



Conanicut Yacht Club  
Junior Sailing Program  
Summer 2010

### Philosophy and Guidelines

The sailing program is to provide a safe and fun environment where youth sailors of all ages and abilities can improve their sailing skills, while learning respect for their fellow sailors, boats and the water. Sportsmanship and respect are the utmost importance, and it is the instructors' responsibility to engender these qualities among the sailors.

#### Guidelines for Parents:

- Your child should arrive promptly for classes. Racing level sailors need to arrive 15 minutes prior to their class time in order that their boats are rigged by the start of class.
- **Please do not unload your child in front of the club, unload in the parking lot only.**
- If you drop off your child after his/her class is on the water, we will make an effort to get your child out into the water, but it is not a guarantee.
- You can also notify Meg Myles, the Program Director, of any late arrivals, early pick-ups via email, [mgaillard@aol.com](mailto:mgaillard@aol.com) or by phone, 855-6643.
- Please notify *both* your child's instructor/coach AND the Program Director if you anticipate your child missing a class(es) on a given date(s).
- **If you have any issue or problems with your child and the CYC program, please contact the Program Director for discussion.**
- Classes will be held during inclement weather. We sail in rain, but not lightning. It is up to the instructor and coaches to determine on or off-water classes.
- We expect all sailors to be considerate and respectful of their peers and instructors. Poor behavior may result in dismissal from a class during the day or from the program. Parents will be contacted by the Program Director in the event of any such incidents.

#### What your child needs for class:

- Comfortable lifejacket (Extrasport, Magic Marine, Lotus) with whistle attached
- A foul weather top, ideally a *spraytop* (Gill, Henri Lloyd, Magic Marine, Gul, Musto)
- Waterproof sunscreen
- A baseball cap or visor and sunglasses.
- **A change of dry clothes and a fleece jacket or vest.**
- It is best if you **pack a lunch for your child** and send them with an extra bottle of water.
- Older children, primarily the racing classes, are allowed to walk into town during the lunch hour, however, this may not be the case every day.
- **Sailors in the racing classes need a sport watch with a countdown timer.**
- You may also want to purchase sailing gloves and dinghy boots.
- Sandals and open-toe shoes are *not* recommended for sailing.

#### You can buy quality sailing gear at:

- **Team One Newport** 561 Thames Street, Newport 848-0884
- **Vanguard Sailing Center** off Rte 114 (Portsmouth Business Park), Portsmouth 683-0400

Conanicut Yacht Club Junior Sailing Program Director Direct Line 401-473-7113  
Conanicut Yacht Club Office 401-423-1424