



# YSF Parent/Guardian Handbook 2023

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## Directory

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YSF Sailing Board Chair: Skip Willauer



YSF is a tenant on the property, please stay within our lease parameters (Yellow Lines) so that we can continue our operation.

The gate will lock promptly at 6 p.m. so please arrive early to pick your sailors up. Please know that if you are locked out not to panic no sailor will be left alone, just call or text your respective coach and we will open it manually. The gate will be coming down in a matter of weeks and will not require a code for entry to YSF any longer.

## Program Details

**Adaptive-** September 18th – December 12<sup>th</sup> 2023

**Adventure, Opti, & 420's** – August 28<sup>th</sup> – December 16<sup>th</sup> 2023

**Shelby Racing & Varsity** – August 24<sup>st</sup> – December 31<sup>st</sup> 2023

### Beginner Opti

After School

Tuesday 3:30p.m. – 6:30p.m.

Friday 3:30p.m. – 6:30p.m.

### Intermediate/Advanced Opti

Afterschool

Thursday 3:30p.m. – 6:30p.m.

Saturday 9:00a.m – 12:00p.m.

### Shelby Race Team (Opti)

Friday 3:30p.m. – 6:30p.m.

Saturday 12:00a.m. – 5:00p.m.

Sunday 11:00a.m. – 4:00p.m.

\*Regattas according to schedule and skill level

### Beginner Feva

Home School

Monday 11:00a.m. – 2:00p.m.

### Beginner/Intermediate Adventure Sailing

**(Feva, Laser, Hobie)**

Home School

Wednesday 11:00a.m. – 2:00p.m.

Friday 11:00a.m. – 2:00p.m.

After School

Tuesday 3:30p.m. – 6:30p.m.

Thursday 3:30p.m. – 6:30p.m.

### Intermediate/Advanced Adventure Sailing

Home School

Tuesday 11:00a.m. – 2:00p.m.

Thursday 11:00a.m. – 2:00p.m.

### Beginner 420

Monday 3:30p.m. – 6:30p.m.

Wednesday 3:30p.m. – 6:30p.m.

### Intermediate/Advanced 420

Tuesday 3:30p.m. – 6:00p.m.

Saturdays 12:00p.m.-3:00p.m.

\*Regattas according to schedule

### Vero Beach Varsity Sailing Team (420)

Wednesday 3:30p.m. – 6:30p.m.

Friday 3:30p.m. – 6:30p.m.

Saturdays 12:00p.m.-4:00p.m.

\*Regattas according to schedule

## Program goals and overview

The Youth Sailing Foundation of Indian River County's Learn to Sail Program will provide a fun and educational program for youth interested in recreational beginner sailing all the way to advanced racing.

We seek to instill a love of sailing as a life sport while providing the fundamental skills necessary for participants to advance in the sport of sailing as far as their desire, skill, and hard work may take them.

Our coaches provide a curriculum with current and effective techniques to create skilled and confident youth sailors who will respect others, care for their equipment, and be willing to help fellow sailors on and off the water.

Our sailors will be expected to conduct themselves in the Corinthian Spirit during class and in competition.

All YSF sailors, whether their interest be in cruising or racing, should emerge with an enhanced sense of self-reliance and confidence, knowledge of seamanship, and a solid foundation in the sport of sailing.

### Class Fee:

The Youth Sailing Foundations mission is to make sailing available to all children and adults of Indian River County in a fun and safe environment. Classes are offered at a nominal fee every Fall and Spring semester except for our Beginner, Learn to Sail courses for kids. These fees help YSF offset the costs of running the program so that we can continue to do what we do. No child should be discouraged from attending any of our programs due to a fee. If there are issues, please fill out our scholarship form that can be found at the [ysfirc.org](http://ysfirc.org) website. Fees will be billed at registration for the corresponding program.

### Attendance Policy

Attendance is crucial to a sailor's growth and development within the sport. Attendance will be taken at every class. We ask sailors to attend at least 80% of classes or 16 out of 20. If you know your sailor will not be attending class on a particular date, please contact the coach so we can plan accordingly. If your sailor cannot meet this expectation, we ask that you remove your sailor from the roster so that we can accommodate a student on the waiting list. If your sailor rides the bus to YSF and plans to miss a practice, please inform the office immediately so we can communicate to our drivers.

