

# LONG BEACH YACHT CLUB

## PARENT/SAILOR MANUAL

Dear Parents and Sailors,

Welcome to the LBYC Summer Sailing Program! Our goal for the summer is to instill a lifelong appreciation for sailing and yacht racing by creating an environment that promotes sportsmanship, safety, and the fun of being on the water.

This manual provides valuable information on boat safety, necessary gear, daily events and much more. Please take the time to thoroughly read it with your sailor as it's very important that rules and expectations are understood by everyone participating in our program. Everyone will be much better prepared for this summer's activities after reading this manual.

If you have any questions or thoughts regarding any of the following information, please don't hesitate to ask. If your call goes to voicemail during program hours, it means I am assisting another sailor or on the water. Please leave a message and I will get back to you as soon as possible.

I look forward to sharing a fantastic summer with both new and returning sailors!

Sincerely,

Cameron MacLaren  
Sailing Director

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## LONG BEACH YACHT CLUB

# JUNIORS CODE OF ETHICS

- Treat other persons and their property as you wish them to treat you and your property.
- Respect club property and the personal property of other sailors.
- Regard the Racing Rules of Sailing as binding agreements, the spirit of which should not be evaded or broken.
- Be gracious in victory and defeat.
- Be cooperative and respectful of instructors, club members, adults and peers.
- Remember that your actions on and off the water reflect upon you, your family, your instructor and your sailing organization, especially as a guest of another yacht club.
- Sailing is a self-regulated sport. Know the rules and follow them. Never jeopardize your integrity by abusing the privilege of sailing.

**“You haven’t won the race, if in winning the race, you have lost the respect of your competitors.”**

- Paul Elvstrom (4-time Olympic Sailing Gold Medalist)





## **DAILY CLASS TIMES**

MONDAY – FRIDAY

### **AM CLASSES**

SEA OTTERS	Regatta Patio at 9:00 AM.....Pickup at 12:00 PM
SABOT NOVICE	
RET. NOVICE	Long Dock at 8:45 AM, Class begins at 9:00.....Pickup at 12:00 PM
JR INSTRUCTOR	Long Dock at 8:45 AM.....Pickup at 12:00 PM
INTRO TO LASER	
INTRO TO	
DOUBLEHANDED	Jr. Base at 8:45 AM, Class begins at 9:00.....Pickup at 12:00 PM

**SNACK BAR: OPEN TUESDAY-FRIDAY (CLOSED MONDAY)**

**MONDAY: PACK YOUR OWN LUNCH**

### **PM CLASSES**

SABOT C3	Long Dock at 12:45 PM, Class begins at 1:00.....Pickup at 4:00 PM
SABOT A-C2	
RS FEVA	
LASER RACING	
DOUBLEHANDED	
RACING	Jr. Base at 12:45 PM, Class begins at 1:00.....Pickup at 4:00 PM

#### **THINGS TO BRING EVERY DAY – LABEL EVERYTHING!**

Sunscreen	Shoes/Sandals	Swimsuit
Lifejacket	Towel	Backpack
Sweatshirt	Hat	Sunglasses
Reusable Water Bottle	Watch/Gloves (Racers)	Safety Whistle



## **GENERAL INFORMATION**

### **COMMUNICATIONS**

Email will be the primary method of communication from the Sailing Director to parents and sailors throughout the summer program. It is imperative that parents and sailors with personal email accounts check their emails daily in order to stay informed on upcoming events, pertinent information, and requests for support. Look for a weekly newsletter called the “Youth Yak” which originates from our ClubEssential email service. Targeted emails to smaller groups or individuals will originate from the Sailing Director’s email account.

### **PARENT/SAILOR AGREEMENT**

Every effort is made to acknowledge good behavior and sportsmanship with our Junior Sailors. The sailors will have the opportunity to earn rewards for good behavior, sportsmanship and going above and beyond. Encourage your sailor to display the true Corinthian spirit both at LBYC and away. To ensure that all our juniors are familiar with the rules and what is expected, we ask that this manual be thoroughly reviewed with your sailor. All sailors and parents enrolled in the summer program must sign an agreement stating that they have reviewed and understand the rules and discipline policies. This must be on file at LBYC before the sailor will be eligible to participate.

