



PORT JEFFERSON YACHT CLUB
JUNIOR SAILING PROGRAM
THINGS TO BRING TO SAILING CLASS

➤ **LIFE JACKETS ~**

US Coast Guard Approved PERSONAL FLOATATION DEVICES (PFDS) are required to be worn by all Port Jefferson Yacht Club sailors and instructors at all times on the docks and while on the water.

SAILORS ARE REQUIRED TO PROVIDE THEIR OWN PROPERLY FITTING PFD'S. To be properly fitted, a PFD must meet the individual's size and weight. A US Coast Guard Approved Type III PFD is suggested and approved for all students by New York State. In addition, we recommend that a whistle be attached to the PFD.

➤ **SHOES ~**

All sailors are required to wear NON-MARKING CLOSED-TOE water shoes while involved in the PJYC Junior Sailing Program. Flip-flops and sandals are not permitted. You want shoes that can get wet and not fall off during capsize drills. Non-skid shoes are important for stable footing while sailing and to protect feet from splinters and other sharp objects on the docks or in the water.

➤ **SUNSCREEN ~**

Sailors are required to wear sunscreen. Please apply sunscreen to your child prior to his/her lesson, and send in their personal sunscreen, labeled with their name, for re-application throughout the day. Sunscreen should be reapplied before and after every time on the water.

➤ **HATS/SUNGLASSES ~**

The PJYC Junior Sailing Program encourages ALL sailors to wear hats and sunglasses to protect them from the harmful UV rays. Hats keep the sun off their forehead and noses, and keep hair from getting stuck in the boom/mainsheet.

➤ **CLOTHING ~**

Dress appropriately for the conditions. At a minimum, T-shirts and shorts must be worn at all times while enrolled in the PJYC Junior Sailing Program. AN UNCOVERED BATHING SUIT IS NOT ACCEPTABLE. Be sure to pack a dry change of clothes as there is a good likelihood that you will get wet! Wicking or rash guard shirts are suggested.

➤ **WATER BOTTLES ~**

Three hours in the sun is a long time. Staying hydrated is important! We recommend water or juice diluted with water, not soda or sugary drinks. As part of this sailing program, our students will learn ways to be a better steward of our environment. For that reason, we encourage a re-usable water bottle. PLEASE, NO GLASS CONTAINERS!

➤ **TOWEL ~**

Please label any towels you send with your sailor.

➤ **BACKPACK ~**

Bring a tote bag or backpack to carry all of the above.

PLEASE LABEL ALL CLOTHES, SHOES, SUNGLASSES, HATS, PFD'S... EVERYTHING!

PJYC is not responsible for loss or damage to the personal property of its sailors.

ADDITIONAL INFORMATION AND THINGS WE'D LIKE YOU TO KNOW

- **ATTENDANCE** ~ Students should be dropped off at the PJYC Junior Sailing Building at 8:45 for morning sessions and 12:45 for afternoon sessions. No early drop offs or late pick-ups are permitted. Children dropped off prior to 8:45 and 12:45 are not under supervision and are not the responsibility of the PJYC. Additionally, class ends promptly at noon for the morning session and 4 pm for the afternoon session. If you cannot be at the JSP Building to pick up your child, please make other arrangements. Arriving to class on time is important. If a sailor arrives late, he or she will miss important information related to safety and the day's activities. If the fleet is already on the water, the sailor may not be able to participate in class that day. All full day sailors must remain on site with our Instructors during the lunch break between Noon and 1PM.
- **SIGNING IN/SIGNING OUT** ~ In the interest of the safety of your children, **ALL SAILORS MUST** be signed in before each class by their parent or responsible adult, and must be signed out at the end of each session by a parent or responsible adult. If your sailor is going home with someone else's parent, or is being picked up by another caregiver please inform your child's instructor during sign-in.
- **SWIM TEST ~ ALL STUDENTS IN ALL CLASSES**, regardless of age or number of years in a program, are required to take a swim check on the first day of class so that sailors become accustomed to being in the water with their life jackets, and instructors can get an idea of the individual sailor's swimming ability. It is vital that our instructors know the level of confidence your child has in the water, with and without a life jacket. All students should come to class wearing clothes and shoes that they can expect to get wet. The swim test will include swimming 50 yards plus treading water.
- **WEATHER** ~ Classes will be held each scheduled day regardless of weather. Safety is the **NUMBER ONE PRIORITY** of the PJYC Sailing Instructional Staff. Weather will be monitored and conditions for each day will dictate how much on the water sailing time each class will have. Some days the winds are fair and the seas are calm, allowing for maximum time on the water. Some days bring thunderstorms, no wind, or too much wind, limiting time on the water. The sailing instructors will be well prepared with alternative land-based, educational programs and projects related to sailing should time on the water be limited.
- **SAIL-BY** ~ On the last day of each two-week session, at approximately 11AM and 3PM, sailors will sail close to the shore for parent observation and photos. Parents are encouraged to come and watch their child "show off" what they have learned in the past two weeks.
- **PLEASE, NO ELECTRONIC DEVICES OR VALUABLES** ~ Simply put, water is not compatible with electronic devices. Please have sailors leave all cell phones, electronic games, and any other devices at home. For safety purposes, we also request that any jewelry be left at home.