

## Safety Policy for Youth Sailing Program (rev1)

Safety is a key aspect of all sailing programs at the Racine Yacht Club.

### Health & Safety

1. All participants will submit a current health form including a doctor's examination within the last three years with their sailing application.
2. All participants will have proof of a swim test provided by the YMCA on the first day of the class.
3. All participants will have, in their possession, a Personal Flootation Device (PFD) on their first day for use during the swim test. Should the student not have a PFD, he will be issued one for the duration of the course at the cost of \$25.00. It may be returned to the club at the end of the course for a \$15.00 refund.
4. ALL medications that the student is currently taking must be listed on the health form.
5. Sailing instructors will not dispense any medication to any student at any time.
6. All injuries must be reported to the sailing instructors.

What each student should have during class.

1. PFD to be worn at all times on the dock or in the boat.
2. Appropriate clothing to include a windbreaker. Cotton sweatshirts are a poor choice as they absorb water and do not provide warmth if it's windy.
3. Closed toe shoes with white or gum soles. No sandals. No flip-flops. No bare feet at ANY time. Swimming shoes are acceptable.
4. Towel and change of clothing.
5. The effect of sunlight is greatly increased on the water. Youth should have a brimmed hat, sun glasses and sun block. Students should know how to apply sunblock to protect his shoulders, legs and arms.
6. Open finger sailing gloves are optional.

Behavior.

1. All participants will be respectful to the instructors and fellow sailors at all times.
2. No running or horseplay on docks, in the dry sail area, or in the parking lot.
3. Students should not leave the dock until the safety boat departs from the dock.
4. All sailors will use reasonable care when operating their boat. Deliberate contact between boats will not be tolerated.
5. Behavior problems will require a meeting between the youth participants, the parents, and the sailing instructor. The second behavior issue will include the youth director (Rear Commodore). There is no third meeting. There are no refunds.
6. Participation by any youth is at the SOLE DISCRETION of the sailing instructors.

7. Parents should be considerate of pickup times. Late pickups will incur a charge of \$10.00 per occurrence.

#### While sailing

1. When two boats are capsized, all boats are required to go to the safety position and wait for further instruction
2. Boats are not to stray from the practice area.
3. If there are a large number of boats capsized or in distressed, remaining boats are to return to the docks upon the instructors commands.
4. Students should never leave their boat, even if capsized, unless expressly instructed.

#### For Instructors

First directive: Am I running the safest possible program?

Secondary directive: Am I providing the best training program?

1. Before each morning and afternoon class, instructors will review weather to include real time radar from Milwaukee MKX Nexrad site and wind forecasts.
2. Optimists will not leave the harbor if sustained winds are over 15 knots or gusts are over 20 knots.
3. Optimists will not sail if sustained winds are over 20 knots. When in doubt, don't go out.
4. Instructors will wear their PFD's at all times while on boats or while on the dock. Instructors will NOT use inflatable fanny pack PFD's.
5. Instructors are expected to wear their uniform shirt and appropriate attire while instructing.
6. Two instructors are required for any on-the-water activity
7. Students who choose not to participate in an on the water activity may stay on shore *provided that there is an adult* to supervise them.
8. Adults/Parents may accompany the instructors on the chase boat only at the instructors discretion and:
  - a. there is sufficient capacity to carry another adult with safety margin to carry 2 students
  - b. Any adult on any chase boat must wear an approved PFD.
9. Instructors will maintain a class log to include the following information:
  - a. student behavior problems
  - b. student injuries or health issues
  - c. equipment problems or repair needs for sailing fleet
  - d. equipment problems or repair needs for chase boats
10. Instructors will perform first aid for any minor injury. For more significant injuries, they are to call 911 immediately.

For parents:

1. Parental participation is encouraged at the Racine Yacht Club. We value your ideas and suggestions. Those ideas and suggestions are best made either 15 minutes *before the class starts or when all students have left the area.*
2. We can't run the best possible program if students are tardy. PLEASE make sure your child is dressed and in his PFD five minutes before the class starts.
3. Everybody runs late sometimes. Running late? The first one's on us. Second time is \$10 directly to the instructors for their lunch or dinner.
4. You may be invited on the chase boat if weather and the activity are appropriate. Here's how you should act:
  - a. Do not talk to your child from the boat without the express permission of the instructor.
  - b. You MUST wear a PFD
  - c. You must have the appropriate footwear. No open shoes. Gum type, non marking soles, boat or deck shoes will be required.