



Norwalk Yacht Club Junior Sailing Parent Handbook 2017



Norwalk Yacht Club Junior Sailing Program
10 Nathan Hale Drive • Wilson Point • South Norwalk, CT 06854

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Norwalk Yacht Club Contact Information

NYC Main Clubhouse	203-866-0941	www.norwalkyachtclub.com
Junior Sailing Office	203-866-1813	www.norwalkyachtclub.com/juniorsailing/
Sailing Director, Sam Jones	203-614-9726	sailingdirector@norwalkyc.com
JSA of LIS	914-834-4202	www.jsalis.org

NYC Junior Sailing / Executive Committee

Co-Chairs, Will Beery & Garrett Friedrichsen
JrSailing@norwalkyachtclub.com

Katie Beery, Jenny & John Fallon, Charlie Keyes,
Anne Munkenbeck, Nick Risom, Patrick Shipman, Katie Sparkman

Important Dates

June 24	Mandatory Parent Meeting & Boat Check-In
June 26 – July 21	Session I
July 4 – No class	
July 24 – August 18	Session II
August 17	Awards Dinner

For the complete JSA regatta schedule, please visit the JSA website at www.jsalis.org

Introduction

This handbook contains key information and forms to help your child have a safe and fun sailing experience with the Norwalk Yacht Club Junior Sailing Program. The information in this handbook is based on our years of experience with the program, updated with new information especially pertinent to the program this year. The NYC Junior Sailing webpage contains program dates and links to related Program materials and websites. We use Constant Contact for weekly communication and updates on the previous week's activities. Please read this document and fill out Code of Conduct forms in the Appendixes and return to the Sailing Director by the start of the Program.

Mission

Our mission is to promote the love of sailing and develop the understanding and practice of safety and sportsmanship on the water, in community with members of our own yacht club and other sailing organizations worldwide. The Program will instill the need to respect fellow sailors and Instructors in the Program and at other locations, respect the facilities and boats of participants everywhere, and respect the constantly changing and dynamic marine environment.

A. JSA of LIS

The Junior Sailing Association of Long Island Sound, of which Norwalk Yacht Club is a member, is an organization of member junior sailing programs that supports junior sailors and member programs and encourages them to experience the joy of sailing, and learn about and appreciate the complexities of the marine environment. The JSA promotes ethical behavior among its sailors and encourages the teaching of life-long lessons which seek to build character, foster teamwork and strengthen respect for self and others. Through its programs and policies, the JSA seeks to support both serious competitors and recreational sailors at all levels of skill and to encourage their sailing in local waters and beyond.

Junior sailors may, and are encouraged to, participate in JSA sponsored events or regattas. Please see more information under section "**J. Preparation for Regattas**".

The JSA website and JSA Yearbook have lots of valuable information to supplement this handbook. The main page of the JSA Website, www.jsalis.org will link you to many sources of helpful information, including a link to the JSA yearbook.

B. Overview

Driving to and from Norwalk Yacht Club

Please observe all traffic signs and the speed limit when driving within Wilson Point going to and departing from NYC. When leaving, exit the parking lot and turn right. Follow to the triangular island at Shagbark Road and bear left onto Shagbark. Go straight through the four-way stop sign and proceed past the guard house. Cars with trailers are the only vehicles permitted to exit the Club to the left.

Daily Schedule

- 8:30 a.m. Arrival of morning Optimist (Beginner & Intermediate) sailors
- 12:00 p.m. Dismissal of morning Optimist sailors
- 1:00 p.m. Arrival of Advanced and Racing Optimist, Pixel, Laser and 420 sailors
- 5:00 p.m. Dismissal of Advanced and Racing Optimist, Pixel, Laser and 420 sailors