### **SAFETY AND GEAR**

Safety is the first priority at Long Beach Yacht Club. All boats must have the required equipment. Adequate footwear should be worn at all times. For the CFJ Racing class, additional gear items are required such as closed-toe water shoes/booties, waterproof spray tops, and waterproof spray pants. For sabots we recommend a pair of quick dry shoes like aqua socks as they are lightweight and can be easily worn in the boat, however bare feet in sabots is also appropriate. Footwear is essential any time on land. It is also strongly recommended that sailors wear a hat or visor, sunglasses, bring a reusable water bottle, and of course apply sunscreen every day. Think Safety First and **LABEL EVERYTHING with your name!**

### **GEAR STORAGE**

**Gear may not be stored on the floor in the Regatta Room or Jobson Room.** Large bags or backpacks may be kept in the courtyard outside the Regatta Room along the perimeter fence. Lockers are available inside the bathrooms first come, first served and must be vacated at the

end of each day. **Lockers are the most secure way to store your gear.** Be advised that the communal storage area in the courtyard is not secure and sailors store their items at their own risk. LBYC is not responsible for any personal items left unattended and unsecured, including within the courtyard gate.

### **SUNSCREEN**

Sunscreen is a necessity. Please apply waterproof sunscreen to your sailor before arriving to LBYC each day and pack (and label) some for re-application during the day.



### **POOL / BEACH / BATH TOWELS**

Towels will not be provided by LBYC. Please bring a towel each day to use after sailing, swim time, visits to the beach or in the showers after a day on the water.

### **LIFEJACKETS (PFD'S)**

Each child is required to supply and properly wear a US Coast Guard approved Personal Flotation Device (PFD) at all times while on the docks and water. The lifejacket must be in good condition and fit well – too big is just as bad as too small. The orange "Mae West" type is not appropriate for daily wear. Throwable cushions are not acceptable. Mark the lifejacket with the sailor's name and bring this every day.

### **CLUB VESSELS & EXCURSIONS**

Club vessels used for our summer program are equipped with VHF radios and are in full compliance with all federal, state, and local regulations. Ocean practices and excursions are limited to the CFJ Racing Program and special events only. Such special events require permission slips detailing those excursions. Weather forecasts may determine the status of departure. Use of private vessels for program excursions must be arranged with the Sailing Director. All excursions are left at the discretion of the Sailing Director.

### **ATTENDANCE**

Prompt arrival and consistent attendance are important to the success of a sailing program. Juniors arriving late will delay the class and disrupt the scheduled rigging times. During class hours the sailor is the responsibility of the instructor and must remain with the class. At the end of class, the sailor is dismissed and becomes the responsibility of their parents. Please remember that on race days the derigging times may vary according to wind conditions, race venue and event schedules. **Classes meet regardless of weather and attendance will be taken. If a sailor is absent, ill, or will be arriving late, please notify the Sailing Office.**

### **DISCIPLINE**

It is the intent of LBYC that all those involved will have a safe and enjoyable summer. Our primary purpose is to provide quality instruction in a safe environment. To do so we must maintain discipline and have full compliance with the rules. Failure to comply with the rules will result in the sailor being disciplined. Gross infractions may require suspension or expulsion from the program. Suspensions and expulsions are at the discretion of the Sailing Director and, if necessary, the Youth Advisory Committee. Disciplinary action requiring suspension will include a meeting with the parent(s), the Sailing Director and the class instructor to determine expectations upon return to the program. Sailors participating in the summer program that continue to have disciplinary problems – “three strikes” – will be subject to expulsion. Such infractions will be submitted to the Youth Advisory Committee at the discretion of the Sailing Director.

### **SWIM TEST**

LBYC’s program includes daily swimming activities throughout the summer. All sailors, regardless of age or number of years in the program, will be required to pass a swim test on the first day of class. The swim test will be given in the bay, and sailors must be able to swim a minimum of 25 yards and tread water for 5 minutes to be considered passing (Sea Otters excluded). Lifejackets will also be tested for fit and buoyancy. A capsized test will also be administered during the first week for all sailing classes (Sea Otters excluded).



### **IMMUNIZATION & PHYSICAL RELEASE**

The LBYC Board of Directors has introduced a new policy that will impact your child’s participation in our youth programming. Effective immediately LBYC will require proof of current immunizations and a pre-participation physical exam in order to participate in our youth programs (sailing, swim, and Corinthian). The necessary release form is posted on our website as well as in this manual. Please contact your physician’s office for assistance. The form must be completed by his/her office and officially signed and stamped. Once complete, please hand deliver the original or scan and e-mail to Youth Activities Director. If you have comments or concerns to share with the Board regarding the new policy, please contact the Commodore.

