



**Sailing Procedures
&
Handbook**

Gulfport Yacht Club

Procedures for club owned boats.

1. Certification: All members in good standing of the Gulfport Yacht Club and their dependent children who have club privileges by virtue of membership are eligible to skipper GYC owned sailboats. In order to be authorized to skipper, a person must be certified by the Sailing Director, the Sailing Chairman or his designated representative. *Application for certification* may be obtained from the bar.

2. Non-members shall not be allowed to use the club boats, except as the guest crew of a club member who is a certified skipper and is acting in that capacity.

3. Using Club Boats. The certified skipper or team captain for a regatta shall complete the form titled *Request to use GYC Boat* prior to rigging. Whether for pleasure sailing, practice for a regatta, or racing at a regatta. The forms are available at the club bar. A form shall be completed for each use. It is imperative that the condition of the boat, rigging, sails, equipment etc. be reported on the form after each use and turned in the bar.

4. Races:

a. The Sailing Chairman or his designated representative shall determine who may enter regattas and which boats may be used.

b. Skippers shall observe the rules of the regatta, and shall be responsible for the conduct of their crew at the regatta.

c. Skippers are urged to use other certified skippers as crew.

5. Unsupervised pleasure sailing:

a. Sail Lockers:

(1) Members shall not use the sails that are designated for racing except with the permission of the Sailing Director or his designated representative. These are reserved for use during regattas.

(2) Keys to the sail locker are available at the bar.

(3) Equipment is in the sail locker.

Skipper and crew under 18 years of age shall wear life jackets at all times on GYC owned boats.

b. Specific Rules:

(1) At least one certified skipper must be aboard a club boat.

(2) The number of people sailing aboard a Flying Scot shall not be more than six (6), 420 (3), optimist (2), & Sunfish (3).

(3) A minimum age of Fourteen (14) years shall be required for certification of a skipper for the use of a club boat for racing or for unsupervised pleasure sailing.

(4) The club boat(s) shall not be sailed more than two (2) miles from the Gulfport Small Craft harbor without approval from the Sailing Director or his designated representative.

(5) Club Boats shall not be sailed in winds exceeding fifteen (15) knots, in threatening or inclement weather, or when Small Craft Warnings are in effect

(6) Club Boats checked out for sailing shall be returned to club not later than one-half (½) hour before sunset.

(7) No person shall fish or swim from a club boat.

(8) Except in case of an emergency,

club boats(s) shall not be anchored or moored.

(10) Club Boats shall not be used for PLEASURE sailing during scheduled sailing lessons or races or regattas.

c. The certified skipper who signs out a club boat shall have the following duties and responsibilities:

(1) To ensure that all rules are observed by crew members.

(2) To ensure that his conduct and the conduct of his crew are courteous.

(3) To see that the boat, equipment, gear, sails, etc. are properly cared for and neatly stored after use. Club boats shall be properly secured on trailers, properly parked and tilted to ensure drainage.

6. Penalties:

a. Certified skippers who violate these rules shall be subject to reprimand or suspension of use club boats for not more than one year by the Sailing Committee. For serious or repeated violations, the Sailing Committee may recommend to the Governing Board of the Gulfport Yacht Club that more severe penalties be imposed.

Members are responsible for maintaining a seamanlike regard for the weather and for returning to the Yacht Club or another safe harbor of refuge with threatened by storms or squalls. Should refuge be sought away from the club, the skipper shall notify the Yacht Club as soon as possible to avoid unnecessary search and rescue operations.

All free sailing is at the member's own risk. Non-members aboard are the responsibility of the member.

Jr. Sailing Rating Standards

REQUIREMENTS FOR A JR. SKIPPER RATING

Optimist & Open Bic

1. Pass the Jr. Skipper Written Test.
2. Successfully complete proper boat check-out form.
3. Properly rig the boat.
4. Demonstrate proficient sailing skill in at least 3 knots of wind:
 - a. Show an understanding of different points of sail.
 - b. Complete three consecutive tacks.
 - c. Complete three consecutive controlled jibes.
 - d. Complete prompt and successful MOB recovery.
 - e. Successfully complete a wet capsize recovery.
5. Properly derig the boat.
6. Complete proper boat check-in form.
7. Display consideration for the safety of lives and for the protection of club equipment.

