

**2022 SAYC Sail Team**

**Parent/Sailor**

**Program Handbook**

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19. Introduction

Welcome to the 2022-23 racing season! On behalf of the SAYC, SAYCSC Committee, and Sail Team staff, we are thankful for your trust and support and look forward to a fun and challenging season full of growth.

This Sail Team Handbook is intended to serve as a guide for the parents and sailors who participate in the SAYCSC Sail Team program. The administration of the SAYC reserves the right to modify the contents of this manual at any time it deems a change is in the best interest of the SAYCSC and/or the racing program.

1. Coaching Staff & Contact Information

SAYCSC Main Office – (904) 643-2243 - Monday – Sunday 9 a.m. – 4 p.m.

Program Director, Opti & 420 Head Coach – Marissa Burrier (904) 501-7030

SAYC Sailing Center Chairperson – Devon Schweidel (305) 773-6166

\*All Assistant and Guest Coaches contact information circulated as necessary

1. Team Mission

To encourage all Sailors to strive to for excellence both on and off the water while having fun and being a team player. SAYC Sail Team emphasizes sportsmanship, teamwork, self-discipline, and personal character to produce well-rounded athletes and foster a team spirit.

1. Team Goals

The goal for the SAYC Sail Teams is to practice, train, and compete with integrity and sportsmanship. Individual teams will have the opportunity to set both personal and team goals and will work together to further their skills on the water. This is all to be accomplished while respecting the values and ethics of our sport and developing and displaying an understanding of the Corinthian Spirit.

1. Team Opportunities

Sailors on the SAYC Sail Team program have the on-going opportunity to attend team practices and training sessions both on and off the water. Each team will travel to regattas where they will race other sailors and further their racing skills, as well as attend multiple coaching clinics with elite guest racing coaches. Additionally, all sailors have access to their coaches at all times. Phone calls and emails are encouraged, and ‘homework’ is regularly assigned.

1. Boats We Sail

All instruction is conducted in Optimist, 420 and Laser sailboats. These classes represent the standard for Junior/Youth racing in the United States. Between these classes of boats, we are able to structure curriculums to suit all ages (8-18), abilities, and sizes.

1. Description of Instructional & Racing Programs

SAYC provides a year-round program offering instruction and coaching for children and teens ages 8-18 at all levels from beginning sailing through advanced racing. Regardless of age, we have introductory and follow-up courses that will match sailors to others that are close in age and in a boat appropriate for them in terms of ability, size, strength, and skill level.

We follow US Sailing prescribed teaching and coaching methods. All our coaches are US Sailing certified and trained to keep your kids safe, happy, and always progressing.

The boats we teach on are outlined below:

1. Optimist:

The Optimist is the largest junior racing fleet in the world and is the international standard in junior instruction. The boat’s simplicity and stability make it ideal for teaching young, beginner sailors, while the popularity and technicality of the Optimist class makes the boat extremely challenging for pre-teen racers. SAYC owns 8 Optimist training prams (SailCubes) and 11 class legal (i.e., race ready) Optimists.

A skipper can race Optimists until December 31st in the year that they turn 15. On December 31st of that year, they age out of Optimists and can no longer race in that boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are typically divided into two fleets, Green and RWB (Red, White & Blue).

We have three Opti teams at SAYCSC, structured based on age and skill level: Development Team, Green Fleet Team, and RWB Team, further explained below. Green fleet is an Opti fleet designed for beginner racers, with sailors able to already sail upwind and handle many drills at practices. Green fleet sailors can be any age up to 15. A Green fleet can have skippers as young as 8 and old as 15, but sooner or later Green fleet sailors will move into either Red, White, or Blue fleet depending on their age. Green fleet typically sails relatively close to shore and on shorter courses at regattas, and only beginner sailors race in Green fleet. Green fleet can be repeated until skills and sailor is ready for the competition level that the RWB fleet demands. Most regattas allow for Green fleet sailors to be coached at any time during the race.

After moving out of Green fleet, skippers who are 10 and under sail in the White fleet. Skippers who are 11 and 12 sail in Blue fleet, and skippers 13, 14 or 15 sail in Red fleet. In all fleets, the determining date is the skipper’s age on the first day of the regatta. At most regattas, Red, White, and Blue fleets all start at the same time and race the same, on a much longer course. Coaching for these fleets is permitted only between races. Coaches are only able to observe and give feedback and coaching at the completion of the race observed.

The Optimist class website is [www.USODA.org](http://www.USODA.org)

Costs for boat & equipment:

We find it helpful for sailors and families to understand the costs associated with the program and maintenance of our fleet:

Race ready Optimist, \*club standard $4,000 \*pro racers are $5,300

Sail $300 - $600

Spars $300 - $500

Rudder $325

Daggerboard $350

Tiller Extension $50 - $100

Dolly $350

Optimist Development Team Participation Requirements:

Prerequisite – Completion of at least two Sail Camp Opti I and/or II weeks, or Sail Director approval.

