

East Bay Sailing Foundation Parent Handbook



2020 Summer Season

MISSION STATEMENT:

Our mission is to foster self-confidence through instruction in sailing, seamanship, and racing skills at appropriate levels in a safe and fun environment so that participants may enjoy the benefits of sailing for a lifetime. We encourage an ongoing dialogue among students, parents, instructors, the EBSF Committee and the involvement of anyone who supports these goals.

CONTACT INFORMATION:

Program Director: Michael Zonnenberg

Email: programdirector@eastbaysailingfoundation.org

Office phone: (401) 257-6774 **Also rings to cell phone**

Cell phone: (770) 539-3421

Mailing Address: P.O Box 855 Bristol, RI 02809

LOCATION:

East Bay Sailing Foundation operates out of Bristol Yacht Club located at **101 Poppasquash Rd Bristol, RI 02809**

EBSF Board of Directors

Kristin Browne - Board Chair - kristinlbrowne@gmail.com

Nick Cromwell - nick.cromwell@cox.net

Carol Scanlon - scan.mom@gmail.com

Peter Maloney - Adult Sailing - petemaloney@gmail.com

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Stephanie Boutilier - Treasurer - stephanie_boutilier@yahoo.com

Richard Feeny - richard.feeny@gmail.com

Chris Wilkes

Cathleen Whelan

Douglas Kallfelz

June Bjerregard

ARRIVAL/DISMISSAL:

Arrival: Students may begin arriving at 8:45 am and should check in with their instructor at that time. **Staff is not available to supervise students before 8:45.** If your child is going to be late please notify the program director.

Dismissal: Students must check out with their instructor when getting picked up. **All students in Harbor Mice, Beginner, and Opti must be checked out by a parent/guardian or authorized person.** We do our best to end classes on time but do sometimes get in a little late, please be patient.

EXAMPLE DAILY SCHEDULE:

(Schedule is subject to change)

8:45 Instructors available for check in
9:00 Lessons begins/game/chalk talk
9:30 Morning sail
12:00 Lunch
12:45 Afternoon sail
3:00 Return to docks
3:15 De-rig
3:45 Debrief
4:00 Dismissal

LUNCH:

Each student (exception of novice) must bring their own lunch. Please keep in mind that students will **not** have access to refrigerator or microwave. A small snack for the end of the day is also suggested.

Please refrain from sending your kids with foods that may cause serious allergic reactions to others (such as peanuts).

SUPPLY LIST: (***Bold** indicates equipment that is required for participation*)

- **US COAST GUARD APPROVED PFD** (person flotation device)
 - **Type I, Type II, or Type III (non inflatable)**
- Swimsuit
- **Close-toed shoes (old sneakers work great!)**
- **Refillable water bottle**
- **Sunscreen**
- Sunglasses
- Hat
- Towel
- Change of clothes
- Gear bag

- Sailing gloves
- Rain jacket (optional)

SWIM CHECK:

All students will complete a swim “check” at the beginning of the session. Harbor Mice, Beginner, and Opti must float comfortably with their jacket for 3 minutes and swim a distance of 30 yards. Adventure, Keelboat, 4201, and race teams must tread water *without* a lifejacket for 1 minutes, put their life jacket on in the water, and swim a distance of 30 yards.

Junior Sailing Class Schedule:

Our junior classes begin June 22th and end August 14th.

Junior Sailing Programs	Schedule
Harbor Mice	4 week sessions T and Th (9am - 12pm)
Beginner	2 week sessions M-th (9am -4pm)
Opti	2 week sessions M-th (9am -4pm)
Adventure	2 week sessions M-th (9am -4pm)
Keelboat	4 week sessions M,W,F (9am -4pm)
4201	4 week sessions M,W,F (9am -4pm)

We invite parents or guardians to come for a sail on the last Thursday afternoon (1pm - 4pm) of the session. This lets our sailors show off their skills and take the helm for a harbor tour, if they’re comfortable. This is not required - it’s just for fun.

Junior Race Program:

Our junior race programs starts June 22th and ends August 14th. The weekly schedule is below. Race teams have the opportunity to travel to regattas governed by the Narragansett Bay Yachting Association (NBYA). Regattas will be determined between race coaches, sailors, parents, and program director. There may be additional fees to travel to regattas.

