



## Sail Training Program Handbook 2017

### Program Overview

The Barrington Yacht Club Sail Training Program (STP) is a youth sailing program which operates for eight weeks every summer. Instruction takes place aboard RS Vision sloops, Club 420 dinghies, and Optimist dinghies. Registration is open to Barrington Yacht Club member families in accordance with the Club by-laws. Classes meet for a morning session, an afternoon session, or both — following a schedule of four 2-week sessions. Students are encouraged, though not required, to enroll in as many sessions as they are able. Our annual “Registration Catalog” provides a detailed look at the course offerings and registration procedures.

### **STP Mission Statement**

The mission of Barrington Yacht Club’s Sail Training Program (STP) is to provide quality instruction to members of all ages that will broaden their knowledge and love of sailing, either on the race course or cruising, that will last them a lifetime.

### **STP Goals**

- Promote safety and respect for the water
- Teach boat handling, seamanship and sportsmanship
- Have fun!

### **Typical Day at STP**

Morning drop-off time	8:45 am to 9:00 am
Morning class start time	9:00 am
Morning class pickup	12:00 pm
Lunch Break *	12:00 pm to 1:00 pm
Afternoon class start time	1:00 pm
Afternoon class pickup	4:00 pm

**\* STP staff will NOT supervise sailors during lunch. Parents must either pick up their children for lunch or designate another adult member to do so. According to BYC policies, sailors ages 9+ are eligible for Junior Membership and are allowed to eat their**

**lunch unsupervised at the Junior Activities area. Students who are not yet Junior Members are allowed to register for morning/afternoon programs, but parents must make arrangements for lunchtime supervision. A full morning and afternoon of sailing can be overwhelming for young students, so we recommend these programs only for non-Junior Members with previous experience in STP who are confident that this choice is for them.**

## **Special Events and Programs**

NOTE: Additional announcements concerning special STP events and programs are usually posted on the STP Bulletin Board in the Red Room and/or will be included in the Club's weekly email blast.

### **Teen Motorboat Safety**

Teen Motorboat Safety is a 1-2 week evening class intended to serve as an introduction to safe boating laws and practices. Class time is split between classroom instruction and on-the-water practice aboard STP motorboats. At the end of the course, an RIDEM-proctored "Safe Boating Challenge Exam" will be administered, and all those who receive a passing score on the exam will be issued a NASBLA-approved "Safe Boating Certificate" by the RIDEM. This class is targeted at students ages 12+, but in past years some parents have participated alongside their children. Dates and registration information for this program will be communicated through a separate announcement to the membership during the summer.

### **Save the Bay Days**

The Sharks and Snappers classes have teamed up with RI Save The Bay in order to feature a guest presentation from a STB educator once per session, featuring live sea creatures, watershed models, and more. Students enrolled in a particular session of Sharks or Snappers attend Save the Bays Days at no additional cost, but typically students ages 5-8 and not enrolled in STP are allowed to register for Save The Bay Days on a space available basis for a modest fee. Dates and registration information for this program will be announced through a separate announcement to the membership during the summer.

### **Mugwumps**

The Mugwumps Juniors Race Series is open to all sailors regardless of age or ability. The focus is on fun and learning. Sailors must be BYC members but do not need to be enrolled in STP to participate. The series is held on Wednesday nights in Visions, Opti's and 420's. A skippers meeting will be held prior to going out onto the water for the purpose of explaining courses and starting sequences, and to answer any questions the kids may have. This is a family activity and parents are encouraged to participate. The racing is free and dinner is available at a modest cost afterwards. Sign-up information is usually posted on the STP announcement board in the Red Room, and we ask that all sailors sign-up prior to 4:30 PM on the day of racing in order to participate.

## **Tin Cup Regatta**

This is a “just-for-fun” regatta held during Session 4 in which sailors team up in a scavenger hunt. We realize that many sailors eagerly look forward to this event, so we will do our best to publicize the exact date on the BYC calendar as soon as the Tin Cup is planned.