REQUIREMENTS FOR A SKIPPER RATING

Sunfish, Flying Scots

1. Pass the Skipper Written Test.
2. Successfully complete proper boat check-out form.
3. Properly rig the boat.
 - a. Demonstrate correct tying of a figure 8, square, bowline, and cleating knot.
4. Demonstrate proficient sailing skill in at least 8 knots of wind:
 - a. Show an understanding of different points of sail.
 - b. Complete three consecutive tacks.
 - c. Complete three consecutive controlled jibes.
 - d. Complete prompt and successful MOB recovery.
 - e. Successfully complete a wet capsize recovery.
 - b. Fold sails correctly on the dock.
6. Complete proper boat check-in form.
7. Display consideration for the safety of lives and for the protection of club equipment.

REQUIREMENTS FOR A ADVANCED RACE TEAM RATING

Laser, 420, F/S

1. Pass the Advanced Racer Written Test.
2. Successfully complete proper boat check-out form.
3. Properly rig the boat:
 - a. Demonstrate correct tying of a figure 8, square, bowline, rolling hitch and cleating knot.
 - b. Cunningham, boom vang, and outhaul should be set appropriately for wind conditions.
4. Demonstrate good sailing skill in at least 15 knots of wind:
 - a. **Important:** Student needs to be hiking out.
 - b. Complete three consecutive roll tacks.
 - c. Complete three consecutive controlled roll jibes.
 - d. Complete prompt and successful MOB recovery.
 - e. Successfully complete a dry capsized recovery.
5. Properly derig the boat.
6. Complete proper boat check-in form.
7. Display consideration for the safety of lives and for the protection of club equipment.

Sailing Camp Hand Out

Parent/Guardian must read with camper before the start of camp!

Program Goals:

The primary goals of the Youth Program (in no particular order):

- Develop sportsmanship, integrity, and interpersonal skills
- Instill in the students an interest and appreciation for the sport of sailing
- Develop new skills in boat handling and sailing for those who wish to compete, and those who do not
- Develop a respect for the sea and the environment
- Learn and incorporate good safety and seamanship
- Instill a sense of responsibility for the boats and equipment
- Create a fun atmosphere in which the students want to participate

Safety, Swimming, and Age Pre-Requisites

Safety is first and foremost in the minds of the instructors.

All children participating sailing program must pass a swim check, which will be held at the start of each session. The check involves a swim of 100 yards and treading water for 2 minutes. The minimum age for the program is 7. Lifejackets will be worn at all times when students are on the docks or in boats.

What GYC provides for your sailor at camp:

- Memorial Regatta T-Shirt.
- A United States Sailing Association Little Red Certification Log Book.
- A GYC Start Sailing Right Handbook.

Following is a handy checklist of important daily "To Do's" for you to remember in preparing your child for class each day!

- Have a good breakfast, after a good night's sleep!
- Lunch
- A water bottle.
- Have sunblock, sunglasses, hat and other sun protection
- Adequate and appropriate clothing (including a change of dry clothes, and rainy day protection) and a towel.
- Shoes (an old pair of gym shoes that can get wet), or aqua socks are best: Sandals are not acceptable! NO FLIP FLOPS!

- Bring a Coast Guard approved Type III/vest style lifejacket with a whistle attached.

Money for snacks

Daily Schedule: is generally as follows:

9:00-10:00	Attendance, morning classroom, rigging
10:00-noon	Morning on the water
noon-1:00	Lunch
1:00-1:30	Afternoon classroom
1:30-3:30	Afternoon on the water, de-rig, clean-up!

Pickup between 3:45 and 4:00

Parental Involvement:

Sailing is truly a unique sport - skills learned now can be used and enjoyed for a lifetime. Sailing challenges both the mind and body, allowing individuals with different strengths and weaknesses to “find their niche”.

To help your child get the most out of the sailing program, first and foremost, parents should be involved with their children in the program. Talk with your child about what they are doing in class. The opportunity to share newly learned skills is invaluable for several reasons:

- It reinforces the skills learned
- It increases a child’s confidence and self-esteem through support and encouragement

It provides an opportunity to find out how classes are going generally, so that if there are problems or issues, they can be addressed sooner, rather than later

GYC has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and fun learning environment. It is important that both you and your child review these rules and guidelines. Appropriate behavior is expected at all times.

- Classes start promptly at 9:00 a.m.. Students should be dropped off at the club no earlier than 15 minutes before the start of class. Class ends at 4:00 p.m.. Students must be picked-up promptly.
- The word of the instructors is absolute, and students are expected to

obey the instructors at all times

- All students must take a short swim check the first day of class that consists of treading water for 2 minutes, and then swimming 100 yards
- Must be able to recover capsized boat.
- Observe the boundaries, both on the water and on shore, as established by the instructors
- No running on the docks, no climbing on the boat racks, or the rocks along the shore.
- No going under or around the pool deck.
- Students will pick-up their own trash, and are expected to keep their belongings in a neat and orderly fashion
- Students will show respect for the equipment and property
- Students will show respect for their peers, the instructors and other individuals
- No physical violence towards other students or staff
- Students will show respect for the equipment and property
- No obscene language!