Attendance

1. Attendance will be taken at the beginning of each morning and afternoon session, and each sailor will be checked out at departure.
2. If your child is ill or cannot attend class, please contact the Junior Sailing office at 203-866-1813 by 8:15 am and leave a message. If a child does not appear for class, an Instructor or the Parent of the Day will call the child's parents until the child's location is determined. Please send a note beforehand if you know your child will not attend one or more days.
3. Please arrive promptly, and pick up your child on time. **Sailors arriving after 9:00 a.m. for morning classes or after 1:15 p.m. for afternoon classes will not be allowed to attend class that day. Morning sailors need to have their boat rigged by 9:00 a.m. and afternoon sailors need to have their boat rigged by 1:15 p.m.** If another adult will pick up your child, please send a written note to the Head Instructor.
4. There are no makeups for holidays or missed classes.
5. **Late pickups will be subjected to a \$20 charger per 15 minutes.**

What to Bring

1. **MANDATORY** - Type III US Coast Guard approved PFD (Personal Floatation Device), with a **whistle** securely attached to the shoulder strap on a short lanyard. Please check the PFD for a Coast Guard Approved label. PFDs must be worn at all times while on the docks and in, on or near the water.
2. Complete change of clothes.
3. Bathing suit and towel.
4. Hat or visor (that fits securely or is tied under chin).
5. Sunglasses (with leash).
6. Sweatshirt or windbreaker.
7. Shoes or closed toed sandals with non-skid soles. **NO FLIP FLOPS OR OPEN TOED SHOES.**
8. Rain gear.
9. **Water bottle.**
10. **Broad spectrum sunscreen (SPF 30 plus).**

Please label everything with your sailor's name! This includes boat parts, sails, blades, dollies, etc. Your child is responsible for his/her own clothing and equipment. A Lost & Found Box will be available in the Junior Clubhouse. The Junior Sailing Program is not responsible for lost items. At the end of your child's session, please promptly remove all equipment from the Junior Sailing area. **Unclaimed equipment is not the responsibility of the Junior Sailing Program.**

C. Dropping Off Boats

When you bring your boat for inspection, please review the appropriate inspection form (Optimist, Pixel, Laser/Laser Radial, or 420) in the Appendices to ensure you have all the necessary items. There is no storage charge for boats while your child is enrolled in class. You may receive a sticker for your boat at orientation, which identifies the boat as part of the Junior Sailing Program. We ask that all boats be removed as soon as possible after the class session ends. A storage fee of \$35 per week will be charged to Club Members and non-Members alike for boats remaining more than 1 week after your sailor's session ends, unless prior arrangements are made with the Chairman of the Junior Sailing Committee.

D. Swim Test

Every student will be required to pass a swim test, which will be held no later than the first day of the Program. It will be conducted in the waters off the Junior Sailing dock or another suitable location. Sailors jump into the water fully clothed wearing life jackets and swim out and back to a mark about fifteen yards away. While treading water, the sailors will take off their life jackets, tread water for an additional one minute and then put their life jackets back on. **It is mandatory that your child pass the swim test before participation in the program.** Please make sure your sailor has an additional set of dry clothes and a towel for the first day of the session.

E. Expected Behavior

All junior sailors and parents shall abide by the JSA Code of Ethics (found on the JSA website, www.jsalis.org), the House Rules of the Norwalk Yacht Club, and the Norwalk YC Junior Sailing Parent and Child Codes of Conduct found in the Appendices. Additionally, the following behavior will **not** be tolerated:

- Disruptive behavior
- Profanity
- Disrespectful gestures, actions or language, bullying
- Improper Dress
- Disobeying Instructors

Other Rules:

- PFDs must be worn at all times in, on or near the water including on all docks and ramps.
- Shoes must be worn at all times. **Sandals or other open-toed shoes are not appropriate.**
- No running on ramps, docks or decks.
- No pushing.
- No use of any tobacco products or illegal substances.
- No gum chewing.
- No swimming except under the supervision of a program staff member.
- The use of electronic devices during regular class time is strongly discouraged. We will ask sailors to stow their electronic devices at the beginning of each class.
- Sailors are responsible for their own gear and equipment and for its proper storage. This includes personal items, their boat, and all parts of their boat including sails, spars, blades, lines, boat placement on dock or trailer, etc.