## **Private Sailing Lessons**

STP staff members are permitted and encouraged to conduct private sailing lessons using BYC equipment as long as it does not interfere with regular STP programs. All private lessons must be scheduled and billed through the BYC office. For rates and availability please contact the STP Director or Member Services Coordinator.

## **Awards and Recognitions**

At the end of the season, STP recognizes accomplishment with an informal awards ceremony held at the end-of-season STP Banquet. Additionally, awards associated with perpetual trophies are once again recognized at the formal BYC Awards ceremony in the Fall. Though it is our goal to make opportunities for achievement available to as many sailors as possible, it is also our intent that awards should recognize true accomplishment. With the exception of Snappers and Sharks, STP awards will not be handed out on the basis of participation alone.

### **BYC STP Awards**

**Snappers and Sharks** - As a means of welcoming young sailors into the STP community, certificates are handed out to all sailors who successfully completed at least one session of Sharks or Snappers.

**Level 1 Small Boat Sailor Certification** - Any sailors who complete their Level 1 Small Boat Sailor or Performance Sailor Certifications during the season will be recognized with a certificate at the STP banquet in addition to receiving formal certification from US Sailing.

**STP Class Certificates** - The instructor of each class will present certificates to students in each of the following categories: Most Improved, Seamanship, General Excellence. The “Most Improved” certificate is intended to recognize a student who has made outstanding progress over the course of multiple sessions. The “Seamanship” certificate is intended to recognize a sailor whose attitude, team spirit, and love of sailing has stood out over the course of the summer. Finally, the “General Excellence” certificate is intended to recognize the sailor with the most exceptional sailing and racing skills.

**Recognition of Outstanding Accomplishment at NBYA Events** - All sailors who competed in NBYA events will be recognized at the STP Banquet with extra recognition given to exceptional performance and accomplishment at regional or national regattas.

### **BYC STP Awards**

**Seamanship Trophy** - The Seamanship trophy is awarded to an STP participant or Race Team member with the most outstanding seamanship skills during one particular season — recognizing excellence in skills such as proper rigging and sail trim, care when dealing with BYC and personal equipment, ability to adapt to changing conditions, on-the-water awareness, general sailing and boating knowledge, and skill in handling a vessel in a wide variety of conditions.

This award does not necessarily recognize long-term commitment, so it could be awarded to a younger or older sailor. The recipient is awarded a trophy at the BYC Awards night.

**General Excellence Trophy** - The General Excellence Trophy recognizes an STP participant or Race Team member for their long-term contribution as a role model to the STP program, accomplishment in the sport of sailing, and commitment to sportsmanship. This award is generally awarded to an older junior sailor with many years of participation in STP. The recipient is awarded a trophy at the BYC Awards night.

**Bill Hunter Trophy** - The Bill Hunter trophy recognizes the winners in the Opti and 420 class of the long-distance Bill Hunter Regatta held during the STP season. Winner/s and runners-up are awarded certificates at the STP Banquet and the winner/s are awarded perpetual trophy at the BYC Awards night.

**Mugwumps Trophy** - The Mugwumps trophy recognizes the winners in the Opti Green, Opti R/W/B, and 420 class of the Mugwumps Junior Racing series. Winners and runners-up of the Opti Green, Opti Red/White/Blue, and 420 are awarded certificates at the STP Banquet, and the winners of Opti Red/White/Blue and 420 are awarded a perpetual trophy at the BYC Awards night. Please refer to the Mugwumps Notice of Race and Sailing Instructions for more details about series scoring.

**Junior Championship / Jeffrey Saber Memorial Trophy** - The Junior Championship is awarded for Opti R/W/B and 420 classes for the series of round-robin races held throughout the season during STP. One "STP Race Day" occurs during regular program hours during each session, and all classes ready for racing will participate. Racers must participate in 3 out of 4 races in order to be eligible for the Junior Championship awards. Winners and runners-up of the Opti Green, Opti R/W/B, and 420 classes are awarded certificates at the STP Banquet. The winner of the Opti R/W/B will receive a perpetual trophy at the Fall Awards banquet, and the winner of the 420 class will be awarded the "Jeffrey Saber Memorial Trophy."