Absolutely no throwing of objects allowed! *Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but can include loss of privileges, laps around the palm trees, and "time-out". Any verbal or physical abuse, or if your child's behavior jeopardizes his/her own safety or that of anyone else in the program, will result in early dismissal from class with a warning to both the parent and student. A second incident will result in the student's dismissal from the remainder of the session. There will be no refund of tuition.*

Boats We Use:

GYC uses several different boats in its youth sailing program. Different boats "handle" differently, and certain boats lend themselves to sailors of different sizes and/or experience levels. On the first days of class, the instructors will evaluate the skills and experience of the students, and consider factors like size and age, in determining into which group a student will be placed. In the case of returnee students, we usually already know which group the student is best suited for. With new students, it can sometimes take a day for the instructors to determine which group is best for your child. Please allow the instructors the time and space to work with your child in determining what is best. If, after a few days you still have concerns, feel free to talk to the Head Instructor and your child's Instructor.

The **Optimist** is the boat used for sailors in the Youth Program from rank beginners to racers, who weigh less than 110 lbs.. The Optimist is a 77lb., 8 foot, sprit rigged pram. Easily rigged, it is designed to be sailed by one sailor, although for the first day or two of class, students are often doubled up till they gain a certain comfort and skill level. The Optimist is the largest one-design class in the world with more than a half million boats being sailed and raced competitively around the world by kids ages 5-15! Last year, more than 300 boats participated in the US Championships.

Lasers Radial Rigs are standard Laser hulls outfitted with a shorter mast and smaller sail, for youth sailors. Used by the older kids and those who have outgrown the Optimists. It is also the boat of choice for students focused on developing racing skills.

Club 420s are fast, fun sloop rigged double-handed (two sailors!) boats that are very popular in youth programs around the country. Some of the 420s are rigged with spinnakers and trapezes for use by intermediate and advanced and racing instruction, for ages 11-17 (size dependant).

Flying Scots are stable seaworthy boats in all conditions. Usually sailed with 3-5 sailors. Being rigged with a spinnaker and having a large one-design class in the GYA the boats are great for coaching al levels. From the green beginners to the advanced racers.

FAQ:

Q. I want to volunteer!

A. Contact the Sailing Office 228-863-6796 - Volunteers for different programs and events are always needed and welcomed!

Q. I have a concern or issue who should I talk to?

A. Serious concerns should be brought to the direct attention of the Sailing Director. That said, the Head Instructor should usually be your first stop for resolving most issues. S/He is the hands on day- to-day program facilitator, and usually will have the answer, as well as being empowered to make decisions and correct problems.

The best time to talk to the Head Instructor (and your child's individual instructor) is at the end of class. If this is not convenient, please call and leave a message at the Sailing Office asking that the Head Instructor or the Program Director follow-up with you.

Q. It's raining!

A. Classes are held in all kinds of weather: even if it's raining. The one exception is if there is a threat of severe storm or hurricane. In this event, class participants will be called at home, and informed of the decision to cancel class.

Q. We're late!

A. Please call the Sailing Office and let them know your child will be late getting dropped off, or being picked-up, so that the instructor can be informed.

Q. My child is sick!

A. Please call the Sailing Office and let them know your child will be out for the day so that they can inform the instructors.

Q. My child is reluctant to come to class!

A. A student's unwillingness to come to sailing can be caused by any number of things: fear, an incident with a fellow classmate, or simply being tired. GYC instructors are well versed in the art of coaxing and motivating reluctant students. If you can get them to the club, in all but exceptionally rare cases, we can get them out and sailing, and enjoying it too.

Q. Learning Disabilities and Special Medications

A. Should your child have any learning disability or medication that might not be indicated on their application, or that needs further certification, please speak with the Program Director or Head Instructor. This will enable us to help your child have a positive and rewarding experience at Sail Newport.

Q. Little Red Certification Books

A. Students who have mastered particular skills, will be given U.S. Sailing's "Little Red Book". This book is a record of the skills attained by a student. Usually, the book is given out beginning at the intermediate level. Because students need to have mastered a skill, and there is provision for mastery of skills in varying wind strengths, most students will only have a few skills signed off by their instructor, by the end of a session. Returning students who were issued a Little Red Book last summer, or have one from another program, should bring their books for the instructor the first day of class. Students who go on to take classes in other programs should carry their books with them, as they are recognized by most youth programs.



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