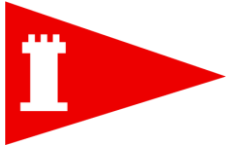


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# SAYCSC OPEN SAILING PROGRAM PADDLE SPORT BOARD

## GUIDE TO SAFETY, RULES, & REGULATIONS



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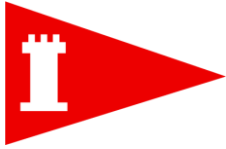


## SAYCSC Open Sailing Program

### PADDLE SPORT BOARD OVERVIEW

The SAYCSC is fortunate to have several water sport boards 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. There is a one-time checkout fee of \$40/hr.





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### THE NUMBERS TO KNOW

- WEIGHT**  
38 lb. (17,2 kg)
- WEIGHT CAPACITY**  
250 lb. (113,4 kg)
- DURABLE**  
high-density polyethylene construction
- 5-Year LIMITED WARRANTY**

### KAYAK FEATURES



### KAYAK PERFORMANCE



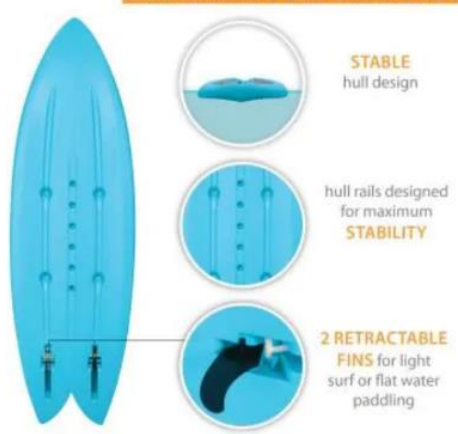
- STABLE**  
hull design flip resistant
- multi-chine hull increases **STABILITY**
- twin skegs provide great **TRACKING**

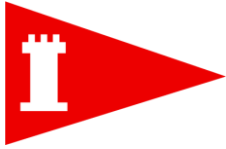


### THE NUMBERS TO KNOW

- WEIGHT**  
40 lb. (18,1 kg)
- WEIGHT CAPACITY**  
220 lb. (99,8 kg)
- DURABLE**  
high-density polyethylene (HDPE) construction
- 5-Year LIMITED WARRANTY**

### PADDLEBOARD PERFORMANCE





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## SAYCSC Open Sailing Program

### SKIPPER RATING LEVELS

To become certified to use a SAYCSC sailing dinghy, an SAYC member must satisfactorily complete an SAYCSC challenge test for that class of sailing dinghy. The five dinghy classes are: Optimist, 420, Laser and Hobie Getaway and Hobie Wave. We also have the paddle sport board check out available for adult and youth kayaks and SUPs.

Challenge tests are part of an orientation and can be arranged with the SAYCSC Sailing Director and will take up to 2 hours. There is a one-time fee of \$40/hr. for the checkout, payable online.

Boats and boards will be available as Sailing Director/SAYCSC Management/SAYCSC 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

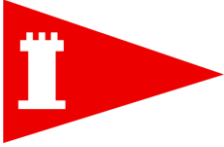
**\*NO MEMBER SAILING/PADDLING IN WIND SPEED EXCEEDING 15 KNOTS. Also, NO SOLO SAILING IN WIND SPEED EXCEEDING 10 KNOTS.**

SAYC members must seek approval and re-certify for the RED level (10-15kts) sailing if previously certified in Green level.

\*SOLO sailing is permitted under mainsail only.

The checkout orientation and challenge test will cover the following points:

- 1) Safety
- 2) Rules & Regulations
- 3) Rigging, Beach Launching, Docking
- 4) Challenge Test – Beach Launch, Capsize & Recovery
- 5) Challenge Test – Paddling in circle using forward and backward strokes in both directions
- 6) De-rigging and Stowing
- 7) Board Sign Out/Boat Return Procedure
- 8) SAYCSC Release of Liability



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## SAYCSC 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.