All sailors and their parents/guardians must sign Code of Conduct forms before the start of the Program. Forms will be available at the opening ceremonies, boat check-in and BBQ, and in the Appendices of this Handbook.

F. Discipline Procedures

Violation of rules could result in the following series of events. An Instructor, the Junior Program Chair(s), or a Junior Sailing Committee member may initiate disciplinary procedures if a child or parent interferes with the learning, safety, or conduct of the Junior Program to the potential detriment of him/herself, others, equipment or facilities. Offenders shall be subject to the following actions in ascending order. The initial action may start at any level depending on the gravity of the situation.

1. Discussion with the Instructor in charge at time of infraction and an incident report will be filed by the Instructor.
2. Sailor will conference with the Head Instructor and the junior sailor will notify the parent of his/her behavior with a written letter to be signed by the parent and returned the next day. This letter will indicate that this behavior will not be tolerated. The Junior Sailing Program Chair(s) will be notified. The parent is welcome to discuss the contents of the letter with the Head Instructor and/or the Junior Sailing Program Chair(s) at any time
3. The Junior Sailor will be dismissed from class for the following day with no refund for that day. Conference with Program Chair(s), Sailing Director, Head Instructor, parents and student.
4. Suspension from class for one week by Program Chair(s) with no refund of fees.
5. Dismissal from Program for remainder of summer by the Program Chair(s) with no refund of fees.

G. Equipment Maintenance and Repair

Junior sailors are responsible for their own equipment. Part of being a responsible sailor means learning how to maintain and repair equipment. The Instructors can help the juniors learn how to do this and will inform parents of any equipment that needs to be repaired or replaced. It is up to the junior sailor and his or her parent to do so as promptly as possible. Sailors who have chartered boats from NYC's charter fleet are responsible for the care of their boat to class expectations. They are also responsible for notifying their Instructor of a breakage. The Sailing Director will arrange for repair.

H. Procedures in the Event of Collision Resulting in Damage or Loss of Property

Junior sailors must obey all the rules of yachting. **On the water, there are clear rules of right-of-way but collisions among boats and with stationary objects should be avoided at all costs.**

If your child is involved in an incident resulting in damage to boats or property, he/she should immediately notify an Instructor and initiate an Incident Report. The Instructor will aid the participants in filling out an Incident Report form. This Report will be kept on file. The Sailing Director or Head Instructor will then notify the appropriate parents/guardians and the Program Chair(s). If your child was at fault in the incident, the parent/guardians are liable for expenses associated with any damage incurred or for replacement of any lost or damaged boat and its equipment. This applies if your child is sailing his/her own boat, a borrowed boat, a privately chartered boat or a boat chartered from Norwalk YC. It is the responsibility of the parents/guardians to then sort out repair options. **Please do not ask the Instructors to make repairs to your sailor's boat.**

I. Parent's Role

a. Drop-Off and Communication

Parents should drop off their children at the main clubhouse. Please do not drive past the beach to the Junior Clubhouse. Instructors will be busy assisting the sailors rig and de rig their boats at the beginning and end of each session, therefore it is not a good time to ask questions or discuss your child's progress. If a parent has a question or concern, please see page one for appropriate Program contact information. If there is an emergency, and you need to get your child in off the water early, please call the Main Clubhouse at 203-866-0941. The Club staff will contact the Junior Sailing staff on the water to arrange for an emergency pick up.

b. Volunteering

Volunteering is a great way to participate alongside your child and to get a feel for what your child will encounter as he/she progresses in sailing. In an effort to provide the best experience possible for your child, the Junior Sailing Committee needs your support to fill in key volunteer roles throughout the summer. There are many areas where you can help including:

- **POD: Parent of the Day:** We will notify parents and guardians if PODs are needed. Help Instructors check in sailors when they arrive and ensure all sailors are picked up at the end of class. Notify parent/guardian if a child has not arrived for class. Stay until all sailors have left. PODs are for morning classes.
- **Regattas Home and Away:** For regattas hosted by Norwalk Yacht Club, jobs range from helping with registration to joining the on the water race committee. For regattas at other venues you can help with carpooling, transporting boats/equipment and assisting sailors rig and ready their boats at the venue.
- **Fleet Captain:** Communication between the Head Instructor, Sailing Director and the parents. We need one fleet captain per class (various Optimist, Pixel, Laser, & C420) per session, who can be a spokesperson for that class. Gather information that parents need to know regarding class preparedness, regatta participation and specifications, etc. Create an email contact list for your fleet with help from the Junior Sailing Committee and relay information via email. A detailed description of the fleet captain's role is available on the Junior Sailing webpage.

- **Photographers:** Take photographs of the Junior Sailing Program in action to be used in a slide show at the end of season banquet
- **Entertainment:** Organize and run various fun events throughout the summer, i.e. the end of season Banquet.
- **Jr Sailing Committee:** Assist with Program development and implementation.

We expect all parents/guardians to help in whatever capacity you are able. There will be opportunities to sign up at the Boat Check - In and Parent Meeting/Opening Ceremony. If you do not sign up for a volunteer slot, we would be happy to help you find one.

J. Regatta Preparation

Junior sailors may participate in JSA sponsored events or regattas for which they qualify by age, experience and area. Norwalk Yacht Club is in JSA Area C. A regatta fee is required for each race that each sailor chooses to enter. Regatta fees are included in your program fee. The Head Instructor will determine which sailors are eligible for each regatta. The Head Instructor will make sure that the proper paperwork is filed for each regatta before the deadline.

Parents/guardians will be notified well in advance if their child will be attending a regatta and will receive the appropriate information so the child and parent/guardian can prepare properly. Parents/guardians are responsible for transporting their children and their boats to any regattas that they attend. Instructors cannot drive junior sailors. At least one adult per participating boat must be present to facilitate preparation prior to a regatta at the regatta venue and facilitate the proper breakdown of boats and equipment after a regatta at the regatta venue. Optimists and Lasers can be transported on top of cars. Pixels and 420s must be transported by trailer. Boat trailers are considered a part of the vehicle to which they are attached. Make sure that your automobile liability insurance covers the trailer. The Junior Sailing Program owns several trailers to transport of boats to regattas. These trailers are for the transport of Club-owned boats first. All sailors, including those chartering club boats, are responsible for making sure the boats are properly secured onto the trailer for transport. All other equipment must be transported by car to the regatta venue. Those sailors chartering Club-owned boats must understand that the trailers and dollies owned by the club are community property and equally available to all sailors chartering similar equipment.

At regattas, spectators must be careful not to create wakes or windage, and must stay well clear of the race course. U.S. Sailing Racing Rules of Sailing prohibits outside assistance of any kind during a race, and regatta rules may require that they stay clear between races as well.

A Junior Sailing calendar with events and regattas will be available at boat check-in and on the Norwalk Yacht Club website, www.norwalkyachtclub.com/juniorsailing/. To access the full JSA of LIS calendar please go to the JSA website at www.jsalis.org and click on Calendar at the top of the Home page.

Please refer to the following **Regatta Preparation Guide** for an overview of responsibilities on regatta days.