NBYA Schedule <https://nbya.org/>

Junior Racing Program	
Opti Race Team	8 week MWF (9am -4pm)
420 Race Team	8 weeks MWF (9am - 4pm)
Singlehanded Race Team (Laser)	8 weeks MWF (9am -4pm)

VOLUNTEER:

East Bay Sailing Foundation relies on the participation and enthusiasm of our parents and guardians.

Volunteers: There are plenty of opportunities to volunteer with the club, such as boat maintenance, communication, marketing. If you have a particular skill you would like provide, or simply want to donate your time please let us know. If you would like to volunteer please contact the program director for more information.

IN CASE OF EMERGENCY:

In the unlikely event that your child has a medical emergency, immediate action will be taken to assure their safety. The student will be assessed and either treated onsite or taken to the nearest medical facility. You will be contacted using the emergency contact information you provided during registration.

INCLEMENT WEATHER:

Unfortunately weather conditions do not always allow for on the water lessons. Safety is our number 1 priority. Lessons however, will be held rain or shine. A decision will be made by the instructors and program director using local weather reports, and radar taking into account the skill level of the class. On the occasion that the weather is not conducive for sailing (too windy, thunder storms, etc.) on land/indoor activities will be held.

CODE OF CONDUCT:

East Bay Sailing foundation strives to provide a fun and safe environment in which to educate the next generation about the skills and joys of sailing. In order to do so it is of the utmost importance that we maintain a physically and emotionally safe educational environment. In order to do so the students must conduct themselves accordingly:

Students....

- Will respect their instructors, adults, members, and fellow sailors.
- Will listen to the directions given to them by an instructor.
- Will treat EBSF equipment as though it were their own.
- Will display good sportsmanship at all times.
- Will not act in a way that endangers themselves or others. Safety first.
- Will conduct themselves in a manner that reflects positively on both themselves and EBSF
- **Will not use cell phones or other electronic devices during class**

CELL PHONE USE & ACCESS:

We ask that you discuss cell phone use with your child in advance of summer classes. We don't want sailors on their phones unless it is for emergency use or to call for a ride home in case of inclement weather. All cell phones that come to class must be stored in the student's bag in the EBSF storage area. Phones that are found in use without permission from a staff member will be held until the end of the day. Multiple offenses will require that the student turn over the phone to a staff member ashore each morning.

USE OF EQUIPMENT:

If a child is using a club boat any damage or loss of equipment that exceeds normal wear and tear (staff discretion) will be reported to the EBSF program director. At that point the cost of repair may be charged to the family. If damage is done to a double handed boat, the boat responsibility will fall on both the skipper and crew. *EBSF is not responsible for damages done to privately owned or charter boats/equipment.*

PHOTOS:

East Bay Sailing Foundation will be working on creating a photo library this summer. Photos taken during sailing sessions, organization functions may be included for your viewing pleasure. If you do not consent to the use of your child's image, please notify the EBSF in writing.

GUESTS AT BRISTOL YACHT CLUB:

We are very fortunate to be located at Bristol Yacht Club and wish to continue the positive relationship we have built over the years. We ask that your sailor respect and follow these guidelines:

Sailing school participants are required to follow the BYC house rules, which include:

- o Shoes and shirts must be worn in the clubhouse at all times.
- o Wet clothing may not be worn in the clubhouse.
- o No one under the age of 18 is allowed in the BYC Chartroom (bar) or kitchen.
- o Sailors are responsible for disposing of all garbage, trash, and recyclables after use.

Junior sailors have access to the following areas:

- o Outdoor restrooms and showers
- o Picnic area by the grills
- o Basement storage area
- o Outdoor deck and **club house** during formal instruction, lunch and rest periods, and inclement weather
- Junior sailors are permitted on the deck and in the clubhouse during periods of formal instruction or at the invitation of the sailing instructors. The downstairs restroom is reserved for adults.
- Junior sailors will store their personal belongings only in the areas designated for sailing program use. No personal belongings will be stored on the deck.
- **IMPORTANT:** Please take notice of assigned parking for BYC staff and board members. **PLEASE DO NOT pull into or park in the EXECUTIVE BOARD parking area** near the playground even for a brief drop off.

Thank you