### **SABOT SPACES**

Sabot storage fees are billed from the accounting office. To rent a sabot space, please visit or call the Sailing Director to make rental arrangements. Any boat or equipment stored on LBYC property without prior rental arrangements will be subject to storage fees.

### **LOST AND FOUND**

All sailing equipment and personal belongings must be put away or taken home after each day of the summer program. If sails, gear bags, life jackets, sandals, hats etc. are left out on club grounds after class is over, items will be held in the Lost and Found located in the storage cage under the pool deck. The fee to retrieve an item from Lost and Found is \$1! Please put your things away properly. We cannot keep track of personal equipment so please be responsible for your own gear. **Remember, label everything!**

### **DROP-OFF AND PICK-UP**

Parents are encouraged to park in the club parking lot and walk their children to the junior area where their instructor will meet them. For the Sea Otter, Novice and Returning Novice classes, parents are required to sign the Sign-in/Sign-out sheet each day at drop-off and pick-up times. Sign-In/Sign-Out sheet will be located on the patio outside the Regatta Room. Parents will be responsible for their children before they sign in and after they sign out. After the child is signed in and class begins, we ask that parents allow the instructors take over. Some children have a hard time when mom or dad is there watching and often would rather be with their own parent instead of the instructors. For this reason we request that parents leave the junior activities area while the program is in session. Your cooperation is greatly appreciated.



### **JUNIOR GUESTS**

Junior Guests (non-members) are eligible to enroll in the LBYC Junior Sailing Program under the following conditions: (1) must be 10 years of age or older, (2) must have previous sailing experience, (3) must enroll in the same class as their member sponsor. Junior Guests must enroll through their member sponsor's account and all tuition will be billed through this account. Junior Guest privileges are extended to the junior sailor only and includes access to the docks, sabot storage, pool deck, waterfront and sailing facilities only. Parents of Junior Guests do not have member privileges and may not use the club facility except during Junior events. All junior sailors who are wet, shirtless, or without shoes or sandals must first clean up before entering the main clubhouse.



## **BOATS AND CLASS ASSOCIATIONS**

### **ALAMITOS BAY FLEET (ABF)**

All yacht clubs with Junior Programs in Long Beach participate in the weekly Alamitos Bay Fleet regattas. ABF regattas include the Tuesday Twilight Series, ABF Summer Series, C Fleet Championships and finally ABF Championships. Advancing from one Sabot racing class to



the next (C3 to C2, C2 to C1, etc.) is based on merit rather than age. Sailors must win qualifying events in order to be eligible to advance to the next class. Per the INSA rules, the criteria for a qualifying regatta are listed below:

- One 2-day event or two 1-day events
- 3 or more yacht clubs represented
- Minimum 7 boats in the fleet
- 1:7 Move-up ratio (7 boats = 1 move-up, 14 boats = 2 move-ups, etc.)

### **SOUTHERN CALIFORNIA YOUTH YACHT RACING ASSOCIATION (SCYYRA)**

SCYYRA is the governing body for youth sailboat racing in southern California. All regattas, clinics and events are listed on the SCYYRA Calendar which is a great resource found on their website ([scyyra.org](http://scyyra.org)). Most events listed will contain a link which clicks directly to the homepage. All racers and their parents should subscribe to the email distribution list found on their website in order to receive important communications from SCYYRA directly. Advanced sailors of high school age are encouraged to apply to the SCYYRA Team to represent their home yacht club in this collective organization. SCYYRA also hosts an annual application-based clinic at the US Sailing Center of Long Beach each December for CFJs, C420s, Lasers and 29ers. Parents interested in getting more involved are welcome to attend the regular SCYYRA meetings and may have the opportunity to take on a bigger role from there.

### **UNITED STATES SAILING ASSOCIATION (US SAILING)**

All racing sailors (Sabot, CFJ, Laser, C420, etc.) must be a member of US Sailing which is the national organizing body for the sport. It establishes and publishes Racing Rules, conducts and sanctions regattas for various national championships. It is composed of various districts within the U.S. and more information can be found at [www.ussailing.org](http://www.ussailing.org)

### **INTERNATIONAL NAPLES SABOT ASSOCIATION (INSA)**

All participants competing in sabots must belong to the International Naples Sabot Association (INSA). INSA is the one-design class association for the Naples Sabot. It is responsible for the administration of the class and sanctions the National Championship Regatta in August. INSA membership is renewed annually per skipper and includes a subscription to the INSA newsletter and yearbook. Support your class association. Completed applications should be forwarded directly to INSA. Membership forms can be picked up at the Sailing Office or log on to [www.naples-sabot.org](http://www.naples-sabot.org).

