



Junior Sailing Camp

Parent's Handbook 2011



Parent Orientation Meeting

Date: Sunday June 5th, 2011
Time: 3:00pm – 4:00pm
Place: Austin Yacht Club - Meet Underneath the Clubhouse
5906 Beacon Drive, Austin TX 78734
<http://www.austinyachtclub.org>

Come meet the summer camp instructors, learn more about the program, take a tour, and ask any questions.

Feel free to bring campers, family members, and potential campers who are interested but not sure yet!

You **MUST** bring the medical release forms to this orientation meeting or the first day of camp.

Typical Daily Camp Schedule

8:00 Early drop off
9:00 Start of camp, apply sunscreen and fill water bottles
9:15 Chalk talk
9:30 Rig sailboats and sail
12:00 Lunch break (eat lunch, cool down, apply sunscreen, re-fill water bottles)
1:00 Sailing
4:00 Return to dock, de-rig sailboats
4:30 Debrief
5:00 Parent pick-up, games and swimming until parents show up
6:00 Late pick-up. **All campers must be picked up by 6:00**

During chalk talks we review and teach new skills; they will vary from class to class depending on skill level and age.

Students will be assigned to groups within each class depending on skill level, height, weight, and weather conditions. They may be moved between groups depending on skill development, wind conditions, and specific drills.

A few examples of our on-the water drills and games:

Tennis Ball Tag
Sharks and Minnows
Water Gun Tag
Chinese Fire drill around the boat
Pirate Ship



Attendance

Prompt arrival and continuous attendance are important factors in getting the most out of our sailing program. Campers who arrive late may delay or disrupt scheduled lessons, activities, and sailing time. Classes will meet regardless of weather and attendance will be taken. If a camper must miss camp or will be arriving late, please notify the club office at 266-1336.

Lunches

Sack lunches are available for purchase by the week or day. The camp also provides water, lemonade, and an afternoon snack. Campers may bring their own lunch, drinks, and snacks to camp, but there is no cold storage available.

Arrival and Departure Information

Drop off between 8:00 am and 9:00am

Pick up between 5:00 pm and 6:00pm. **All campers must be picked up by 6:00**

Please park and walk over to the sail training building to drop off and pick up your child.

You will need to sign them in and out every time you drop them off or pick them up.

On the first day, we will ask you to provide a list of all people who can pick up your child.

WE CANNOT RELEASE YOUR CHILD TO ANYONE WHO IS NOT ON THE LIST!

If the list of names needs to be changed, you must bring or fax (266-9804) the updated list of names *with your signature* to the AYC office. E-mail or telephone notification of additional permissions for pick-up will not be accepted.

***THE CAMP RESERVES THE RIGHT TO CHARGE A LATE FEE FOR PICK-UP AFTER
6PM***

What to Bring

PLEASE PUT YOUR CAMPER'S NAME ON **EVERYTHING**, ESPECIALLY THE LIFE JACKET, TOWEL, AND HAT, WITH A PERMANENT MARKER.

AYC is not responsible for any lost or stolen equipment or clothing.

REQUIRED CLOTHING AND GEAR

- 1) Bathing suit.
- 2) **Coast Guard Approved** Life Jacket – can be found at Academy, West Marine, The Sailboat Shop, Sail and Ski, Dick's Sporting Goods, Oshmans, or online. It's important for it to be comfortable as the camper will be wearing it most of the time during camp.
- 3) Towel.
- 4) Boat shoes, suitable for getting wet, preferably closed toe. Sandals and flip-flops are discouraged while sailing, since they come off easily and can be lost in case of capsizing or while getting in and out of boats.
- 5) Water bottle or bottled water - needs to be big enough to last for 1/2 a day on the water.
- 6) Sunscreen – SPF 30 or higher, waterproof.
- 7) Hat, preferably with brim and chinstrap.

RECOMMENDED CLOTHING AND GEAR

- 1) Sunglasses and strap – wrap-around shades and a “floater” strap are highly recommended.
- 2) Extra (dry) shirt/shorts/socks for after sailing
- 3) Long sleeve shirt for those with sensitive skin
- 4) Chapstick with sunscreen
- 5) Duffel bag for gear
- 6) Tennis shoes, suitable for running around. Shoes worn during sailing tend to get wet, so a second dry pair is recommended. Sometimes games are organized during lunch or after camp (waiting for pickup), and closed-toes shoes are easier to run in than sailing shoes.
- 7) Lunch, if sandwiches are not ordered through camp. Camper lunches will be kept in a cooler (not refrigerator) in the sail training room, and no microwave is available for heating. A brown bag suitable for school is appropriate.

Campers will be provided a designated area to store their personal belongings.

The Austin Yacht Club is not responsible for lost items – we will do our best to keep track of each camper's equipment, but it is up to your child to bring all of the gear home at the end of each day and at the end of camp.