### Safety Requirements

Safety is our primary concern here at YSF. Each safety boat is equipped with a radio and first aid kit. It is imperative that at the start of the program all medical forms be completed and code of ethics forms signed by both sailor and guardian. The Sailing Director will have these forms accessible at all times.

Attendance will be taken at every class. Please verbally or physically sign your child in and out so we know who to call in the case of an emergency should the caretaker of your child change from what we have on our forms. Also, it is very important that we know if your child is not attending class, so we can inform our bus drivers they won't be coming. Please call the office to let us know if your sailor will not be attending.

In the case of a concussion, parents will be contacted immediately to bring your sailor to the hospital for an examination. We then ask that your sailor does not return to sailing for the proper recovery time of two weeks. Should the concussion be severe enough, we will call an ambulance from the waterfront.

The Program Director will receive the weather forecast in the morning. If there is a forecast of possible thunderstorms, then the instructors will be advised to pay particular attention to the weather conditions. Instructors will cancel all water activities if they hear, or see, any lightning. All kids will be advised to go immediately into the classroom or under the bridge to continue land instruction or wait to be picked up.

In order to ensure the safety of the YSF Sailing Program, there are certain requirements for sailors:

- All sailors must pass a water comfortability test if not done so prior to the season.
- All sailors must wear closed toed shoes. Water shoes can be borrowed for those who don't have them.
- All sailors must bring refillable water bottles.
- All sailors must bring a towel, or if borrowing one from YSF, must wash and return towel.
- All registration/medical forms must be completed and fees paid prior to the sailor's arrival.
- All sailors must wear a Life Guard approved Personal Flotation Device (PFD) at all times when on the water, and must have a safety whistle attached. \*\*\*\* It is required that **ALL sailors AT ALL TIMES** wear an adequate PFD (personal flotation device – the proper name for life jacket). This life jacket (PFD) needs to be a brightly colored, Coast Guard approved, Type III or better with no collar that can get caught on the boat rigging. Type V inflatable life jackets should NOT be used in this course. PFDs are sized by user's weight. Be sure to purchase the proper size! Please write your name on the life jacket. YSF has life jackets on hand to lend.
- All sailors are responsible for rigging and de-rigging their boats.
- All sailors must have their boat equipped and set up before class begins.
- All classes will begin on time. Sailors that arrive late may have to miss class.

\*The following are not requirements, but recommendations that all sailors should take into consideration:

- Please put your name on all personal belongings with permanent ink. Also, all sailors should have their last name written in large letters on the back of their life jackets to help with identification.
- Be sure to wear sun-block, visor or hat, and sunglasses each day.
- Depending on Conditions, sailors may need bug spray or foul weather

**\*Label all belongings! Lost, misplaced or stolen articles are not the responsibility of YSF.**

There is a lost and found in the classroom throughout the season. If your sailor loses something and does not reclaim it before the last class of each season, it will be donated to salvation army.

### Class Location

YSF has a waterfront class area where instruction will be conducted. This classroom space is outdoors, located under the 17th street Bridge. Please follow the road inside the YSF grounds to drop sailors off here unless otherwise specified.

### Swim Check

All sailors joining the YSF for the first time since Summer 2022 are required to take a water comfortability test. The test will be conducted in the Indian River Lagoon. Please have your sailors come to the first practice prepared to get wet!

The Swim check goal is to test a sailor's comfort in the water and ensure that all sailors have a properly fitting life jacket and understand its use.

### Transportation

Route is being determined based on enrollment and demand. The more students from each school we can pick up the higher the likelihood we can incorporate it to the current route.

If you have a transportation request please reach out to Jessica DiSandro at [j.disandro@ysfirc.org](mailto:j.disandro@ysfirc.org) and she will coordinate with the Transportation Director to see if we are able to accommodate your needs.

### Code of Conduct

Sailors are expected to listen to instructors and coaches while on YSF property. There is a zero-tolerance policy for any kind of bullying or physical abuse. If there are any issues, the sailor will be written up and the incident will be brought to the parent's attention. We have a two-strike policy. If your sailor is written up a second time they will be asked to leave the program and re-evaluation to return to the program will be considered at a later date. Please have your code of Ethics form (included in your parent packet) signed, to be printed by the first day of instruction.