Development Team is for 8–12-year-olds who have never raced before and is designed to keep sailing fun while learning the basics of getting around a racecourse. The Development team can be repeated for 2 seasons until a sailor is ready for racing. Development team sailors do not race at any regattas. Typically, 11–12-year-olds have the maturity to go straight to Green fleet, but a sailor may want to start in the Development Team at that age.

Optimist Green Fleet Participation Requirements:

Prerequisite – Development team season (at least one), completion of multiple Sail Camp Opti II weeks, as well as Sail Director approval. Every child is different, and a conversation of your child’s particular skills and maturity will determine their readiness for Green fleet.

Green fleet builds on the skills learned in Sail Camp to improve boat handling as well as introduce sailors to the Optimist in a racing environment. Sailors work on boat control, developing boat speed, mechanics, and sailing around a course. They practice all points of sail by tacking, gybing, and rounding marks. As the year progresses, sailors learn about the rules of racing, starting a race and completing a course successfully.

Sailors receive on-shore chalk talks in preparation for the on-water drills. As sailor’s skills develop, they will be encouraged to attend and participate in regattas. In these practices and regattas, sailors work on sail trim, boat speed, tactics, rules, and strategy under actual racing conditions.

Private boat ownership is strongly encouraged and signing up for multiple weeks of summer Sail Camp is highly recommended heading into the fall season. SAYC Optimists may be chartered for a fee. To allow everyone to have a chance to charter one of our race boats, we have a two-season maximum before boat ownership is required.

Green Fleet Focus:

* Parts of the Boat
* Upwind/Downwind Sailing Efficiency
* Focused Rigging/De-rigging
* Starting/Stopping, Boat Control
* Tacking & Gybing Proficiency
* Getting out of Irons
* Points of Sail & Sail Trim
* Man Overboard & Capsize Recovery
* Wind Direction and Reading
* Rules of the Road
* Knots/Lines
* Having FUN!

Optimist Advanced - RWB (Red, White & Blue):

Prerequisite: Optimist Green fleet racing (at least one season) and Sail Director approval.

Optimist RWB racing is for those students who are interested in the highest level of competition. This curriculum is geared towards improving racing tactics and knowledge of the rules. Sailors receive intensive, individual coaching and learn to work together as a team. On-land chalk talks and on-water drills are a regular part of instruction. Sailors will be videotaped through practices and follow up on land during in-depth de-brief sessions with coaches and teammates.

RWB sailors are required to breakdown videos of their practices and help develop their Green Fleet Team and Development Team teammates. RWB racing requires sailors to own their boats and be autonomous when it comes to rigging, launching, and handling all conditions on the water. Private boat ownership is *required* and sailors at the RWB level are provided the opportunity to compete in regional and national regattas. In such cases, parental support is mandatory for participation.

RWB Focus:

* Refining Sailing and Racing Skills
* Perfecting Sail Trim and Control Lines
* Improving Tactical and Strategic Awareness
* Understanding and Applying Racing Rules
* Tuning the Optimist
* Teamwork and Leadership
* Pushing the Limits Safely
* Boat Speed Proficiency
* Having FUN!
1. Club 420:

The Club 420 is the most popular and versatile double-handed junior boat in North America. The 420 is sturdy and safe while providing the challenge of sailing with trapeze and spinnaker. The boat is best suited for sailors 13-18 years of age and over 110lbs. SAYC has 12 420s which are used for both our year-round sailors and our Sail Camp program.

The Collegiate 420 is the same boat as the C420 (club 420), with the exception being that the trapeze and spinnaker are not used. Sailors enrolled use club owned boats and therefore, are not required to own their own boat.

Class information can be found at [www.club420.com](http://www.club420.com)

Costs for Boats & Equipment:

We find it helpful for sailors and families to understand the estimated costs associated with the 420 program and the upkeep of the fleet:

Race Ready c420 with Sails & Dolly $12,000

Sails (Main, Jib, Spinnaker) $1,200

Dolly $550

Lines $200

Rigging (Blocks, Shrouds, Forestay, etc.) $200

Boom $370

Mast $1,200

Spinnaker Pole $200

Tiller w/ Extension $200

Centerboard $400

Rudder Complete $500

Plugs (set of 4) $24

420 Participation Requirements:

Prerequisite – Completion of at least two weeks of Sail Camp in the 420/Laser group, or Sail Director approval.