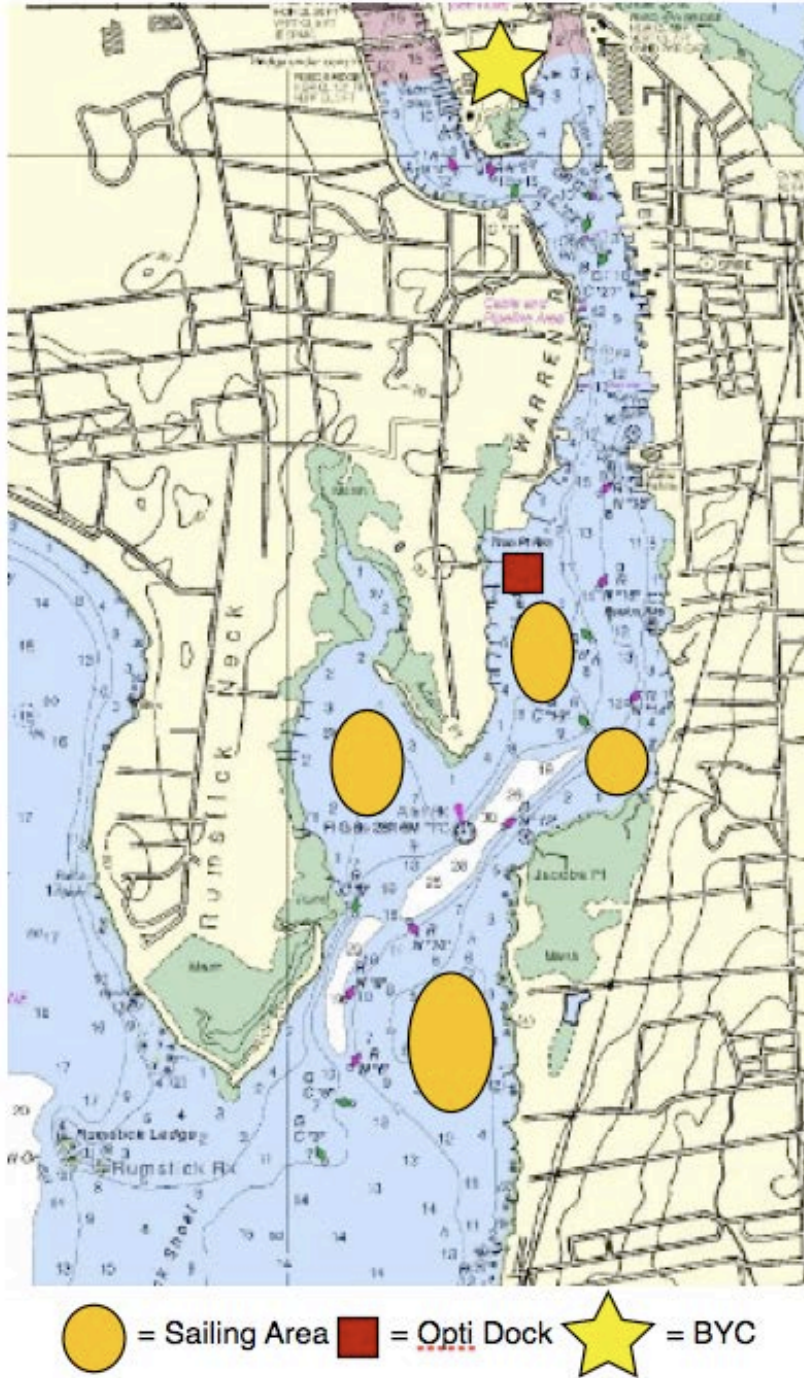
**The Walter Seymour Award** - The Walter Seymour Regatta is a Junior Member vs. Senior Member 420 Regatta. A team winner (i.e. Senior or Junior) and the winning skipper and crew are recognized with a certificate at the STP Banquet and also with a perpetual trophy at the BYC Awards Night. This regatta typically takes the place of Mugwumps on a single Wednesday night in the middle of the season. Alternatively, the event may be held in the place of senior circuit racing on a Thursday night. An announcement of the Walter Seymour Regatta will be posted on the STP and General Announcements Bulletin Boards and also communicated to the membership during the summer summer.