The Naples Sabot is the primary training boat for young sailors in Southern California. Each Sabot sailor must provide their own Naples Sabot. All boats must be in good working order

BEFORE the start of the summer program. Class time cannot be used to repair faulty equipment. Sailors and their parents are responsible for the upkeep of their boats. All equipment should be marked with your name and the sail number of the boat.

### The Naples Sabot

Overall Length	7ft 10in
Beam (width)	4ft 0in
Weight	95 pounds minimum
Sail Area	38 square feet
Mast Length	13ft 3in

### Sabot Equipment Checklist:

- Hull (INSA sticker)
- Mast
- Boom
- Sail & Sail bag
- Rudder/Tiller/Tiller Extension
- Leeboard/Leeboard Handle
- Mainsheet
- Sail Controls  
(Outhaul/Downhaul/Boom Vang)
- Painter (Bow Line) 10 ft. minimum
- Hiking Strap
- Bailer (tied in)
- Life Jacket (vest type, no self-inflating)
- Paddle (tied in)
- Weights (Sabot A, B and C1 classes only)

### **CFJ (CLUB FLYING JUNIOR) CLASS ASSOCIATION**

CFJ Class Association is the one-design association for the Club Flying Junior. It is responsible for the administration of class and sanctions the National Championship Regatta.

Membership is required to participate in events. Membership is renewed annually and should be forwarded directly to the class secretary. For more information, check out the class association website at [www.cfjclass.org](http://www.cfjclass.org)

The Flying Junior has proven to be the ideal double-handed training boat for youth sailors coming out of the Sabot, and is used widely across the country for high school and collegiate sailing teams. The Club Flying Junior is widely used in yacht club programs, and introduces a third sail: the spinnaker. All CFJs used during the program will be provided, with the charter fee included in summer tuition.

### CFJ Specifications

Overall length	13ft 6in
Beam	5ft 3in
Sail Area	175 square feet

## **CLUB 420 CLASS ASSOCIATION**

The C420 Class Association is the one-design association for the Club 420. It is responsible for the administration of class and sanctions the National Championship Regatta.

Membership is required to participate in events. Membership is renewed annually and should be forwarded directly to the class secretary. For more information, check out the class association website at [club420.org](http://club420.org).

The Club 420 is the ideal next step once a sailor has mastered their position on the CFJ and is ready to take their racing to the national level. Building on the double-handed platform introduced by the CFJ, this boat adds the trapeze which suspends the crew out over the water by a wire and harness as they stand on the gunwale of the boat. With the wider, flatter bottom the boat gets up on a plane quicker and is more stable at high speeds in swell and chop. This one-design junior class is much more prevalent across the country than the CFJ, lending lots of opportunities to travel to the east coast for high caliber events. All C420s used during the program will be provided, with the charter fee included in summer tuition.

### C420 Specifications

Overall length	13' 9"
Beam	5' 4"
Sail Area	205 square feet



## **REGATTAS**

### **ALAMITOS BAY FLEET (ABF) SUMMER BAY RACING SERIES**

These races are run on weekdays during the summer and are hosted by ABYC and LBYC. Dates will be posted on the LBYC Junior Sailing Calendar. The Tuesday Twilight Series will be a cumulative series with 3 races each week and a First Warning at 5:00 pm. The ABF Summer Bay Racing Series will be scored as a separate event each week, held on Wednesdays with 4 races and a First Warning at 1:30pm.

### **"C3" FLEET CHAMPIONSHIPS**

This regatta will take place during the final week of the program and is for C3 sailors only. Trophies will be awarded to the top finishers at the trophy ceremony following the last day of racing.

### **ALAMITOS BAY FLEET CHAMPIONSHIPS**

This regatta takes place during the final week of the summer program and is for eligible members of the Alamitos Bay Fleet Sabot A-C2 classes. This two-day regatta is designed to emulate the Sabot Nationals format which many of these sailors will be competing in the following week. Trophies will be awarded to the top finishers at the trophy ceremony following the last day of racing. **All sailors are required to carry weights for this event.**

### **SABOT II NORTH REGATTA/CHAMPIONSHIP**

Sailors 11 years old and under are eligible to participate in the Sabot II North Championships, which takes place mid-week on a Wednesday. Sailors will be seeded into colored flights and compete regardless of class (A, B, C1, etc.). The top 10 finishers will be invited to the Sabot II Invitational Championships the following Wednesday. Please see the Junior Sailing Calendar for dates.