Regatta Preparation Guide

Instructor	Sailor	Parent
<ul style="list-style-type: none"> • Review NOR (Notice of Race) & SI (Sailing Instructions) with sailors before regatta. • Check boats for proper equipment with sailors and review what the sailor needs to bring, i.e., hat, water bottle, watch, etc. • Prepare coach boat for trip to regatta evening before. • Arrive at regatta venue by beginning of registration • Check in with sailors, check each boat for proper rigging, tuning • Attend skippers meeting with sailors; review any instruction changes, weather conditions, wind, tide, currents, and strategy. • Collect sailors lunches and water to go on coach boat. • Harbor start-escort boats to start line. • Observe sailors racing, take notes and give feedback to sailors between races. • At end of racing, escort sailors back to club, instruct sailors to de-rig, and set up debriefing time. • Debriefing-review regatta with sailors so they can get optimal learning from experience. • Attend award ceremony with sailors • Make sure all sailors have an adult that is taking over responsibility for them. • Return to club and put away coach boat. 	<ul style="list-style-type: none"> • Review NOR (Notice of Race) and SI (Sailing Instructions) at home before regatta, gather all necessary equipment, i.e., hat, sunglasses, PFD, watch, etc. • Assist parents loading boat on car/trailer and taking boat off car/trailer at regatta venue • Launch boat, find place to set up rigging • Register- know sail number and if member of class association • Rig boat, ask Instructor to check rigging • Attend skipper's meeting- review with Instructor any changes in sailing instructions, weather conditions, wind, tide currents, course start line, etc. • Give Instructor lunches to take on coach boat • Check in with Instructors between races- expect feedback • After racing, sail back to club, de-rig boat and prepare for transport home • Attend debriefing meeting with Instructor, communicate with Instructor re: departure plans • Attend awards ceremony • Help parents return boat to club 	<ul style="list-style-type: none"> • Review NOR (Notice of Race) – does child need a lunch? What time does registration start? • Review with sailor his preparation for regatta, i.e., gathering of necessary equipment, reviewing Sailing Instructions. • Pick up boat at club evening before (IT IS THE PARENTS RESPONSIBILITY TO TRANSPORT BOAT AND SAILOR TO AND FROM REGATTA) • On arrival at club, help sailor take boat off car, boat to launching area, and sails to rigging area • Make sure sailor registers- sailor must know sail number • FROM A DISTANCE, make sure sailor is preparing boat, communicating with Instructor, lunch to Instructor, attending skippers meeting • Now is a good time to chat with other parents, find out from registration what time sailors are expected off the water, gather the regatta tee shirt from your sailor so it is not lost, and generally hang around until harbor start. Come back when you expect them off the water • Help sailors get boat onto car • Stay for awards ceremony • Return boat to club

K. Big Boat Program

Junior sailors JSA age 14-18 may participate in our Big Boat Program, which is run in addition to the regular afternoon racing program. Sailors can sign up for Big Boat separately from afternoon classes, and do not have to be enrolled in the regular Program sessions. Big Boat sailors get a chance to form a team and race a keel boat in the 30-40 foot range under careful guidance of our Big Boat Instructor and adult advisers. This experience is different from the usual double or single-handed junior racing experience. Participants receive navigation

instruction, take the JSA Navigation Test and attend the JSA Safety at Sea Seminar. The Big Boat Program establishes a practice schedule, which may include some other big boat racing. The team also takes part in several JSA sponsored big boat events against junior teams from other Long Island Sound clubs, culminating in the prestigious dual finale: Dorade Trophy and Beach Point Overnight race. The Dorade Trophy is a one day series of around the buoys races. The Beach Point overnight Race is an approximately 65 mile distance event. The program is popular both as a social activity and as an advanced test of sailing skills, since juniors are required to handle all aspects of steering, sail handling and navigation. If your child is interested in participating, please contact the Program Chair(s). There is an additional fee for participation in the Big Boat Program.

L. Use of Club by Non-Members

Junior sailors, who are not children of Norwalk Yacht Club Members, are welcome to use their boats after program hours or on weekends provided that they have a parent or other adult with them on the water or in the boat at all times. This privilege is extended only during the dates of the session(s) in which the junior sailor is enrolled. Please note that the facilities of the Club such as the launch service, Clubhouse, deck, etc. are for the use of Club Members only during these times. Please schedule with the Sailing Director at least a day in advance, obtain any equipment that might be locked up during these hours, check in with the Sailing Director before departure and give a float plan to the Sailing Director. Life jackets are required at all times.