The 420 race team is designed for sailors between the ages of 13-18 that are interested in racing. During the year, teamwork and sportsmanship will be emphasized while practicing skills that are necessary to become proficient racers. Practices focus on perfecting the process involved with sailboat racing, including tactics and strategy. Sailors develop an understanding of how to work as a team. Practices will include both Club 420 skills (trapeze and spinnaker) and Collegiate 420 skills and racing techniques.

Focus:

* Teamwork & Terminology
* Introduction of Jib, Understanding Sail Shape
* Sail Trim & Control Lines
* Tacking/Gybing Proficiency
* Introduction of Spinnaker & Trapeze
* Racing Rules of Sailing
* Tactics and Strategy
* Man Overboard & Capsize Recovery
* Docking & Safety
* Having FUN!
1. Laser

The Laser is a widely used class of [single-handed](https://en.wikipedia.org/wiki/Single-handed_sailing), [one-design](https://en.wikipedia.org/wiki/One-design) [sailing dinghies](https://en.wikipedia.org/wiki/Dinghy_sailing) using a common hull design with three interchangeable rigs of different sail areas (Laser 4.7, Laser Radial, Laser standard/full), appropriate to a given combination of wind strength and crew weight.

The Laser 4.7 (4.7M² sail) is a great entry level racer for younger and lighter sailors entering into the Laser world. Often the next step after the Optimist, the 4.7 features the same hull as the Laser and Laser Radial, but a smaller sail plan to make it more manageable. Most Optimist sailors begin in the 4.7.

The Laser Radial has a 19% smaller sail and shorter, more flexible mast than the Laser. Raced from the Club to Olympic level, the Laser Radial has an excellent medium sized rig. The standard/full Laser (7.06M² sail) is a challenging boat that rewards athleticism, subtle steering and trimming techniques, as well as the tactical excellence of the sailor. The Laser is raced by young and old alike from the Club level all the way to the Olympics.

SAYC owns 3 Lasers (standard (2) & 4.7 (1)) for trial and practice use only. To race on the Laser Sail Team, you must own your own boat, rig(s) and sail(s). Class information can be found at [www.laserinternational.org](file:///C%3A%5CUsers%5CSAYC%20Sailing%20Center%5CDesktop%5C2021%5CSAIL%20TEAM%5CFALL%5Cwww.laserinternational.org)

Costs for Boats & Equipment:

We find it helpful for sailors and families to understand the estimated costs associated with owning a Laser and the upkeep of the boat.

 Race Ready Laser with Sails & Dolly $7,000

 Race Ready Laser with Carbon $8,280

 Sail $625

 Dolly $550

 Lines $175

 Rigging $300

 Boom $330

 Mast $410

 Tiller w/ Extension $325

 Daggerboard $625

 Rudder Complete $525

 Plugs (set of 2) $16

Laser Participation Requirements:

Prerequisite – Completion of at least two weeks of Sail Camp in the 420/Laser group, previous Opti racing experience or Sail Director approval.

The Laser race team is designed for experienced sailors between the ages of 13-18 that are interested in racing. During the year, personal responsibility and self-sufficiency are emphasized, with a focus on understanding the boat and rigging set up. Practices focus on perfecting the process involved with sailboat racing including tactics and strategy, boat handling, and a heavy focus on boat speed. Sailors develop an understanding of how to work as a team and assist and push each other on and off the water. Practices will include both the c420 and Laser, with both teams practicing at the same time. Opportunities to sail in the c420 may be available each season for a cross training experience. Boat ownership is required.

1. General Sail Team Requirements
* Sailors must be registered and paid in full to practice and participate in any training sessions both on and off the water. All sailors must also complete necessary waivers.
* Sailors are expected to bring a coast guard approved, sailing specific PFD of their own. If unable to do so, sailors will receive a SAYC issued PFD to be theirs for the season. They will then be responsible for this PFD all season and will return it at the last practice. Sailing gloves are required for 420 team. All personal gear is to be labeled with permanent marker.
* Every sailor must demonstrate the ability to swim with a PFD on and demonstrate the ability to right a capsized boat first practice date.
* **Sailors are responsible for registering for all regattas and paying all regatta fees, including their portion of the split coaching costs per regatta (Regatta Coaching Fees). Sailors also responsible for printing Sailing Instructions for review at practices prior to regatta date.**
* Sailors are required to purchase their own trapeze harness for club 420 regattas.
1. Fleet Maintenance

Every sailor has a responsibility to help provide the ongoing maintenance of the hulls, rigging, dagger and centerboards, rudders, lines, sails, dollies, and trailers throughout the season.