### Communication

The coach will communicate directly with the parents via email. In the case of a weather event, or the need for early pickup, parents will receive a text message and an email from our automated system. This is the main form of communication; however, for more urgent matters, please feel free to call or text your programs head coach directly.



## Volunteer Opportunities:

- Booster Club - (money or time) Planning eoy banquet and raising money for programs, travel, sailor gear, new regatta truck, etc.
- Rock the Boat Committee- Annual gala at Quail in March
- Snacks and prep for regattas, practices and YSF events
- Fundraising help- handwriting letters, helping with newsletter, annual appeal and capital campaign.
- Tow boats for regattas (Varsity, JV and Shelby parents encouraged)
- Boat maintenance and repair- Tuesday/Thursday mornings 9-12
- Adult Sailing Coach

# Curriculum Overview

## Opti/Adventure

	Level 1	Level 2	Level 3/Green	Racing
Opti	<b>Boat Care</b> - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped coming off the racks. Assigned boats.	<b>Boat Care</b> - Dry boat, coil main sheet and stow in eyelit gromet under mast step. Inform coach of needed repairs. Sail Ties need to be tied properly.	<b>Boat Care</b> - Dry boat, coil main sheet and stow in eyelit gromet under mast step. Sail Ties need to be tied properly.	<b>Boat Care</b> - Dry, covered boat on it's dolly with properly derigged sail, lines and steering under racing cover.
	<b>Boat Check</b> - air bags, knots, bowline, mainsheet, daggerboard	<b>Boat Check</b> - Sail ties, air bags, mainsheet, sail, sprit.	<b>Boat Check</b> - Unassisted Rigging and Furling according to settings (15 minutes from zero rig by end of season)	<b>Boat Check</b> - Unassisted Rigging and Furling with racing sails according to settings (15 minutes)
	<b>Body/Boat Position/ Rudder Position &amp; Line Functions</b> - Facing forward, proper tiller technique, hiking out, etc.	<b>Body Position/Line Functions</b> - Demonstrate proper body position on all points of sail and use or Outhaul, Downhaul, mian sheet and cunningham.	<b>Body Position/Line Functions</b> - Proper body position and use of lines for racing purposes	<b>Body Postion/Line Functions</b> - Proper adjustments according to race strategy and conditions
	<b>Capsize Recovery &amp; Bailing</b>	<b>Intro to bailing in sailing</b>	<b>Bailing upwind</b>	<b>Bailing while racing</b>
	<b>Knots</b> - 8, Square, Bowline, cleat hitch	<b>Knots</b> - Coil & Heave, Half Hitch, barrel knot	<b>Knots</b> - Rig with sail ties. Leave coiled, clean lines.	<b>knots</b> - Proper docking technique, coiled, clean lines. Rig with sail ties every practice and regatta.
	<b>Launch &amp; Return</b> - Day 1 practice pointing up into the wind without hitting the beach	<b>Launch &amp; Return</b> - Unassisted	<b>Launch &amp; Return</b> - Unassisted sail to start/finish line	<b>Launch &amp; Return</b> - Tell tails, Unassisted sail to start/finish line and back to launch area
	<b>Basic Parts of the boat &amp; Sail</b>	<b>More Parts of the boat</b>	<b>Racing parts, full hull understanding</b>	<b>Can test for full hull nomenclature</b>
	<b>Right of Way</b> - Learn basics	<b>Right of Way</b> -Start to use ROW	<b>Right of Way</b> - Utilize in practice and regattas (Port, starboard, barging, buoy room, no skulling/pumping)	<b>Right of Way</b> - Utilize and protest proficiently with proper right of way rules
	<b>Intro to Racing</b> - Rules, Start, Rounding marks	<b>Intro to racing</b> - How to get to the start line, different starts, ROW,	<b>Racing</b> - Mark Roundings with other boats, start strategy, course changes, protests.	<b>Racing</b> - Regatta racing, wind awareness, strategy established, sailing in 20+ knots.
	<b>Start &amp; Stop</b> (Safety Position) - Skulling	<b>Start &amp; Stop</b> (Safety Position)- skulling, backing down and backwinding	<b>Start &amp; Stop</b> - Starting techniques, sailing backward, racing.	<b>Start &amp; Stop</b> - Starting strategy
	<b>Tacking &amp; Jibing</b> - Master Reaching	<b>Controlled tacking/Jibing</b>	<b>Roll Tacking/Jibing</b>	<b>Roll Tacking/Jibing</b>
	<b>Basic Towing</b>	<b>Towing</b>	<b>Towing on command</b>	<b>Towing in high winds</b>
	<b>Wind Awareness</b> - Master Reaching	<b>Points of Sail</b> - Proper sail trim and tell tail trim. No luffing or oversteering, always trimming through tacks, etc.	<b>Mastering Upwind Sailing</b>	<b>Mastering Upwing Racing</b>