### **JESSICA UNIACK MEMORIAL BEACH TO BAY REGATTA**

The event is named for Jessica Uniack, a tireless volunteer and supporter of junior sailing who died tragically in 1994. Her husband Bill and sons Billy and Alex carry on her work with this event that began in 1988 and was renamed in her honor in 1995. This point-to-point regatta begins with a pursuit start at the Queen Mary before embarking on a five-mile course inside the Long Beach breakwater. Sailors will race past the oil islands into the jetty and finish in front of LBYC.

### **DUTCH SHOE MARATHON REGATTA**

The Dutch Shoe Marathon is fun for the whole family! After a pursuit start at San Diego Yacht Club, competitors sail a seven mile course through San Diego harbor and finish at Coronado Yacht Club. Sailors will sail by big navy ships and freighters with their coaches and friends sailing beside them. Similar to Beach to Bay, parents are welcome to bring their boats and cruise alongside their sailors.

### **JUNIOR OLYMPIC FESTIVAL**

Junior Olympics, or "JO's," is a regional regatta which takes place in July all over the country. LBYC and all other SCYYRA clubs are located in Area J and all CFJ, Laser, 29er and Optimist sailors are eligible to enter this three-day travel event. Parent volunteers will also be needed for help with towing, planning team dinners, on the water snacks, etc.

## **DICK SWEET SERIES**

Sabot Team Racing Series. This regatta takes place over three consecutive Mondays during the summer program. The purpose of this series is to introduce and promote team racing among SCYYRA clubs in a fun, friendly and Corinthian manner. The LBYC Dick Sweet Team will be selected at the discretion of the Head Coach and Sailing Director.

## **NORTH SERIES**

Off-season travel series for Sabots. This series takes place over 4 weekends throughout the fall, winter and early spring. The purpose is to encourage travel and high caliber competition for junior sabot sailors in Southern California at the major bays for Naples Sabots.

## **SHADDEN SERIES**

Off-season travel series for CFJs. This series takes place over 4 weekends throughout the fall, winter and early spring. The purpose is to encourage travel and high caliber competition for junior CFJ sailors in Southern California at the major venues for Club Flying Junior double-handed dinghies.

## **PERRY SERIES**

Off-season travel series for C420s. This series takes place over 4 weekends throughout the fall, winter and early spring. The purpose is to encourage travel and high caliber competition for junior C420 sailors in Southern California at the major venues for Club 420 double-handed dinghies.

## **CFJ NATIONALS**

The culmination of the Doublehanded Racing Class, all doublehanded racers are encouraged to attend this event. This regatta requires parent volunteers to help with logistical coordination, including transportation, towing trailers/boats, hotel accommodations, boat measurement, etc. Parent volunteers will also be needed for help with planning team dinners, on the water snacks, etc.

## **SABOT NATIONALS**

This flagship sabot event is held each August on a rotating schedule between San Diego, Newport Beach and Long Beach. This is the biggest sabot racing event of the year! 120 sailors race over 3 days, including one Flight Selection day and two Championship days. We encourage all of our Sabot Racing classes to compete in this high-level event as a culmination of the summer program. Parent volunteers are needed for help with travel, towing trailers, hotel accommodations, boat measurement, and social activities.



## **TRAVEL REGATTA ETIQUETTE**

Each sailor is responsible for their own boat, gear, and food. This includes the following:

- Arrive on time per the scheduled itinerary
- Load and tie down your own boat for both the away and return trip
- Keep track of the club dolly you are using
- Unload your boat and account for all necessary parts
- Secure tie down straps when not in use
- Rig on time and attend all scheduled meetings
- Come prepared with the proper gear depending on the venue and conditions
- Bring adequate food and water for the entire day
- Do not leave the regatta venue until your boat and gear are completely put away and secured on the trailer
- Thank the parent volunteer towing the trailer for getting your boat to and from the event
- **Support the host and your team by staying for awards, regardless of if your sailor is receiving a trophy!**



## **PARENT PARTICIPATION**



Parents play a crucial role in any organized youth activity and sailing is no exception. Active participation and communication is encouraged for every parent. All parents are requested to sign up for at least one committee. In order to continue our tradition of excellence here at LBYC, we need your help! Please contact the Sailing Director to find out where help is needed most.