**It is the responsibility of each sailor to examine the condition of their boat before and after each training and racing session. Any concerns should be immediately brought to the coach's attention and all repairs should be done with the guidance of coaches and SAYC personnel, unless otherwise instructed. Attendance for boat work and maintenance days is mandatory.**

Boat Care Policy:

All sailors registered for the racing program have the added responsibility of maintaining and caring for their boat. Each boat must be properly de-rigged and stored at the end of each day. Any sailors who charters a SAYC boat are responsible for ensuring the boat is properly maintained and race ready at all times. Should there be any equipment problems, it is the responsibility of the sailor to bring this to the attention of the coaching staff immediately. Any damage to equipment incurred during the charter is the responsibility of the boat user/family to repair at their own expense. Any sailors on the Optimist RWB team must supply their own boat. The SAYC Opti Green and 420 sailors are required to afford the same care to club boats as they would their own.

**Parents must constantly communicate with their sailors as to the condition of their boat and equipment.** If properly maintained, the boats are exceptionally durable. However, sailboats are used in a relatively harsh environment by nature (salt water, wind, UV rays, mud, oyster, ramps, docks) and from time-to-time equipment must be replaced. Boats that are consistently in a state of disrepair will limit your sailor’s ability to improve their skills and enjoy their sailing experience, as well as impact safety on the water. It is no fun to break down during practice or a race. The best way to limit unwanted corrosion is to wash the hull and all other equipment down at the end of each use, which is required.

All sailors are responsible for ensuring their boats and equipment are properly and securely stored. Some hulls are stored on racks with locks, be sure to re-rack and lock appropriately. Instructors and teammates are there to assist, however, it is ultimately the sailor’s/parent’s responsibility to ensure the boats are properly stored and secured. Because SAYC grounds are shared with social events and adult sailing programs, it is imperative that sailors **return all equipment to their designated spot and clean up all trash at the conclusion of every practice or event.**

Boat Usage Policy:

Registered SAYC Sail Team participants are never permitted to use any SAYC coach boat, race boat, or any other SAYC boat without contacting the Sail Director for approval.

* Charter fees must be paid prior to use.
* Use of SAYC boats will never be granted unless an approved SAYC coach, employee or volunteer is on-site or on the water.
* SAYC Sail Team sailors are only allowed on the boats for which they are a team member of unless granted permission otherwise.
* Non-SAYC individuals are never permitted to be on SAYC boats without prior permission from Sail Director, with signed waivers in place.
* SAYC Sail Director has full authority to deny requests.
* Approved SAYC boat charters must adhere to wind limitations set.
* Failure to comply with SAYC boat usage policies will result in probation and/or removal from the team without refund.
1. Regatta Information

**All regatta fees are to be paid in full by sailor/parent within 48 hours after each regatta.**  Registering for regattas is the responsibility of each sailor, as soon as possible to do so. Please be sure to secure your lodging, lodging details are circulated separately. For Green fleet Opti sailors in their first season of racing, coaches will notify when each sailor is ready and clear to register for a regatta, this will be an ongoing and open dialogue with each family. *For 420 team, only Skippers need to register*, and privately split payment with their assigned crew. **Notification of registration is required, please email Sail Director as soon as registration is confirmed.**

REGATTA SCHEDULE:

1. October 15th & 16th – River Romp Junior Olympic Regatta

Edison Sailing Center, Ft. Myers, FL

\*c420, Laser, Opti (all fleets/sailors!)

\*\*This is a Junior Olympic sailing event.

\*\*This is a club 420 event - sailors are expected to fly spinnakers and trapeze.

Registration is online at: [River Romp – Edison Sailing Center](https://www.edisonsailingcenter.org/river-romp/)

1. October 29th & 30th – Inland Lakes Youth Regatta

Lake Eustis Sailing Club, Lake Eustis, FL

\*420, Laser, Opti (all fleets/sailors)

Registration is online at: [Lake Eustis Sailing Club, Eustis, FL > About > Calendar (lescfl.com)](http://www.lescfl.com/About/Calendar.aspx)

1. December 3rd & 4th – US Sailing Junior Olympic Sailing Festival

US Sailing Center of Martin County, Jensen Beach, FL

\*c420, Laser, Opti (RWB and 2nd year Green fleet sailors ONLY)

\*\*This is a Junior Olympic sailing event.

\*\*This is a club 420 event - sailors are expected to fly spinnakers and trapeze.

Regatta registration online at: [US Sailing (usscmc.org)](https://www.usscmc.org/regattas)

\*TBA – will inform when registration is live

1. December 10th & 11th – Sail JAX Regatta

Florida Yacht Club, Jacksonville, FL

\*c420, Laser, Opti RWB ONLY

\*\*This is a club 420 event - sailors are expected to fly spinnakers and trapeze.