**Captain Benjamin Sammis Scholarship Award** - This recognition and scholarship is awarded to a junior sailor in the Barrington Yacht Club, Saunderstown Yacht Club, or NBYA participant whose enthusiasm, sportsmanship, and love of sailing best exemplifies the qualities of Marine Corps Captain Benjamin W. Sammis. Some considerations for selection for this award include: outstanding scholarship, community achievement, outstanding sportsmanship in sailing and/or other sports, an individual who by their own bearing sets an example others would wish to emulate, and demonstrates a high moral character in their daily life.

Candidates for this award are encouraged to contact the STP Chair for more details or, submit a resume of accomplishments to:

The Capt Benjamin W. Sammis Scholarship Award Committee c/o of Barrington Yacht Club.

**Chart of Sailing Area**



## **Student Code of Conduct**

It is the goal of the Sail Training Program that all students have a safe and enjoyable experience on and off the water. Students are expected to respect each other, their instructors, the property of others (including the property of BYC) and the natural environment. In this regard, the following disciplinary procedures will apply during STP sponsored programs, events or activities.

The following can result in immediate expulsion from the program without appeal or refund. Re-entry into STP the following year may not be possible:

- Possession of alcohol, tobacco, or illegal drugs
- Threatening or harassing a student or employee, or fighting
- Endangering a student, employee, or others on the water or properties used by STP
- Theft from STP, its employees, students or volunteers

Lesser offenses will be dealt with according to the following “three strikes” policy.

### **Strike 1:**

After the first incident, a verbal warning will be given by the instructor, followed by written documentation. The parent will be informed of the strike by the Instructor, Program Director, Club Manager or Committee Chairperson. The student will be removed from the class for the remainder of the morning or afternoon during which time the incident took place. Should the incident have occurred during the later part of an afternoon, at the discretion of the Program Director, Club Manager or Committee Chairperson the child may be suspended for ½ day the following day. A constructive punishment may be assigned to the student during that time of suspension.

### **Strike 2:**

After the second incident, a verbal warning will be given by the instructor, followed by written documentation. The parent will be informed by the Program Director, Club Manager, or Committee Chair Person. The student will be removed from the class for the remainder of the day. Should the incident have occurred during the later part of an afternoon, at the discretion of the Program Director, Club Manager or Committee Chairperson the child may be suspended for one full day the following day. A constructive punishment may be assigned to the student during that time of suspension.

### **Strike 3:**

After the third incident, written documentation will be filed, Club Flag Officers notified and the student will be expelled from STP without refund. Expulsion will require the approval of the Program Director, Club Manager, and the STP Chairperson. Such action may also affect the student’s junior membership status.

## **Care for BYC Boats and Equipment**

### **Boat Use Agreement**

It is understood that normal wear and tear to equipment is expected in an instructional environment. However, damage to boats and equipment due to recklessness and negligence will not be tolerated. Families will be held liable for such damages at the discretion of the STP Committee Chair. Efforts will be taken to inspect all boats prior to and following each session and to assign each student to the same boat for the entire session to ensure that students are able to look after their own equipment and not be held accountable for damage caused by others.

With approval of the BYC General Manager, STP boats may be signed out by members for use at Mugwumps, regattas, and for recreational sailing by the general membership. Boats will be inspected prior and following use by BYC Staff and must be returned without damage. The member who signed out the boat will be financially responsible for any damaged/missing STP boats and equipment. Additional information about use of STP sailboats outside of program hours is available from the General Manager or the Member Services Coordinator at the front desk.

### **Maintenance Projects**

Each class will engage in an age and skill level appropriate maintenance project during a morning or afternoon per session. For example, students in the Opti Intermediate class may spend one afternoon washing the hulls with soap and water and attaching new painters to all of the Optis used by their class. The purpose of this project is not to take advantage of participants as a captive labor source, but rather to teach lifelong boat ownership skills and instill a sense of pride and ownership in their fleet. Students will not be exposed to hazardous or strenuous maintenance activities beyond what is age-appropriate.