### **YOUTH ADVISORY COMMITTEE**

The Youth Advisory Committee is a panel of parents working directly with the Sailing Director, club membership, and club management. The committee supports the Junior Sailing Department, advises where necessary, and serves to ensure the program is performing and meeting the needs of our junior sailors in the best ways possible. The committee is currently made up of parents with kids enrolled in our programs, led by a Committee Chairman. The Chairman handles the selection of the committee members, so if you are interested in getting more involved with this committee please contact the Sailing Director in order to connect with the Chairman.

### **TRAVEL REGATTAS**

Travel events require a great deal of coordination, including regatta entries and accommodations, travel logistics, trailer loading and towing, providing on-the-water snacks and drinks for the kids, sending out reminders to the group, etc. Our program relies heavily on parents to get our sailors, boats and gear to and from travel events by towing the trailers.



#### **Trailer information:**

- 4-boat Sabot Trailer – 2" ball
- 9-boat Sabot Trailer – 2" ball
- Coach boat Trailers – 2" ball
- 3-boat CFJ/420 Trailer – 2" ball

### **SUMMER KICK OFF PARTY**

On Friday before the first day of the program, all enrolled sailors and their families are invited to the pool deck to start the summer with a bang. Coaches will be introduced, and apparel will be available for purchase. It's very helpful to have parents manning the apparel table which frees up coaches to mingle and meet their kids during the festivities.

### **PICTURE DAY**

The group picture will be taken on Wednesday of Week 1 during lunch. Everyone will be getting their Corinthian t-shirts immediately prior to the picture. A few parent volunteers available to help distribute the appropriate sizes to the sailors is a big help.

### **PIRATE DAY**

Arrg mateys! Be sure to come in yer favorite pirate garb on Pirate Day and everyone is encouraged to decorate their boats like pirate ships! Similar to the critically acclaimed Sabothon (fall and spring), sailors dressed as pirates will head out on a scavenger hunt throughout the harbor looking for buried treasure. Sailors will need parent's help with their boats and are encouraged to join in the decorations.

### **SUMMER AWARDS BANQUET**

Make your reservations early – this is a sell-out! All sailors and Sea Otters will receive an award for their participation in the program. In addition, all sailors are eligible for class trophies, including Most Outstanding, Best Sportsmanship, and Most Improved. We will also announce the perpetual trophy winners as well as introduce this summer's Sabot Nationals team. As this is the biggest junior event of the summer, we will need a committee of parent volunteers to make this a successful night. Tasks include room setup, decorations, cleaning, polishing, securing raffle items, and ordering and engraving class awards and perpetual trophies that will be presented for the year. Join us for an evening of great food and see our sailors and their coaches dressed to impress!







# JUNIOR SAILING PROGRAM RULES

## GENERAL

1. Sailing at LBYC is a privilege.
2. Arrive on time for class with equipment ready to go.
3. Rig and launch during your assigned times.
4. **Junior Sailors are not permitted in the main clubhouse, dining room, kitchen, or parking lot without permission or adult supervision. This includes Flag Members until program is complete for the day.**
5. Please be aware of the House Rules which are part of the Bylaws of LBYC and may be found in the back of the Membership Handbook.
6. Pick up your trash. As you are a part of this club, pride should be taken in its appearance.
7. Registered sailors only in classes. No guests are permitted during program hours.
8. Parents of enrolled Junior Guests do not have member privileges and may not use the club facility except during Junior Events.
9. Offensive language or actions are not appropriate at any time. Disruptive students will be subject to disciplinary action and may be sent home.
10. No running on club property and no rough housing on the pool deck, docks, courtyard, Regatta Room, Jobson Room, bathrooms, or rigging area.
11. Food is not permitted in the Regatta Room or Jobson Room at any time.
12. No popcorn or drinks from the snack bar until after program hours.
13. Vandalism will not be tolerated and sailors caught defacing club or other property will be subject to disciplinary action.
14. All Sailors (excluding Sea Otters) must take a swim test. Students with a scheduled swim time must swim each day. A note from the parent is necessary if the student cannot participate in swimming.
15. No riding bikes, roller blades, scooters or skateboards are permitted on club premises. Bikes must be kept in the bike racks only.
16. **When at this yacht club and every other yacht club, conduct yourself in a Corinthian manner.**