\*\*Opti RWB sailors only, NO Green fleet (as per NOR)

Regatta registration online at: [Sail JAX 2022 (theclubspot.com)](https://theclubspot.com/regatta/ArFg79TDeE)

**There will be an optional clinic, hosted by Jacksonville University coaches and sailors on Friday December 9. The cost for this clinic is $55/sailor. Anyone wishing to enter this clinic must send an email to Dustin Domer at** **dustin@thefyc.org**

GUEST COACHING CLINICS:

Each season we supplement our Sail Team racing program with guest coaching clinics. The coaches we select have decades of coaching experience and multiple elite-level racing titles. Coaches travel to St. Augustine and provide group instruction for each team. Cost for these clinic weekends are built into the registration fee for each sailor. These clinics are intense skill building days are integral to our racing program. All clinic days are **9am – 5pm**, and attendance is **mandatory**. Clinics are listed by date below:

1. Friday, October 7th – LASER CLINIC, 9am – 5pm

2. Saturday, October 8th – OPTI CLINIC, 9am – 5pm

3. Sunday, October 9th – 420 CLINIC, 9am – 5pm

4. Friday, November 25th – LASER CLINC, 9am – 5pm

5. Saturday, November 26th – OPTI CLNIC, 9am – 5pm

6. Sunday, November 27th – 420 CLINIC, 9am – 5pm

\*We also have private lessons with world class coaches available on these weekends. If you sailor is interested in a 1:1 session on a day outside their clinic date, please contact Sail Director for more information, rates and times TBD.

Regatta Support:

SAYC is host to a few events each year. These events require volunteers to help in a number of ways ranging from event organization, registration, sponsorship coordination, scoring, parking management, food catering, safety officers, among many other things. All are welcome regardless of sailing knowledge level. We will have an Opti Intra-squad regatta this fall, with details and parent sign-ups to be circulated.

Boat/Sailor Transportation:

Participating in events away from SAYC is both fun and extremely beneficial to improving your sailor’s overall sailing skills. It teaches organization and boat transportation care, provides greater competitive challenges, and promotes team camaraderie. Our race teams compete throughout the year in a number of regattas away from SAYC. Events range from one day local events to weekend long regattas. The planning and logistics for even a single day event can be significant. Someone must transport race boats, coach boats, equipment, sailors, gear, food, drinks, coaching materials and more. SAYC does not arrange for the transportation of sailors or equipment of individuals. Each family is ultimately responsible for getting their sailor, hull, and equipment to each regatta. It is incumbent upon parents to organize and facilitate our youth sailors’ transportation needs to participate in these events. For this reason, our away regatta transportation policies are:

* All sailors and families are responsible for getting their own boat to an event.
* Trailers are available for use, but it is the responsibility of the parent and sailor to arrange to use them and sign all necessary waivers.
* All sailors and families are responsible for securing equipment with straps and line on trailers and roof tops.
* SAYC will facilitate a trailer loading day and assist/teach how to safely transport hulls and equipment.
* SAYC trailers will be available for transporting boats to and from regattas. Availability of trailers is contingent upon parent participation. Only SAYC parents and licensed sailors may tow program trailers.
* SAYC coach boats and trailers may need to be towed by parents with capable vehicles after all coaching vehicles are used.
* Parents of sailors who need trailer space are asked to sign up to tow trailers to and from regattas on a rotating basis. Each sailor, with assistance of parents, is required to load and unload their boat. Coaches are busy preparing, launching coach boats, and assisting with rigging, they are not responsible for off-loading boats from trailers.
* We will use a sign-up list at the practice prior to an event to sign up for trailer space and allow a sign-up space to tow.
* Sailors whose boats are repeatedly not properly loaded and secured may be subject to non-eligibility for trailer transport.

\*In the event of an accident involving a club trailer, LIABILITY FOR DAMAGES TO THE VEHICLE OR THE TRAILER, AND FOR PERSONAL INJURY, RESTS WITH THE DRIVER TOWING THE TRAILER, NOT SAYC. BOAT OWNERS/CHARTERS ARE RESPONSIBLE FOR ANY DAMAGE TO THEIR OWN BOATS. This means that insurance coverage for any personal injury or damage to the trailer or tow vehicle resulting from an accident is under the automobile policy of the driver.

1. SAYC Tuition, Fees & Policies

Sail Team Registration Fee: $675 (non-member) $600 (SAYC member)

Regatta fee: $35 per sailor, per day

Sail Team Registration fee includes all practice coaching hours for weekend and weekday practices, all regatta coaching hours, all guest coaching clinics, boat usage during the practices and regattas, boat maintenance and repair costs, sail team shirt, usage of SAYC racing bibbs, off-water access to coaches and staff, end of season banquet meal, and FSA membership benefits (regatta re-imbursement).

