

East Bay Sailing Foundation Parent Handbook



2023 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: Trish Sellon

Email: programdirector@eastbaysailingfoundation.org

Office phone: (401) 257-6774

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

LOCATION:

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

EBSF Board of Directors

Board Chair

Richard Feeny - richard.feeny@gmail.com

Governance

Bob Millard - rmillard1954@gmail.com

Vice Commodore

Paul Redman - rmillard1954@gmail.com

Treasurer/Finance

Bob Elder - bob@egptax.com

Program Director

Trish Sellon - Programdirector@eastbaysailingfoundation.org

Adult Sailing

Peter Maloney - PeteMaloney@gmail.com

ARRIVAL/DISMISSAL:

Arrival: Students may begin arriving 15min before their class start time. Please park in the grass lot and assist your student(s) to their designated location on the main grass field. Verify that your child is checked in by their instructor. 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. Please notify the instructor if someone else other than parent/guardian is picking up your child.

LUNCH:

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

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. Students must float comfortably with their jacket for 3 minutes and swim a distance of 30 yards. More advanced classes must tread water *without* a lifejacket for 1 minute, put their life jacket on in the water, and swim a distance of 30 yards.

Junior Sailing Class Schedule:

Our junior classes begin June 26th and end August 18th.

Beginner Sessions:

Session 1A: June 26 – July 7 (No class 4th of July)

Session 1B: July 10 – July 21

Session 2A: July 24 – August 4

Session 2B: August 7 – August 18

Intermediate / Adventure Sailing Sessions:

Session 1: June 26 – July 21 (No class 4th of July)

Session 2: July 24 – August 18

OPTI/LASER/C420 Race Sessions:

Full Summer: June 26 - August 18 (No class 4th of July)

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/>

Foiling Sessions:

Session 1A: June 26 – July 7 (No class 4th of July)

Session 1B: July 10 – July 21

Session 2A: July 24 – August 4

Session 2B: August 7 – August 18

Time: Day through Day

Morning Class: 8:30am - 11:30am (3hrs)

Afternoon Class: 12:30pm - 3:30pm (3hrs)

Evening Class: 6:00pm - 8:00pm (2hrs)

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 to 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 one priority. If inclement weather conditions are forecasted we will cancel the class by sending out an email the night before. Supplemental Zoom chalk talks may be implemented when classes are canceled.

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.*

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.

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