Contact Information

Sailing Camp Director: Kelly Hawk

Austin Yacht Club Phone Number: 512-266-1336

Camp Director Cellphone Number: 512-917-8516 (emergencies only)

- If you need to contact the Camp Director, call 512-266-1336.
- If you reach the answering machine, please leave a message, and someone will return your call as soon as possible.
- If parents have a comment, concern, or idea, they are strongly encouraged to communicate with the Camp Director.
- If you have a specific need to discuss an idea or issue with the Camp Director, the best time to speak with is after the close of the day's activities, usually about 5pm. You can also call the club and leave a message and the Director will get back with you as soon as possible.

Please note:

- Campers are discouraged from using the Club phone to call home or to receive calls except in an emergency. We find that calls home interrupt the routine of a camper's day. Messages may be left with the Camp Director or Staff during camp hours.
- If you have concerns about your child, our Staff is available to talk with you about these concerns before or after camp.

Cell Phones/Valuables

We discourage campers from bringing phones, electronics, or any valuables to camp. It is a "wet" camp, and AYC is not responsible for loss or damage to these items. We also discourage campers from bringing money to camp.

Visitors

Can you visit your child? We encourage parents to see our camp in action but experience has shown that unexpected visitors can be disruptive to the program.

If you are planning to visit your child while they are at camp:

- Call the office in advance to notify us of your intent and determine a good time to visit.
- Check in with the office upon your arrival
- It is especially important that you tell us if you plan to take your child off of the AYC property prior to the end of the day.
- No visitors other than immediate family or previously authorized guests are permitted to visit during camp

Summer Camp Policies

Take a minute to discuss these policies with your camper.

1. **Arrive on time** for class or practice.
2. **Attendance is taken daily** and **parents must sign in their students**. Parents will be called if a camper is not in class.
3. **Stay with your class** until dismissed by your instructor. If you need to leave class early for any reason, bring a signed note from your parents.
4. **Store personal equipment that you wish to leave on the premises in the Sail Training building**. Unclaimed items will be placed in the lost and found, located just outside the building.
5. **Report broken equipment** to Head Instructor or Sailing Director.
6. **Life-jackets (PFD) must be worn at all times** while on the docks or on the water. This applies to campers, counselors, and visitors.
7. **Students must be accompanied by a staff member** whenever they are near the water, either the lake or the pool. No unsupervised swimming is allowed from the docks.
8. **Footwear must be worn at all times. (NO BARE FEET)**
9. **No running to or on the docks.**
10. **Diving is not allowed! Anywhere!** The lake is low, and we do not know where the rocks are. Jumping from the upper levels of the training pavilion is strictly forbidden.
11. **Horseplay is not permitted around the pool or docks.** It's especially important not to throw in other students or jump on other students already in the water.
12. **Put your name on everything! Keep all sailing clothes in a bag.**
13. **Pick up your trash!** Keeps the Austin Yacht Club looking nice.
14. **Respect other swimmers** in the pool area.
15. **Do not ride bikes or skateboards** on the club property.
16. **Students are responsible for damage** to AYC property or the property of another student.
17. **Offensive language or actions are not appropriate at any time.** Disruptive students will be subject to removal without a refund.
18. **Upper main clubhouse is not used during camp.**

AYC is not responsible for loss or damage to personal property of campers. Campers and their parents are responsible for damage done to the property of another person or AYC.

Everyone including adults must wear a lifejacket on the docks and on boats!

Safety

Safety is of prime importance to our Summer Camp Program. We ask that **all** campers follow the guidelines and adhere to the following policies:

Lifejackets (PFDs)

Every sailor and Instructor must provide and properly wear a U.S. Coast Guard approved Type II lifejacket (PFD) at all times while on the water and on the docks. The jacket must be in good condition and fit properly (too big is as bad as too small). A zipper style is preferred. The front buckles on many PFDs can catch on the gunwale when the camper-sailor is climbing in from the water.

Shoes

Shoes are required at all times. We recommend a pair of close-toed shoes (aqua socks, reef runners, Texas, etc) as they are lightweight and waterproof. The docks are wooden and splinters are plentiful.

Sun Protection

Sunscreen is required for all sailors. Sunscreen will be applied in the morning and during lunch break. Hats, rashguards, and sunglasses are highly encouraged for ultimate sun protection.

Swim Test

Campers must pass a basic swim test before sailing. Comfort in the water is a fundamental part of safe sailing. Sailors will be expected to swim 50 yards, tread water for 1 minute, and then put on their lifejacket while in the water. This test verifies the buoyancy and fit of the PFD and tests the camper's range of motion and comfort in the water.

First Aid

All accidents, injuries must be reported to an instructor. The "Camp First Aid Station" is located in the Sail Training building. A log of all accidents and injuries will be kept by the sailing director.

Camper Supervision

No camper shall be near the water or in the swimming pool area unless under the supervision of an Instructor.