Regatta fees include all coaching travel expenses for SAYC coaches (fuel, lodging, food).

Practice Policy:

It is the hope that every scheduled practice and event will bring favorable weather and winds. In the event that a practice must be cancelled due to inclement weather, every parent will be notified with as much advanced notice as possible. SAYC is not financially responsible for practices missed due to inclement weather, which is an inherent risk of every sailing program. Practices missed to inclement weather will try to be re-scheduled.

l. Responsibilities and Expectations

1. Parental Roles & Responsibilities:

It is hoped that this handbook helps you to understand the full scope of the SAYC Sailing Center Sail Team program and the divisions of responsibility between sailors, coaches, parents, and all other individuals that make all of this happen.

Competitive sailing teaches self-confidence, decision making, teamwork, sportsmanship, tactical awareness, organization, responsibility, and humility. Sailors at every age never stop learning; there is always a next step and a new lesson to learn that makes us better. Because of this, SAYC strives to push responsibility as appropriate to the sailors, but we need parental support to achieve the complete objective.

While parental involvement is essential to the success of this program, no parent shall assume a coaching role and shall at no time be involved with coaching decisions regarding practices and regattas. Parents are expected to assist with launching boats when appropriate and helping transport equipment when necessary. The loading and unloading of boats and equipment takes a full team effort and all sailors and parents must support and participate with this task both at practices and regattas.

A typical day at SAYC practice for all curriculums starts with an onshore brief to discuss the agenda and lesson objectives. After rigging boats, the sailors launch and practice those skills and objectives, following through with the practice plan laid out. After sailors return to shore, they de-rig their boats and participate in a de-briefing session. Please be sure your sailor arrives **on time**, is prepared to learn (has everything necessary to do so) and has a good attitude – all those things make for a fun and

rewarding day.

Parental Involvement:

As our program depends on the support from parents, all parents are required to volunteer at least 8 hours per season. Options include assisting in event planning, volunteering at events, boat work, general maintenance, and parent committee involvement. Please give generously of your time so the workload required can be divided and everyone involved will have a positive experience at SAYC.

Parent volunteers and “PALS @ SAYC” are vitally important to the success of our Youth Sailing program. Parents with sailors at all levels are highly encouraged to help. However, the level of involvement needed increases as a sailor transitions from beginner sailing classes to intensive race teams. Our PALS @ SAYC (Parents are Life Savers) committee will organize team travel logistics, assist with planning home events, and designate volunteer efforts at those events. This includes boat/sailor transportation, possible chaperoning, work parties, and fundraising.

As a small but growing program, we need your help in off-loading the many responsibilities involved and building a team family at SAYC.

1. Sailor Responsibilities:

Sailing is a lifetime sport. Some of the friends and acquaintances you make at SAYC and places visited such as other yacht clubs and sailing venues, as well as all fellow sailors and coaches at SAYC and from other teams, will turn into lifelong friendships. How you act towards these individuals will have a lasting impact. It is important that you recognize that sailing is a privilege, and you are being provided with one of the most fun and fulfilling opportunities. Appropriate behavior will allow you to become a well-rounded, self-confident sailor and respected team member. As a participant in this program, you represent SAYC, your Sail Team, and your family. Your behavior on and off the water should be to maintain a high level of sportsmanship and conduct and make teammates proud to be a part of our program. To make the most of your experience with us, we require you to follow these guidelines:

* Sail for the fun and love of the sport. Enjoy yourself every time you hit the water. Work hard each day to improve your skills. Be here because you love it and want to get better each day, and have fun while doing so.
* Listen, ask questions, and watch others to see how you can improve. Be a team player, exhibit good sportsmanship, be disciplined on the water and be a kind competitor who uses confidence and self-control at all times.
* Appreciate the contribution each person makes to the learning environment. Zero tolerance for bullying or ANY unkind behavior.
* Learn the rules of sailing and follow them.
* Always be a good sport and strive to set a positive example for others.

In addition to these, we also expect and require the following:

* All sailors are expected to arrive on time (early) and be ready to sail at practice start time.
* Sailors are expected to listen to their coaches at all times.
* Sailors must abide by the SAYC Code of Ethics.
* Sailors must always treat SAYC boats and facilities and our Salt Run waterway with the utmost respect and care, showing an appreciation for what has been entrusted to the Sail Team program.
* After every practice, Sailors must perform proper rinsing, maintenance and storage procedures when caring for SAYC boats and equipment.
* Sailors are expected to clean up the areas of the SAYC used for Sail Team practices and events after each use and do a final sweep upon leaving practice each day.
* All sailors are expected to bring the following items to practice each day:

- Sailing clothes (bathing suit, shorts, rash guard-clothes that can get wet), SAYC Sail Team shirts are expected to be worn at practices and are required for regattas.