You will receive a sticker for your boat at orientation which identifies the boat as part of the Junior Sailing Program.

M. Norwalk Yacht Club Junior Sailing Awards and Scholarships

Commodore's Cup

This is the highest award presented, and takes into account the entire junior sailor's career. This award goes to a sailor who has consistently demonstrated exemplary seamanship, sportsmanship, and leadership, and who (through attitude and dedication) has contributed the most to the overall spirit of the Program.

O'Gorman-Robinson Sportsmanship Award

This award goes to an advanced junior sailor who has consistently demonstrated good sportsmanship. This sailor shows respect for others, for the environment, and for equipment. This sailor demonstrates fair play and understanding of the racing rules.

Crew Prize

This trophy is awarded to a crew on a double handed boat. This award is given to a Pixel or 420 crew. The crew member should be someone who acts as an integral member of the team, is enthusiastic, and knowledgeable. At time this trophy has been awarded for outstanding crew work on the Beach Point and Dorade races, but usually the trophy awards consistent work and performance accomplished over the whole season.

Navigation Prize

This award goes to the junior sailor who shows the greatest interest, ingenuity and capability in navigation and receives the highest score on the JSA Navigation test.

Forbes and Emily Morse Awards

These awards are the highest Optimist awards, typically given to those in their final Optimist sailing year. The awards are for a boy and a girl Optimist sailor. These sailors are respected members of the Program who demonstrate the highest level of seamanship and boat handling skills. They also go beyond the Club to test their skills in other racing venues.

Nancy Pooh Marlinspike Award

The Marlinspike competition is open to all sailors who have not entered a prior year's marlinspike competition. Sailors wishing to enter the competition must complete a knot board prior to the awards

dinner at the conclusion of the sailing season. The boards will be judged by two senior members of the Club prior to the dinner and the trophy will be awarded that evening.

The requirements for the board are:

1. The board can be of any reasonable size.
2. The board must include 8 knots – 6 mandatory knots (square knot, bowline, figure eight knot, clove hitch, common whipping and sheepshank) plus 2 additional knots of the sailor's own choosing.

The primary criterion in awarding the trophy is the accuracy of all the knots presented. A secondary consideration is the overall presentation of the board itself. All knots must be tied exclusively by the sailor.

Abbett Post Award

This trophy is awarded to a parent, Club Member or staff member who has made a truly exceptional effort on behalf of the Junior Sailing Program during the year. The Program Chair(s) choose the winner with input from the Instructors.

Peter Isler Scholarship

Peter Isler was the navigator aboard "Stars and Stripes," the 12-meter yacht that brought the America's Cup back from Australia. Now he often serves as a commentator for sailing events on television. Norwalk Yacht Club is proud of the fact that Peter learned to sail as a participant in our Junior Sailing Program. Peter was a non-Member who was aided in his participation by the Club.

Norwalk Yacht Club is honored to continue a tradition of offering a full scholarship to a non-Member child in the Junior Sailing Program. The scholarship is awarded to a child who, in the judgment of the Junior Sailing Committee, demonstrates a genuine desire to learn sailing and an ability that makes him/her stand out above the ordinary sailor. Consideration as to need may also be a factor in awarding the scholarship.

All non-Member children enrolled in the Junior Sailing Program are eligible. The Junior Sailing Committee's decision is final. The scholarship is awarded for the following summer's Program during the annual Awards Ceremony.

Susie Trotman Award

Each year the JSA of LIS presents an award to one sailing instructor from a participating club who has been nominated by families from that club as the year's outstanding JSA sailing instructor, based on enthusiasm, skills and attitude. In 1999 our own Ian Watt won this award. Junior sailors can nominate their Instructor by completing a [nomination form](#) at the end of the season, which is typically a web link sent by the Program. If you think that one of our staff members should be considered for this award, please complete the form and send it to the Program Chair(s) who will submit the entries to JSA.