Lost and Found

- Be aware that property is usually missing, not stolen!
- Put your name on everything – even your sunscreen!
- Check for missing items in the lost and found box (located just outside of the Sail Training building)
- Never borrow property without the owner's permission

Dismissal

The Camp Director reserves the right to dismiss any camp participant who repeatedly interferes with the welfare of others and the success of the program. **Dismissal from camp results in a loss of the tuition and deposit fees.** The rules of our camp are designed for the safety and comfort of all campers and to protect AYC property. Please go over these rules with your camper before camp begins. The objective of the camp is to teach juniors how to sail safely, and in such a way that they enjoy sailing and feel safe and comfortable on boats and around the lake. We want your camper to **have fun and be safe.**

Prescription Medication Procedures

If a camper is taking a prescription medication when s/he is in camp, the medication must be in the original container with the prescription label, and camp director shall place that medication in the "Prescription Medication Lock Box" located in the AYC office. The medication shall be administered by the camp director. At no time shall a camper be allowed to self-administer the medication without camp director or camp health officer supervision. The medication information and administration procedures must be documented on the Medical Release information form by the Parent.



Austin Yacht Club
2011 Junior Sailing Medical Information and Release Form

NAME OF PARTICIPANT: _____ **AGE:** _____

NAME OF PARENT/GUARDIAN (printed): _____

HOME ADDRESS: _____

TELEPHONE NO: _____

CELL PHONE: _____

In the event of accident, injury or illness involving any child of mine (specifically including my child named above as the "Participant") or me or my spouse while in, on, or about the premises of Austin Yacht Club or while participating in any activity sponsored by or under the auspices of Austin Yacht Club under circumstances where I am physically unable to consent or am not present,

1. I hereby voluntarily authorize and consent to the furnishing to myself, my spouse, or any child of mine of such medical care, attention, and treatment by any hospital, physician or dentist as such hospital, physician or dentist may deem necessary or advisable, including any x-ray examination, anesthetic, medical, or surgical diagnosis or procedure.
2. I authorize any adult associated with the activity to consent to such medical care, attention and treatment.
3. I agree to pay the reasonable cost of such medical care, attention or treatment and to indemnify and hold free and harmless of and from any and all liability for such cost the assisting adult, AYC and the officers, employees and members of said organization.

It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

ALTERNATE CONTACT:

NAME	RELATIONSHIP	PHONE NUMBER
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PRIMARY CARE PHYSICIAN:

NAME	PHONE NUMBER
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COMPLETE THE FOLLOWING:

HEALTH INSURANCE CARRIER	SERVICE TELEPHONE #
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GROUP #	POLICY #
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NAME OF INSURED	PLACE OF EMPLOYMENT
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Photocopy of this consent or a copy sent by facsimile may be accepted by any health care providers. This consent shall be valid for one (1) year from the date of signing.

Are there any allergies your child has the camp staff should be aware of? _____

If yes, please list them. _____

Will your child be bringing any prescription medications to camp? _____

If yes, please list them, and document dosage requirements. _____

Is your child immunized up to the current school system requirements? _____

SIGNATURE OF PARENT/GUARDIAN: _____

DATE: _____

LIABILITY RELEASE AGREEMENT

IN CONSIDERATION OF ACCEPTANCE OF MY CHILD'S REGISTRATION TO PARTICIPATE IN THE "LEARN TO SAIL PROGRAM" AND "JUNIOR RACING" AND, RECOGNIZING THE RISKS ASSOCIATED WITH THE SPORT OF SAILING, THE UNDERSIGNED HEREBY WAIVES ALL CLAIMS FOR PERSONAL INJURY AND PROPERTY DAMAGE AND HEREBY RELEASES THE AUSTIN YACHT CLUB, AND THEIR DIRECTORS, OFFICERS, MEMBERS, EMPLOYEES, AND VOLUNTEERS AND SPONSORS, OF AND FROM ANY AND ALL CLAIMS, INCLUDING THOSE OF NEGLIGENCE AND GROSS NEGLIGENCE, WHICH I OR MY CHILD MIGHT HAVE, ARISING OUT OF MY CHILD'S PARTICIPATION IN THE JUNIOR SAILING PROGRAM AND ALL ACTIVITIES RELATING THERETO.

Parent or Guardian's Signature: _____

Date: _____

Boat Use and Release of Liability

During the course of the Junior Sailing Season 2011, I understand that my child's right to use the boats is conditioned on my agreement to the following: I shall hold harmless the Austin Yacht Club, its staff and members for any damage or injury to any extent, to my child's property which occurs during the use of the boats. I shall advise my child to comply with the coach's instructions and club rules and safety requirements provided to each junior. I understand that it is necessary for more than one sailor to occupy boats during training. Any subsequent damage will be apportioned to all sailors involved.

I understand that the AYC Junior Sailing Camp Director reserves the right to dismiss any camper whose conduct interferes with the best interest of him/her, our program or other sailors. No deduction in tuition or fees will be made for dismissal absences or late arrivals or withdrawals from the program. Parents are responsible for picking up their juniors on time at the close of each session. I understand that my child must obey the club rules and take care of the equipment and property of AYC used during junior sailing. If they damage the equipment due to negligence or intent on their part, they will be responsible for the damage.

Parent or Guardian's Signature: _____

Date: _____