C420/Adventure

	Level 1	Level 2	Level 3/Green	Racing
C420/Feva	<b>Boat Care</b> - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped and need to be stowed uniformly. Assigned boats.	<b>Boat Care</b> - Rinsing after use, blades sticking up or gentle stowing, Leach rolling sails, boats can't be dropped and need to be stowed uniformly. Assigned boats.	<b>Boat Care</b> - Proper rigging/furling and reporting repairs.	<b>Boat Care</b> - Proper rigging/furling technique, maintain boat as needed.
	<b>Boat Check/Proper Rigging</b> (Sails, outhaul, downhaul, rudder, drain plug)	<b>Boat Check/Proper Rigging</b> (Sails, outhaul, downhaul, rudder, drain plug)	<b>Boat Check</b> - Unassisted Rigging and Furling	<b>Boat Check</b> - Unassisted Rigging and Furling with racing sails
	<b>Body/Boat Position/ Rudder Position for Skipper and Crew</b> - Facing forward, proper tiller technique, hiking out, etc.	<b>Body Position/Line Functions</b> - Demonstrate proper body position on all points of sail and use or Outhaul, Downhaul, mian sheet and cunningham.	<b>Body Position/Line Functions</b> - Proper body position and use of lines for racing purposes	<b>Body Postion/Line Functions</b> - Proper adjustments according to race strategy and conditions
	<b>Knots</b> - 8, Square, Bowline, cleat hitch	<b>Knots</b> - Coil & Heave, Half Hitch, barrel knot	<b>Knots</b> - Rig with sail ties. Leave coiled, clean lines.	<b>knots</b> - Proper docking technique, coiled, dean lines. Rig with sail ties every practice and regatta.
	<b>Launch &amp; Return</b> - Day 1 practice pointing up into the wind without hitting the beach	<b>Unassisted Launch &amp; Return</b> - Sailing into Irons	<b>Launch &amp; Return</b> - Unassisted sail to start/finish line	<b>Launch &amp; Return</b> - Tell tails, Unassisted sail to start/finish line and back to launch area
	<b>Basic Parts of the boat &amp; Sail</b>	<b>More Parts of the boat</b>	<b>Racing parts, full hull understanding</b>	<b>Can test for full hull nomenclature</b>
	<b>Right of Way</b> - Learn basics	<b>Right of Way</b> -Start to use ROW	<b>Right of Way</b> - Utilize in practice and regattas (Port, starboard, barging, buoy room, no skulling/pumping)	<b>Right of Way</b> - Utilize and protest proficiently with proper right of way rules
	<b>Intro to Racing</b> - Rules, Start, Rounding marks	<b>Intro to racing</b> - How to get to the start line, different starts, ROW,	<b>Racing</b> - Mark Roundings with other boats, start strategy, course changes, protests.	<b>Racing</b> - Regatta racing, wind awareness, strategy established, sailing in 20+ knots.
	<b>Start &amp; Stop</b> (Safety Position) - Skulling	<b>Start &amp; Stop</b> (Safety Position)- skulling, backing down and backwinding	<b>Start &amp; Stop</b> - Starting techniques, sailing backward, racing.	<b>Start &amp; Stop</b> - Starting strategy
	<b>Tacking/Jibing</b> - Master Reaching	<b>Controlled tacking/Jibing</b>	<b>Roll Tacking/Jibing</b>	<b>Roll Tacking/Jibing while rounding marks</b>
	<b>Basic Towing/Capsize Recovery</b>	<b>Towing/Capsize Recovery</b>	<b>Towing and Capsize recovery on command</b>	<b>Towing and capsize recovery in high winds</b>
	<b>Wind Awareness</b>	<b>Points of Sail</b> - Proper sail trim	<b>Wind Awareness</b> - Understanding race course set up	<b>Wind Awareness</b> - Understanding wind speed