N. Appendices

1. Optimist Safety Inspection Form
2. Pixel Safety inspection Checklist
3. Laser Safety Inspection Form
4. Club 420 Safety Inspection Checklist
5. Parent/Guardian Code of Conduct
6. Junior Sailor Code of Conduct



Appendix 1 - *Optimist* Safety Inspection List

Sailor _____

Sail # _____ Boat Name _____

IODA Sticker # _____ NYC Boat Sticker # _____

- Life Jacket.** USCG Approved Type III PFD (non-inflatable), proper size and correctly worn, with functional whistle securely attached to the life jacket.

Bow Line

- 8 meters (26' 3") long
- Buoyant (floating line)
- 3/16" in diameter
- Securely fastened around the mast step and led through a loop of line at the bow (not through the bow drain hole).
- Tied with a 4-6" bowline at the towing end.
- Free of chafe and knots, no hardware attached.
- Mast tie-down.** Secure enough to lift the boat by the mast without disengaging the mast from the mast step.
- Air bags.** Three buoyancy bags made of strong fiber-reinforced material with non-return valves. Each must be properly inflated and secured to boat.
- Daggerboard.** Securely attached to the boat with a lanyard.
- Rudder catch.** The rudder shall have a retaining device so that it will not become detached from the boat during a capsize.
- Bailer** – At least one bailer, with a minimum capacity of one half gallon, securely attached to the boat with a lanyard long enough to allow use.
- Mainsheet bridle** – No looser than 100 mm (4 inches) from the boom at any point.
- Mainsheet hook** – Covered and/or securely closed. The hook must have no chance of trapping a line that drags across it.
- Paddle/Praddle** – attached to the boat with enough line or shockcord to allow use. A Praddle is preferred.
- Bow bumper** –All morning Optimists are required to have one properly installed.
- Swim Test satisfactory**
- JSA Waiver Form complete**
- Emergency Contact information complete**
- Parent/Guardian and Junior Sailor Code of Conduct Forms complete**

Student Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____

Inspector Signature: _____ Date _____



Appendix 2 – Pixel Safety Inspection List

Sailor 1 _____

Sailor 2 _____

Sail # _____ Boat # _____ NYC Boat Sticker # _____

- Life Jacket.** USCG Approved Type III PFD (non-inflatable), proper size and correctly worn, with functional whistle securely attached to the life jacket.

Bow Line

- 9 meters (29' 6") long
- Buoyant (floating line)
- 7mm in diameter
- Paddle:** Not less than .5 meters in length. A Praddle is acceptable.
- Rudder:** Restrainer in place; must be tied to the boat.
- Swim Test satisfactory**
- JSA Waiver Form complete**
- Emergency Contact information complete**
- Parent/Guardian and Junior Sailor Code of Conduct Forms complete**

For more info: www.sailpixel.com

Student Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____

Inspector Signature: _____ Date _____



Appendix 3 – Laser Safety Inspection List

Sailor _____

Sail # _____ Rig _____

Hull VIN _____ Hull Color _____ NYC Boat Sticker # _____

- Life Jacket.** USCG Approved Type III PFD (non-inflatable), proper size and correctly worn, with functional whistle securely attached to the life jacket.
- Rudder, tiller, and hiking stick
- Mainsheet
- Bow Line
- Main traveler
- Cunningham / Downhaul
- Clew outhaul and tie-down
- Vang
- Hiking straps
- Spars
- Daggerboard Shock Cord - Used to hold the daggerboard at set heights.
- Swim Test satisfactory**
- JSA Waiver Form complete**
- Emergency Contact information complete**
- Parent/Guardian and Junior Sailor Code of Conduct Forms complete**

Student Signature: _____

Date _____

Parent/Guardian Signature: _____

Date _____

Inspector Signature: _____

Date _____



Appendix 4 – Club 420 Safety Inspection List

Sailor 1 _____

Sailor 2 _____

Sail # _____ Boat # _____ NYC Boat Sticker # _____

- Life Jacket.** USCG Approved Type III PFD (non-inflatable), proper size and correctly worn, with functional whistle securely attached to the life jacket.

