



SAYC OPEN SAILING PROGRAM

GUIDE TO RULES, REGULATIONS
AND TRAINING

SAYC Open Sailing Program

DINGHY OVERVIEW

The SAYC is fortunate to have several sailing dinghies in its fleet for approved members enjoyment. Following are the guidelines for safety, training, checkout and return policies. These policies have been put into effect to ensure a SAFE and FUN experience for those members and guests interested in getting out on the water. Check the website www.staugustineyachtclub.com/opensailingprogram for applicable fees.



The **Optimist** is a small, single-handed sailing dinghy intended for use by children up to the age of 15. Contemporary boats are usually made of fiberglass, although wooden boats are still built.

It is one of the most popular sailing dinghies in the world, with over 150,000 boats officially registered with the class and many more built but never registered. The Optimist is recognized as an International Class by the International Sailing Federation.



The **International 420** Class Dinghy is a double-handed (2 crew) monohulled planing dinghy with centerboard, bermuda rig and center sheeting. The name describes the overall length of the boat in centimeters (the boat is exactly 4.2 meters long). The hull is fiberglass with internal buoyancy tanks. The 420 is equipped with spinnaker and optional trapeze. It has a large sail-area-to-weight ratio, and is designed to plane easily. It can be rigged to be sailed single-handed



The **Laser** is a highly popular family of small one-design sailing dinghies using the same common hull and interchangeable rigs with different sail areas. The Laser is designed to be sailed single-handed although class rules permit two sailors. Bruce Kirby designed the Laser in 1970 with an emphasis on simplicity and performance.

The Laser is one of the most popular dinghy classes in history. As of 2018, there are more than 215,000 boats worldwide. It is an international class with sailors in 120 countries, and an Olympic class since 1996. A commonly cited reason for its popularity is that it is robust and simple to rig and sail, while also providing very competitive racing due to the very tight class association controls which eliminate differences in hull, sails, and equipment.

The Laser hull can be fitted with different interchangeable rigs with varying sail area and similar parts. The SAYC owns 2 of the original Laser standard with a sail area of 7.06 m²

The Laser's hull is made out of glass reinforced plastic. The deck has a foam layer underneath for strength and buoyancy. The daggerboard is removable for storage and transport.

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SKIPPER RATING LEVELS

To become certified to use a SAYC sailing dinghy, an SAYC member has to satisfactorily complete an SAYC challenge test for that particular class of sailing dinghy. The three dinghy classes are: Optimist, 420 and Laser.

Challenge tests are part of an orientation and can be arranged with the SAYC Sail Director, SAYC Fleet Captain or an authorized volunteer, and will take up to 2 hours. Cost \$40, members only.

Boats will be available as SAYC Sail Director/SAYC Management/SAYC Authorized Volunteers are available.

When a member passes a challenge test for a class of boat, they will be given one of two ratings: Level / Flag color code / Approved wind velocity range:

- 1) Intermediate / **Green** / 0-10 knots.
- 2) Advanced / **Red** / 0-15 knots.

The orientation and challenge test will cover the following points:

- 1) Safety
- 2) Rules & Regulations
- 3) Rigging, Beach Launching
- 4) Challenge Test – Capsize & Recovery
- 5) Challenge Test – Tacks, Gybes with proper sail trim and confidence
- 6) De-rigging and Stowing
- 7) Boat Sign Out/Boat Return Procedure
- 8) SAYC Release of Liability

SAYC Open Sailing Program

SAFETY

Wear Your Life Jacket & Shoes

Everyone is required to wear a personal flotation device (PFD) which is Coast Guard approved, the proper size for weight and build, and formfitting and comfortable, as it will be worn at all times. Closed-toe shoes (no flip-flops) will also be worn at all times in boats and on the docks/site.

SAYC Sailing Areas

Separate areas have been designated for sailing at SAYC. You must stay in Salt Run and open water near Conch House. You must have prior authorization to sail north of the inlet. Members must be familiar with the local waters as there are many obstructions to contend with. Feel free to ask a staff member if you are not sure of open sailing areas. Boating time may be restricted upon demand, must contact Sail Director prior to use.

Open, Recreational Sailing

Instructional programs and racing have priority for boat use. Members may use boats not used in classes during open boating hours per staff approval. Use of a jib on any boat requires two (2) sailors for weight distribution and control. We encourage you to sail with other members to learn from each other and build a community of networked sailors. Sailing guests (number appropriate for boat type) may join you for FREE.