### **Private Boats and Equipment**

Registration fees for all classes will include the use of BYC boats, except for the Opti Race team. However, children of families who own private Optimists are welcome to use personal boats in the program. A discount on all registration charges is offered to all families who make the commitment to use a private boat at the time of registration. BYC owns a fleet of 28 Optimists, but in the busiest sessions STP utilizes every single Club boat. Therefore, if you elect to use a private boat during the registration process, we cannot guarantee that a BYC boat will be available if you have an equipment failure or other problem. BYC has dolly space available in the parking lot and limited rack space on the docks for private Optimist owners.

Private boats used in STP must meet minimum safety requirements and be fully functioning. Private boats are used at the owners risk only. Finally, all private Optimists must be equipped with bow-bumpers (including Opti Racers). All of the BYC Optimists have been equipped with bow-bumpers, and they have spared the fleet from considerable wear and tear as well as accident damage. Bow-bumpers on private and club boats prevent conflicts between owners of private boats and between the club and owners of private boats by preventing damage in minor collisions. If you are worried about a bow bumper affecting your boat's performance in choppy conditions, most models of bow-bumpers can be easily removed during regattas and reattached for STP.

## **Statement of Understanding**

All participants and parents participating in STP must agree to the following statements of understanding during the registration process:

### **Student's Agreement**

I understand that while participating in STP, I agree to abide by the program's Student Code of Conduct and Boat Use Agreement and obey all program rules/direction as directed by the Program's Committee, Director, and instructors and that I will exercise the utmost care in the use of the boats and equipment and that I will not engage in any disruptive or disrespectful behavior. Routine maintenance and minor repairs will be expected of me as part of the program. I understand that failure to abide by the rules may result in my suspension or expulsion from the program.

### **Parent/Guardians' Agreement**

I acknowledge the Student's agreement above and will ensure that our child adheres to the program's rules including but not limited to the Student Code of Conduct and Boat Use Agreement. I agree to assume the obligation for the expenses of repair and/or replacement of Club/Program equipment that is attributable to my child's reckless or irresponsible behavior. Further, I agree to pay all program fees for all class sessions confirmed for my child and understand refunds will only be made available according to the policies outlined in the registration procedures.

## **Student Expectations / Safety**

### **All students are expected to...**

- Be cooperative, supportive, and respectful of other people as well as private and Club property at all times.
- Obey all BYC, STP, and class rules.
- Participate 100% in daily activities.

### **What to bring to STP...**

- Lifejacket / PFD
- Sneakers or "closed-toe" boat shoes
- Adequate and appropriate clothing, including a change of clothes, jacket, hat, sunglasses, sailing gloves, foul weather gear, and towel.
- Sunblock
- Water bottle
- Healthy lunch or money for snack shack (Sharks/Snappers should bring a snack)

### **What NOT to bring to STP...**

- Glass containers
- Water-sensitive valuables such as iPods, video games, etc.
- Bulky cotton sweatshirts, jeans, or other inappropriate foul-weather clothing
- Flip-flops or sandals are not to be worn during program hours
- All student possessions are to be stored unsupervised under the tent during the day, so please do not bring any valuables or large amounts of cash



## **Swim Check**

Parents of all STP participants are responsible to make arrangements to have their children perform a swim check prior to the first day of the session. Returning students who have completed the swim check and participated in STP during a previous year do not have to retake the swim check.

The BYC STP Swim Check consists of the following procedure:

For Sailors 8 years old and older

1. Jump into the deep end of the pool
2. Swim the length of the pool and back using any stroke.
3. Remove PFD while still in the water and not touching any walls. PFD used should be the same one the sailor intends to use for STP activities.
4. Tread water for one minute.
5. Put the PFD back on while still in the water and not touching any walls.

For Sailors under the age of 8 years old

1. Jump into the deep end of the pool with sailing shoes, and life jacket.
2. Swim the length of the pool and back with life jacket on.
3. Float comfortably in the water for one minute with lifejacket on.

Please contact the BYC office or the BYC pool staff for more information to schedule a swim check. The BYC pool will be open and lifeguards will be available to administer the swim check at least one week prior to the first session. For more details please see the “swim check policy” on the STP Website.