Bow Line

- 26 ft. long
- Buoyant (floating line)
- 3/8" in diameter
- Tied at the forward-most hole of the jib tack fitting.
- Paddle:** Not less than .5 meters in length. A Praddle is acceptable.
- Whistle:** Attached to PFD by lanyard (the shoulder strap is a good location).
- Rudder:** Boat has device to keep rudder connected to boat in event of capsizing or turtle.
- Forestay:** Short enough (including any extension) to hold the front edge of the mast forward of the aft face of the mast partner when the jib halyard is released.
- Trapeze system** (in addition to trapeze wire): Only one cleat, one or two sheaves, one handle and one ring on each side.
- Swim Test satisfactory**
- JSA Waiver Form complete**
- Emergency Contact information complete**
- Parent/Guardian and Junior Sailor Code of Conduct Forms complete**

Student Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____

Inspector Signature: _____ Date _____



**Norwalk Yacht Club Junior Sailing
Code of Conduct for *Parents/Guardians***

1. Support and promote the Junior Sailing Association of Long Island Sound Code of Ethics

Each competitor deserves respect.

Think before you act.

Have fun!

In victory and in defeat, be gracious.

Comply with the rules.

Sail smart, sail fair, sail fast.

2. Place winning in the context of fun, good sportsmanship, and fair play. Emphasize performance goals rather than outcome goals.
3. Promote the total sport of sailing, not just racing.
4. As spectators, remain in designated areas and manage motorboats properly.
5. Remember that any coaching DURING a race is prohibited. (See Racing Rules of Sailing 2001-2004 Rule 41 "Outside Help".)
6. Show respect for Instructors, Junior Sailing committee members, regatta officials and regatta rules.
7. Understand that alcohol and illegal substances have no place at any junior sailing event.
8. Model supportive and ethical behavior. (Young people learn more from what they observe than from what they are told.)
9. Respect all traffic rules and the designated driving route while approaching and leaving Norwalk Yacht Club.
10. Support the Junior Sailor with the care, maintenance and upkeep of equipment related to sailing. Support the Junior Sailor in travel to and from regattas.
11. Will read the Parent Handbook for valuable information and program guidelines.

Parent/Guardian Signature: _____ Date _____



**Norwalk Yacht Club Junior Sailing
Code of Conduct for *Junior Sailors***

1. Abide by the Junior Sailing Association of Long Island Sound Code of Ethics:

Each competitor deserves respect.

Think before you act.

Have fun!

In victory and in defeat, be gracious.

Comply with the rules.

Sail smart, sail fair, sail fast.

2. Show respect for fellow sailors, Instructors, and those helping to run sailing programs and regattas.
A. Will not swear, intimidate or harass anyone on or off the water.
3. Show respect for club property and staff members.
4. Show respect for their own and fellow sailors' equipment.
A. Will not steal or borrow without permission anything that does not belong to them.
5. Are organized and prepared, and responsible for the proper care and maintenance of equipment.
6. Will rig and de-rig boats and store all equipment properly each day in a timely fashion.
7. Will not leave the Norwalk Yacht Club Junior Sailing Program during class without proper notification from a parent/guardian to the Junior Sailing staff.
8. Know and abide by the Racing Rules which apply to all venues, home or away.
A. Will strive to avoid collision with other vessels or objects.
9. Understand that alcohol and illegal substances have no place at any junior sailing event.
10. Understand that Norwalk Yacht Club Junior Sailing is a team focused on supporting each other and will strive to aid someone in need.

Student Signature: _____

Date _____

Parent/Guardian Signature: _____

Date _____