Guests

Qualified adult members may take out guests (age 5+) as often as they like at no charge provided boats are available. There must be a qualified adult member in each sailboat. Each member and guest must sign the SAYC Boat Log and waivers. Members are responsible for their guests and for their safety. It is the obligation of members to know emergency procedures and to ensure that his/her guests are familiar with them prior to sailing.

Right Of Way – 50 Yard “Big Boat” Buffer Zone

Large motorboats (tour boats, tow boats, ships, etc.) limited in maneuverability always have the right of way. Give all ships a 50-yard minimum buffer zone. Avoid collisions! Sailboats on port yield to starboard, windward yields to leeward, overtaking yields to overtaken. Avoid boats having trouble. Yield to fast rowing shells that are hard to see, and may not see you.

Running Aground

Stay in the boat! There are many underwater obstructions that you cannot see near shore. Some can cut right through your shoes. Raise your centerboard, lower your sail, or remove your rudder to free yourself from the obstruction. Give all shorelines a 50-yard minimum buffer zone.

Man Overboard

If anyone falls out of the boat, watch his/her position constantly and return to pick him/her up immediately. It is difficult to find a person in the water once you have lost sight of him/ her.

Capsizing

Stay with the boat! Current can be very strong making swimming difficult. Do not try to swim to shore. All boats have flotation and won't sink even when full of water. Don't stand on top of a capsized boat, as your weight may force the mast into the mud. Speed is the key to recovery success.

Plan Ahead

Know the water you're sailing, plan your day of sailing and file a "float plan" so we know where to find you and when you plan to return. Please give your float plan overview to Sail Director prior to usage.

VHF (Channel 16) /Cellphone (911)

Members are required to provide their own means of emergency hailing device. Hand-held radios or cell phone. SAYC VHF's can be checked out, if lost or damaged you must replace!

SAYC Open Sailing Program

RULES & REGULATIONS

All members who are signing out a boat **and** all of their **guests** are required to read and sign the **SAYC Release of Liability Waiver every time you sail**. In the case of a minor their parent or guardian must read and sign.

No running, swimming, or fishing on the docks.

When on a boat, always wear an approved personal flotation device (PFD).

Alcohol, controlled substances, smoking, and weapons are not allowed on dock or on boats.

Hats, sun block, adequate clothing and gloves are recommended.

No beaching, docking, or mooring SAYC boats other than at SAYC.

Follow all "Rules of the Road", abide channel markers and "no go" areas. Remain in the designated sailing area.

When in doubt, tack don't jibe.

Know your own and your guests' comfort and ability levels.

Boats must only be used for their designed purpose.

Plan ahead. Send fl

Be in command.

Report any damage to SAYC boats, equipment or other boats to SAYC staff.

Report any injuries to SAYC staff immediately.

Violation of these regulations, laws, courtesy, or common sense will be reviewed and may result in loss of certification.

Be courteous, kind, exercise good judgment, and have FUN!

SAYC Open Sailing Program
EQUIPMENT/RIGGING/ LAUNCHING/ DERIGGING/STOWING

Opti				
Equipment	Rigging	Launching	Derigging	Stowing
-Main Sail -Rudder -Tiller -Sprit -Mainsheet -Daggerbd	Sail Shed	Dollie/beach	Roll main sail and sprit pole together and place in bag, and back in sail shed. Rinse all equipment as necessary.	-Stow all sails, rudder, tillers in shed. -Hulls stow on rack.

420				
Equipment	Rigging	Launching	Derigging	Stowing
-Main Sail -Jib -Rudder -Tiller -Tiller Ext. -Plugs (4)	Sail Shed	Dollie/beach	Roll main sail and jib together and place in sail bag, and back in shed. Rinse all equipment as necessary.	-Stow all sails, rudder, tillers in shed. -Remove transom drain plugs stow on beach rack

Laser				
Equipment	Rigging	Launching	Derigging	Stowing
-Main Sail -Main Sail Battens -Jib -Rudder -Centerbd -Plug	- Hobie Storage Locker @ Sail Shed -Insert Main Sail battens	Dollie/beach	-Remove batten from main sail. Flake/fold. Stow sail and batten in yellow MAINSAIL bag. -Leave batten in jib and flake/fold. Stow in storage bag.	-Stow sail battens, rudder, tillers in Hobie Box -Remove drain plug -Stow on beach rack

STOWING ALL BOATS

The hull, waterline, transom, rudder and deck are to be scrubbed and hosed off. Wet sails are to be hosed off and dried. Leave cockpit clean and dry. Coil all lines and hang to dry.