- Closed-toe, water friendly shoes – NO bare feet or flip flops.

- Coastguard approved PFD & Sailing gloves

- Foul weather gear (we will sail in a variety of conditions, including rain)

- Re-usable water bottle, lunch/snacks

- Sunscreen (Additional Items that are suggested are hat, gloves, sunglasses, change of clothes, towel)

\*\*ALL items must be labelled – SAYC is not responsible for lost or stolen items, including those items left behind.\*\*

 Travel Policy:

When representing SAYC on trips, you are responsible for your own actions. You must continue to abide by the conduct requirements above. Additional guidelines have been developed that are particular to expanded behavior while traveling with the SAYC Sail Team. These policies are:

* During all sailing activities, sailors are under the supervision of SAYC coaches. Sailors are under the supervision of chaperones/parents/guardians at all other times. No matter whose supervision you are under, you are required to listen to and stay in the facility of that person(s).
* Sailors are required to stay with the team at all times, including the ride to and from the event, unless parents have made other travel arrangements.
* Curfews are set by chaperones and must be adhered to; this is for the protection of the sailors and necessary for the welfare and reputations of the team.
* Sailors are never to be disrespectful to other sailors, coaches, staff, chaperone, volunteer, etc. from SAYC or any other sailing organization. Refusal to adhere to these policies may result in dismissal from the team.
1. SAYC Sailor Code of Ethics

*Respected Sailors Always*:

* Show respect and kindness to all coaches and sailors, as well as those helping to run regattas and sailing programs.
* **Know and abide by the Racing Rules of Sailing**. They promptly take their penalty turns when they know they broke a rule or file a protest when appropriate.
* Obey event regulations, on and off the water.
* Are organized, prepared, and responsible for their own equipment.

*Respected Sailors Never:*

* Swear at, yell at, intimidate, disrespect or harass anyone, including teammates, on or off the water.
* Steal or borrow without permission, anything that does not belong to them.
* Break any laws regarding alcohol, tobacco, or illegal drugs.
* Cut corners, avoid rigging or derigging work, or miss practices.

SAYC Sail Team Handbook Acceptance Agreement - Parent

By signing below, you acknowledge that:

- You have read in full the Sail Team Handbook and understand all policies contained therein.

- You agree to assist your sailor each scheduled day, and volunteer and participate as required.

- You understand and accept the SAYCSC trailering policy.

SAYCSC has customized the NYSSF (National Youth Sports Safety Foundation) Code of Conduct for our program, and asks all parents/guardians of SAYC Sail Team participants to read and agree to these as well:

1. I will not force my child to participate in sailing.
2. I will remember that children participate to have fun and that Sail Team is for the benefit and enjoyment of the youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will do my best to learn the rules of sailing, the policies of SAYC and the appropriate class rules for my child’s specific boat.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy to all, and by demonstrating positive support for all sailors, coaches, officials, and spectators at every practice, regatta, and event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, sailor, parent, or volunteer.
7. I will teach my child to sail with a Corinthian spirit and resolve all conflicts in such character.
8. I will demand that my child treat other sailors, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability. I will do the same.
9. I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a regatta or his/her performance in the fleet.
10. I will praise my child for competing fairly and trying hard after each practice and event, and will do my best to make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participant for making a mistake or losing a race.
12. I will not allow the use of inappropriate language by my child.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SAYC Sail Team Handbook Acceptance Agreement - Sailor

By signing below you acknowledge that:

- You understand what is expected of you both on and off the water.

- You promise to maintain a positive attitude and to always be kind to others.

- You agree to abide by all rules set forth in the Handbook and vow to be the best sailor and teammate you can be.

In addition to these, you agree to the following:

1. I will not use or tolerate the use by other teammates alcohol, drug, tobacco, or non-prescribed drug use, understand that a drug free environment is necessary in order to achieve individual and team success.
2. I will respect the property of others, neither stealing or damaging, destroying, or borrowing another’s property without permission, including SAYC property.
3. I will treat other sailors, instructors, coaches, club staff and members, race officers and umpires with respect regardless of race, religion, gender, age, and ability. I understand that I am to expect similar treatment from others.
4. I will follow all safety procedures given by my coaches, understanding that safety is the top priority on and off the water. I will notify my coach if I feel that I or another sailor is in danger.
5. I will refrain from using inappropriate language, yelling, and being unkind in any way. I understand that physical, verbal, and emotional abuse is not tolerated, and everyone has a right to enjoy their participation. I understand that screaming and swearing, in any context, is unacceptable.
6. I will attend every practice and classroom session and will notify my coach if I cannot.
7. I will encourage and demand good sportsmanship from my teammates.
8. I will strive to always listen to and learn from my coaches, respecting their time and efforts in helping me become a better sailor.
9. I will be responsible for my own equipment and belongings, properly using and storing SAYC equipment and never leaving behind trash of any kind.
10. I will demonstrate teamwork, helpfulness, and cooperative behavior at all times.