#### SAYCSC 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

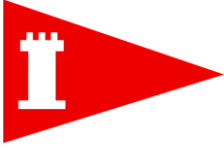
Qualified adult members may take out guests (age 5+) as often as they like at no charge provided boats are available. There must be a qualified adult member in each sailboat. Each member and guest must sign the SAYCSC Boat Log and waivers. Members are responsible for their guests and for their safety. 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 at all costs! Sailboats on port yield to starboard, windward yields to leeward, overtaking yields to overtaken. Avoid boats having trouble.

#### 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.



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### 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

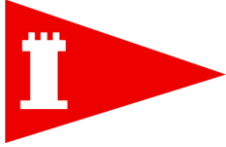
Stay with the boat! Current can be very strong making swimming difficult. Do not try to swim to shore. All boats have flotation and won't sink even when full of water. Don't stand on top of a capsized boat, as your weight may force the mast into the mud. Speed is the key to recovery success.

### 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.



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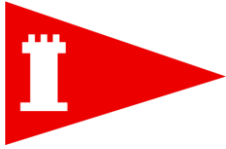


## SAYCSC Open Sailing Program

### RULES & REGULATIONS

**All members** who are signing out a boat **and** all of their **guests** are required to read and sign the **SAYCSC 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 SAYCSC 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 float plan to Sail Director.
- Be in command.
- Report any damage to boats, equipment, or other boats to SAYCSC staff.
- Report any injuries to SAYCSC 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!



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## SAYCSC Open Sailing Program

### EQUIPMENT/RIGGING/ LAUNCHING/ DERIGGING/STOWING

<b>Kayak</b>			
<b>Equipment</b>	<b>Launching</b>	<b>De-rigging</b>	<b>Stowing</b>
-Paddle -Seatback	Carry to SAYC beach. *Low tide launching/landing from floating dock ONLY	-Carry to rinsing station -Take seatback off -Store seatback and paddle in sailing shed	-Stow kayak properly on rack -Lock kayak properly -Keys back to shed

<b>SUP</b>			
<b>Equipment</b>	<b>Launching</b>	<b>De-rigging</b>	<b>Stowing</b>
-Paddle -Fins	Carry to SAYC beach. *Low tide launching/landing from floating dock ONLY	-Carry to rinsing station -Store paddle in sailing shed -Ensure fins are locked in upright position	-Stow SUP properly on rack -Lock SUP properly -Keys back to shed

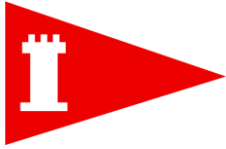
**\*\*ALL KAYAKS & SUPs MUST BE HANDLED WITH CARE. CARRY USING ONLY BUILT-IN HANDHELDS PROVIDED  
DO NOT CARRY BY BOW OR STERN STRAP/HANDLES!**

#### **STOWING ALL BOARDS**

The hull, waterline, transom, seatback, paddles and bowline are to be scrubbed and hosed off each use. Leave cockpits clean. Coil bowline. Ensure lock is through hull and resting on the metal Opti rack, and keys are in sail shed.

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





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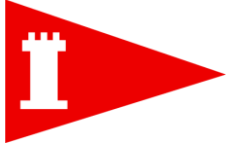


## SAYCSC Open Sailing Program

### CHALLENGE TEST

Member Name	Date
Instructor	Member completed Rules /Regulations/ Safety Reviews
	YES NO

GREEN LEVEL			
Board Type	Kayak	SUP	Comments
Completed Boat Log/Waivers			
Located Parts			
Unlock & Retrieval			
Launch			
Paddling			
Dock/Beach Landing			
Stow			
Capsize/Recovery			



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## SAYCSC Open Sailing Program

### BOAT SIGN OUT/BOAT RETURN PROCEDURE

Approved SAYC members and their guests are required to sign out the dinghy/paddle sport board using their online SAYC member portal. You will request 1 boat/board at a time and be able to see the usage calendar. SAYCSC race schedules and sailing programs take precedence over members' sign outs. Members must schedule in advance as well as submit the required float plan online. **All members must have their waiver on file, and all guests must sign a paper waiver at SAYC on the day of use.**

Any injuries or damage must be reported right away. Please also report any maintenance issues.

<b>SAYCSC Open Sailing Program Boat Return Form</b>	
Report Damage	
Report Maintenance Issues	
Authorized Signature	