose to buy a pair, for colder/rainy days on the water.

****Please remember that the NCS Behavior Guidelines (p.10) and Discipline Policy (p.11) are in effect at all times when students are traveling off-island.** Sailors are not allowed to use, possess, sell, transfer, or transport alcohol, drugs, or tobacco, including prescription drugs and legal substances used inappropriately, or any paraphernalia relating to alcohol, drugs or tobacco. The NCS Substance Policy is one of Zero Tolerance. Any involvement in alcohol, drugs or tobacco will result in notification of the student's parents and immediate dismissal from the trip (the student

will be sent home). It will also be grounds for suspension or expulsion from the team under the discretion of the Program Director and Chief Executive.

ADMIRAL SIR ISAAC COFFIN CUP



The “Coffin Cup” is a mini regatta for our Polpis youth program participants and is held in Polpis Harbor. Races are held all morning long, in lieu of our regular classes, with an emphasis on sportsmanship and fun.

Check-in begins at 8:30am (weather permitting). Parents, guardians, siblings and friends are encouraged to come down and observe the students sailing and demonstrating the sailing skills they have learned. We will have some spectator boats available on a first come, first serve basis to enable you to get close to the action. **Between 11:30am and 12pm**, trophies and awards are given out. NCS provides drinks and treats for the sailors to enjoy. We hold the “Coffin Cup” in memory of Admiral Sir Isaac Coffin who founded the very first teaching/training vessel, Clio, for nautical studies in the United States. It is our hope that Community Sailing’s programs continue the maritime traditions that “the Admiral” helped to start.

Coffin Cup Registration is \$30 per sailor. Keep any eye out for our announcement early this summer. There will be a limit of 60 participants.

**Admiral Sir
Isaac Coffin
1759-1839**