

BAY ACCESS SAILING FOUNDATION SUMMER PROGRAM GUIDELINES

CONTACTS

LYC Waterfront Director Terry Flynn (832) 256-6865
waterfrontdirector@lakewoodyachtclub.com

Coach Jon Larson sailingadmin@lakewoodyachtclub.com

LYC Main Office / Security (281) 474-2511

Lakewood YC: 2322 Lakewood Yacht Club Drive
Seabrook, TX 77586

Our coaches are on the water with the sailors during the days, so they may not be able to immediately respond to your call.

PARENT ORIENTATION

On Monday morning immediately after drop off, our sailing staff will hold a short orientation session by the pool to answer questions about learning to sail and the weekly program.

CLASS OBJECTIVES and EXPECTATIONS

Sailing is a complex sport and mastering it takes years of practice. During the Beginning Sailing Program we will focus on the most fundamental aspects. Sailors will learn basic sailing terms, safety and rigging, points of sail, and basic boat handling. All sailors will help one another in moving boats, dollies and with launching and returning to shore. Class will not be dismissed until all boats are clean and stored properly as this is an essential part of basic seamanship.

DAILY ROUTINE

On Monday morning, all students should meet at the Lakewood Yacht Club pool by 9:00 am. On all other days, you should drive to the LYC Seahorse Lounge. Upon arrival, sailors will check in and meet with their instructor. At the beginning and end of each day the group will review the days plan and discuss the skills to be learned. This is an essential component of an efficient, effective, and safe sailing class. After the briefing, the sailors will proceed with water activities. The class will take a break for lunch during which they will cool off in the classroom and have a chance to reapply sunscreen. Classes end at the LYC Seahorse Lounge at 4:00 pm.

Monday: Meeting with instructors and sailors; Safety brief; Capsize and recovery; Steering; Basic knots
Tuesday: Rigging a boat; Points of sail; Avoiding collision; Reaching
Wednesday: Tacking; Sailing upwind
Thursday: Gybing; Sailing downwind
Friday: Sailing around a course including all points of sail

WEATHER CONTINGENCIES

Summer weather on the Texas coast is unpredictable. There will likely be days with scattered thunderstorms. Sailors are never on the water when there is the threat of lightning, storms, or high winds. However, there is

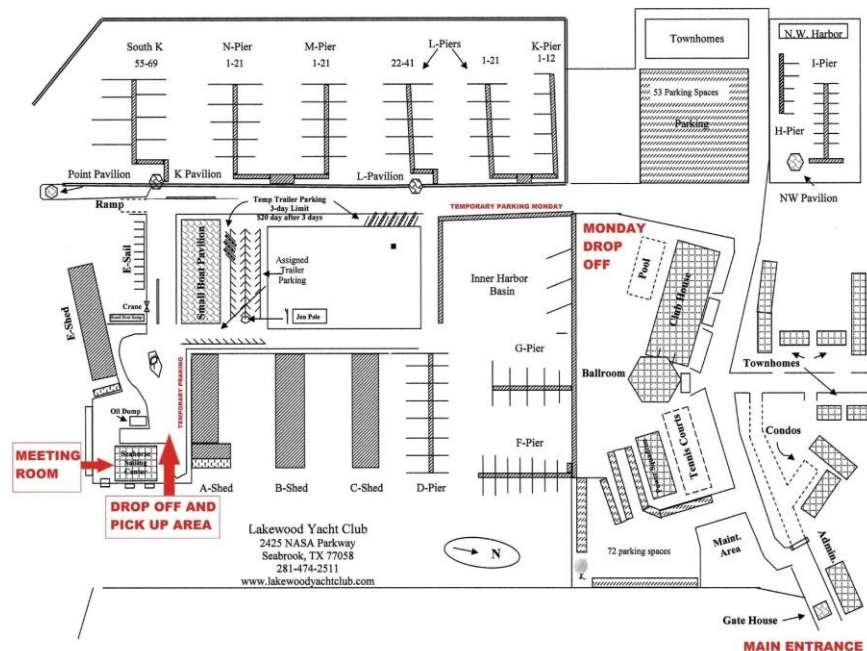
much that can be taught indoors while waiting for breaks in the weather. Bay Access sailing classes are in session rain or shine. All sailors' families will be notified if there is a severe weather threat that would require cancellation.

BEING PREPARED. ALL SAILORS SHOULD:

- Eat a healthy breakfast
- Bring a simple lunch and a healthy snack or two
- Bring a refillable water bottle and drink liquids regularly throughout the day
- Wear waterproof sunscreen (high SPF, with ability to reapply throughout the day as necessary)
- Wear sunglasses with both 100% UVA & UVB protection (polarized are best) on a lanyard
- Wear a hat with a clip so it can be tied to the life jacket
- Wear a bathing suit and a long-sleeved swim shirt and/or rash guard
- Wear fast drying, soft, light soled shoes, water shoes, or sandals (**not flip-flops**)
- Bring a towel
- Wear a Coast Guard approved PFD type III (personal flotation device) at all times when on the dock and on the water. You can bring your own PFD (life jacket) that is designed specifically for watersports and has the sailor's name written on it in permanent marker. The sailor's life jacket must fit properly and be in good condition. The straps should be tightened so that the life jacket doesn't float over their head and prohibit them from getting back in the boat
- Attach a whistle to their life jacket or PFD.
- Please advise the instructors in advance of any medical issues or medicines that your child requires

WHERE TO GO AT THE CLUB

Bay Access Youth Sailing Program is hosted at the Lakewood Yacht Club "Seahorse" facility that is located at the far southern end of the Club. Upon arrival please check with the security guards. We have designated specific areas for drop off and pick up. The balance of the Club is reserved for member use only. The speed limit at the club is 10 mph and is strictly enforced for the safety of everyone!



BAY ACCESS

SUMMER SAILING

SWIMMING PROFICIENCY VERIFICATION

(Bring this page to the First Day of Lessons)

Each camper should be capable of swimming at least two lengths of the LYC pool and treading water for two minutes or more.

Campers who cannot meet this requirement without the assistance of a life jacket will be required to demonstrate comparable swimming proficiency while wearing a life jacket.

SWIM TWO LENGTHS OF LYC POOL YES _____ NO _____

WITHOUT LIFE JACKET YES _____ NO _____

TREADS WATER FOR TWO MINUTES YES _____ NO _____

WITHOUT LIFE JACKET YES _____ NO _____

Camper Name: _____

Parent's or Legal Guardian's Signature: _____ DATE: _____

*LYC LIFEGUARD'S SIGNATURE: _____ DATE: _____

*A Lakewood Yacht Club Lifeguard must sign off each camper on the first day of lessons.