## **Foul Weather / Severe Weather Policy**

Every effort will be made for class to be held either on land or on the water in the event of inclement weather. On-the-water instruction may take place in the rain, so dress appropriately. In case of inclement or severe weather, the Snappers and Sharks classes will always have an appropriate on-land activities taking place in the “Red Room.” In the case of severe weather such as thunderstorms, it is unsafe for students to remain under the tent, and we have limited space available in the clubhouse. Under such conditions the program may be cancelled for the day at the discretion of the Program Director, Committee Chair, and Club Manager. Every effort will be made to communicate this to parents as early as possible. However, regardless of weather, no student will ever be left at the club unsupervised. No refunds or make-up days are to be issued in the case of weather cancellations.

## **Safety Information / Policies**

- All participants and staff must wear USCG-approved Type III (non-inflatable) PFDs at all times both on the docks and on the water. Our instructors are not lifeguard certified, so PFDs must be worn even while swimming.

- Closed-toe shoes must be worn at all times on land, on the docks, and on the water by participants and staff during STP hours.
- At a minimum, all Senior Instructors possess US Sailing Association Level I Small Boat Sailing Instructor Certification, Red Cross First Aid and CPR training, and NASBLA-recognized Safe Boating Certification or equivalent.
- On-the-water staff are in contact with BYC via VHF radio. In the case of emergency, all classes can be contacted by the office staff if you call BYC at 401-245-1181.
- Parents and Sailors are responsible for the use of protection from the sun: clothing, hat and sun block. Parents should remind their children to reapply sunscreen and rehydrate during the lunch break.

### **BYC Member Grandchild Participation Policy:**

"The purpose of this policy is to, under certain circumstances, allow visiting non-member grandchildren (whose parents are not members of the Club, but whose grandparents are members of the Club) to be able to participate in: (a) the Sail Training Program ("STP") and/or (b) certain junior activity events (limited to the summer events [i.e. Thursday night events, swim lessons, use of the pool and game room, etc.]) (collectively, the "Junior Activities"). Such non-member grandchildren shall not be Junior Members of the Club, shall not be accorded the privileges otherwise available to Junior Members (except as hereinafter provided) and posted guest policies established from time to time by the Board of Governors shall apply to them, subject to the provisions hereof.

Non-member grandchildren of Active Members in good standing shall be allowed to take part only in STP and the Junior Activities subject to the satisfaction of all of the following criteria:

1. Such participation shall have the approval of the Chairperson of STP Committee and/or the Junior Activities Committee, as the case may be;
2. A non-member grandchild must pay an activity fee as determined by the Board of Governors for the then current summer season;
3. Space must be available in STP or, if applicable, in the Junior Activity. Junior Members shall at all times have precedence when space is limited. A non-member grandchild shall be "bumped" out of an STP class or Junior Activity, if necessary, if a Junior Member seeks admission into that STP class or Junior Activity at the last minute; [This provision was modified to provide that there be a deadline date by which a Junior Member had to acknowledge his/her intent to participate, after which a non-member grandchild would be assured of a space.]
4. A non-member grandchild's principal residence must be beyond a 75-mile radius (as the crow flies) of the Club;
5. A non-member grandchild must be a continuous houseguest of their Active Member grandparent(s) during the period of time that such grandchild is a participant in STP or the Junior Activities (it being understood that the minimum stay of the non-member grandchild with their Active Member grandparent(s) shall be one week; otherwise the

posted guest policies established from time to time by the Board of Governors shall apply to the non-member grandchild without regard to the provisions hereof); and

6. A non-member grandchild's non-member parent(s) and Active Member grandparent(s) must complete and sign any waivers required generally of Junior Members associated with participation in STP and/or the Junior Activities.

With regard to junior awards, unless the deed of gift requires that the recipient be a Junior Member (i.e. the Seamanship Trophy, the George Gale Award, the Larry Deschene "Coach" Award, etc.), a non-member grandchild shall be allowed to be a recipient thereof on account of the non-member grandchild's permitted participation in the event for which the award is available.