You understand that there are consequences should you not abide by these rules, which are applied at the coach’s discretion and can result in dismissal from practices, regattas, and even from the Sail Team.

Sailor’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sailor’s Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**St. Augustine Yacht Club, Inc.**

442 Ocean Vista Ave.

 St. Augustine, Florida 32080

Tel (904) 824-9725 • Fax (904) 824-7744

Email: saildirector.staugustineyc@gmail.com

**SAYC Emergency Action Plan**

**WATER EMERGENCY**

1. Emergency is recognized and Coach/Volunteer/*Person* (C/V/P) acts
	1. C/V/P signals 3 short whistle blasts
	2. C/V/P immediately goes to victim. If time allows, radio contact is made communicating nature of emergency, naming back-up help, and summoning back-up
2. C/V/P contacts victim and moves victim to safety
3. C/V/P assess victim’s condition

If Victim needs care:

* 1. C/V/P names and summons back-up person, calls for First Aid Kit – *SAYC coach boats have First Aid Kit in orange boat boxes*
	2. C/V/P names back-up to call 911 and names additional instructors/persons, if needed, to assist delivering EMS to victim
	3. C/V/P administers First Aid/CPR
	4. Back-up stands by, clearing rescue area, if necessary
	5. Back-up notifies SAYC Manager **(904) 824-9725**
1. Parents notified
2. Witnesses interviewed
3. Written report completed (Incident Form)
4. Emergency and communication equipment checked and replaced, if necessary
5. Any corrective action taken
6. Return to duty
7. Staff discussion & debriefing

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**SAYC Emergency Action Plan**

**LAND EMERGENCY**

1. Emergency is recognized and Coach/Volunteer/*Person* (C/V/P) acts
2. C/V/P assesses victim’s condition

If victim needs care:

1. C/V/P signals emergency 3 short whistle blasts
2. Back-up assists, calls 911, retrieves Frist Aid Kit *from SAYC hallway which may include the portable AED located on right side of entrance to kitchen*
3. First Aid/CPR care provided
4. Back-up stands by and clears area of bystanders and boats for easy EMS access
5. Back-up notifies SAYC Manager **(904) 824-9725**
6. Parents notified
7. Witnesses interviewed
8. Written report completed (Incident Form)
9. Emergency equipment checked and replaced
10. Any corrective action taken
11. Return to duty
12. Staff discussion & debriefing

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 2022 SAYC Sail Team Waiver

For and in consideration of the *St. Augustine Yacht Club* (the “Organization”) allowing me, the undersigned, to participate in any capacity in an Organization sanctioned, licensed, or approved event or activity “Sail Team” (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the “Agreement”):

A. RULES AND REGULATIONS: I hereby agree to abide by the rules, regulations, and policies of the Organization, including any and all COVID-19 related safety measures required by the Organization.

B. ACKNOWLEDGMENT OF RISK: I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing, and that participation in any Organization involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases such as COVID-19), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”).

C. ASSUMPTION OF RISK: I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any Events. I also agree to be responsible for any injury or damage caused by me or any agents under my direction and control at any Event.

D. RELEASE AND INDEMNITY: In consideration of my participation in any Event, I hereby release from liability and waive any claims against the owner or organizer of the Event, its licensees, competition managers, promoters, sponsors, advertisers, beneficiaries, venue providers, and supporting organizations, together with the officers, directors, employees, volunteers and contractors of them (the “Released Parties” or “Event Organizers”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. Further, I agree to indemnify, defend, and hold harmless the Released Parties and Event Organizers against and from any and all Liability imposed on, incurred by, or asserted against any Released Party or Event Organizer resulting from, arising out of, in connection with, or relating to my breach of this Agreement.

E. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

F. CONSENT FOR PHOTO RELEASE: I hereby grant on behalf of myself, or if the applicant is a minor as their parent or guardian, to SAYC SC the irrevocable right and unrestricted permission with respect to photographic images taken of me (my child) at SAYC SC or in its programs and allow SAYC SC to use these images in it’s brochures, websites, and any other media for legitimate business purposes into perpetuity and grant SAYC SC ownership of these images and waive liability relating to their use

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE, WAIVER FROM LIABILITY, AND INDEMNIFICATION.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor’s) participation in any Event.

Participant Signature: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Legal Guardian Signature (required if participant is under the age of 18):

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 Parent/Legal Guardian Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_