## DOCK/RIGGING AREA

1. Boats are to be docked in specified docking areas only. Do not use private slips for docking, even if they are empty.
2. Do not tie up to private boats or allow your boat to bump private boats. Do not untie any line other than your own. You are responsible for damage done to any other boats.
3. Do not board private boats at any time, even if you know the owner.
4. Dollies are to be stacked out of the way as soon as you launch your boat. Do not stand or ride on dollies.
5. If carpet is used during rigging/launching, carpet must be rolled up and stored between the sabot racks when finished.
6. Sailors are not permitted near the crane. Crane may only be used by an instructor.
7. Turn off the water and coil the hose after use. No water-play with the hoses.

## PERSONAL PROPERTY

1. Sailors and their parents are ultimately responsible for having the correct sailing equipment. Any sailor who is missing necessary equipment on their sabot may be unable to participate for the day. Check with coaches on a regular basis to make sure your sailor has the correct equipment to sail.
2. No Video Game Devices, Cell Phones, or Music Players will be allowed during class time. If used during class time, they will be confiscated and must be picked up by a parent. Please leave these valuable items at home. LBYC will not be responsible for the loss of any of these items.
3. **LABEL everything you own** using a permanent marker with your name.
4. Keep track of your equipment and make sure it is properly put away at the end of the day. Each sailor is responsible for washing and putting away his/her own boat each day. Parents, please allow your sailor to do this without assistance. The instructors are available for supervision and assistance.
5. No sailor shall have in their possession an open flame or weapon of any kind. Safety knives are permitted for double-handed sailors only and must only be used in a safe and proper fashion. Sailors caught with any forbidden items will be sent home and further disciplinary action may be taken.
6. Students and their parents are responsible for any damage done to LBYC property or property of another student. Please respect the property of others.
7. **Gear and gear bags may not be left in the Regatta Room or Jobson Room.** Personal gear may be stored along the perimeter fence in the courtyard or in a bathroom locker.

Lockers must be vacated daily. LBYC is not responsible for loss or damage to personal property of sailors.

8. "Lost & Found" will be located in the storage cage under the pool deck. Items left out after the end of each day may be reclaimed for a \$1 fee.

## ARRIVAL & DEPARTURE

1. DROP-OFF AND PICK-UP: After the sailor is dropped off and class begins, parents must vacate the Junior Area. Parents must pick up and sign out within 15 minutes of the scheduled end of class.
2. SIGN IN AND SIGN OUT: We have a sign in/out policy for the Sea Otter class. All Sea Otters must be signed in and out each day of the program. Sign-in sheet will be located near the Jobson Room. Parents are responsible for their children before they sign in and after they sign out.
3. LEAVING EARLY: If a sailor needs to leave class before the scheduled ending time for any reason, prior notice from a parent must be given to the instructor or Sailing Director at the beginning of the day. Sailors must never leave class while on the water.

## SAILOR SAFETY

1. LIFE JACKET: Every summer participant must bring a life jacket to class every day regardless of class. Life jackets must be worn any time on the dock, in a boat and on the water. **NO EXCEPTIONS!**
2. SHOES: Shoes or sandals must be worn at all times, especially on the docks.
3. SUNSCREEN: Sunscreen is a necessity. Please apply waterproof sunscreen to your sailor before arriving to LBYC each day and pack (and label) additional sunscreen for re-application during the day.

# LONG BEACH YACHT CLUB

## Physician's Release for Youth Activities Participation

Participant Name: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_ Account #: \_\_\_\_\_

☐

Participant has successfully completed a pre-participation physical examination and is found to be healthy to participate fully in vigorous sports activities (ie. swimming, sailing, running, lifting, etc). He/she is current on all immunizations in accordance with the AAP guidelines. He/she is eligible to participate in Long Beach Yacht Club youth activities/programs.

☐

Participant has not met the above requirements, but will complete them by \_\_\_\_\_ (date) and will then be eligible to participate in Long Beach Yacht Club youth activities/programs.

☐

Participant has not met the above requirements and is not eligible to participate in Long Beach Yacht Club youth activities/programs.

\_\_\_\_\_

Physician Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Physician's Office Stamp

\*Return hard copy to Sailing Director or scan and e-mail to [sailing@lbyc.org](mailto:sailing@lbyc.org)