****Failure to properly clean/stow ALL items (including hull) will result in the loss of privilege to use boats.****

SAYC Open Sailing Program

CHALLENGE TEST

Member Name	Date
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Instructor	Member completed Rules /Regulations/ Safety Reviews		
	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;">YES</td> <td style="width: 50%; text-align: center;">NO</td> </tr> </table>	YES	NO
YES	NO		

GREEN LEVEL				
Boat Type	Opti	420	Laser	Comments
Completed Boat Log/Waivers				
Located Parts				
Rig				
Launch				
Depart				
Triangle Course				
Luff & Hold				
Dock/Beach Landing				
Derig				
Stow				
Capsize/Recovery				

RED LEVEL				
Boat Type	Opti	420	Laser	Comments
Capsize/Recovery				
Man Overboard				

Instructor Notes/Areas of Improvement

SAYC Open Sailing Program CHALLENGE TEST form to be kept in member's file at SAYC

SAYC Open Sailing Program

BOAT SIGN OUT/BOAT RETURN PROCEDURE

Approved SAYC members and their guests are required to sign out the dinghy with the Club Manager, Sail Director or Approved Volunteer. The Sail Director will keep a calendar, updated list of approved members, sign out documents and waivers in the club office. SAYC race schedules and sail classes take precedence over members' sign outs. Members must schedule in advance with submitted Float Plan.

Members are required to provide PFDs for themselves and their guests. In addition, a handheld VHF radio will be required for each skipper checking out a boat. *SAYC VHF handhelds available for checkout outside club office.*

SAYC Open Sailing Program Boat Sign Out Form		
Skipper Name	Date	Level
Dinghy Type	Hull #	Sail #
Guest Names		
Negligent Damage Policy Any member who signs out a boat is financially responsible for damage to that boat and equipment resulting from gross negligence or recklessness. Members forfeit all membership privileges until payment for their damage fees are paid in full. Damage fees have no bearing on other disciplinary actions.		
Signature _____		
SAYC Open Sailing Program Boat Return Form		
Report Damage		
Report Maintenance Issues		
SAYC Management Authorized Signature		

SAYC Open Sailing Program BOAT SIGN OUT form to be kept in member's file at SAYC.

SAYC Open Sailing Program

SAYC RELEASE OF LIABILITY

In consideration of the undersigned's participation in the SAYC Dinghy Sailing Program the undersigned participant ("Participant"), and if such Participant is a minor, the Participant's parent or legal guardian by countersigning below, on behalf of themselves and their respective heirs, executors, administrators, personal representatives and next of kin (collectively with Participant, "Releasers"), hereby forever waive, release and discharge each of the St. Augustine Yacht Club, Sponsors, the Host and their respective parents, subsidiaries, affiliates, owners, members, managers, employees, volunteers, officers, directors, agents, representatives, successors and assigns (each a "Released Party") from any and all claims, demands, damages, judgments, executions, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, which a Releaser may have, or claim to have, against any Released Party resulting from death, personal injury, property damage or other loss Releaser may sustain as a result of participating in the Program or other activities related thereto.

THIS RELEASE IS INTENDED TO DISCHARGE EACH RELEASED PARTY FROM ANY AND ALL LIABILITY ARISING OUT OF OR CONNECTED IN ANY WAY WITH RELEASOR'S PARTICIPATION IN THE PROGRAM EVEN IF THAT LIABILITY ARISES OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF ANY RELEASED PARTY.

Releasers hereby acknowledge that serious accidents occasionally occur during sailing activities and that mortal or serious personal injuries and/or property damage or other loss may result from participation in the Program. Releasers knowingly assume all risks of participation in the Program, including all risk of personal injury and loss of or damage to the Releasers or their property, including further injury sustained as the result of the efforts of third parties who come to the aid of Releaser(s) if injured as a result of participation in the Program, and release all other persons and entities mentioned above who might otherwise be liable to Releasers. Releasers agree to abide by all rules of the Sponsors and the Host in connection with participation in the Program and understand that the failure to observe and obey such rules may result in instant revocation of Releaser's(s') right to participate in the Program.

Signature of Program Participant: _____

Print Name: _____ Date _____

PARENT OR GUARDIANS FOR MINORS (UNDER 18 YEARS OF AGE)

The undersigned parent and/or natural or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to release each and all of the Released Parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said Party(ies) because of any defect in or lack of such capacity to so act and release said Party(ies) on behalf of all Releasers as specified herein.

Signature of Parent/Legal Guardian: _____

Print Name: _____ Date _____

SAYC Open Sailing Program RELEASE OF LIABILITY form to be kept in member's file at SAYC