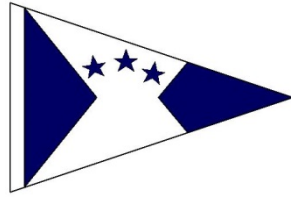


# ***Silver Gate Yacht Club***

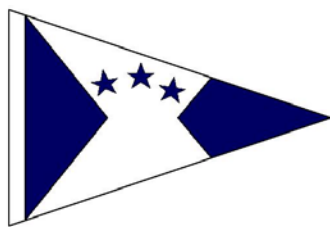


## ***Junior Sailing***

### ***Parent Resource Handbook***



***2091 Shelter Island Drive  
San Diego, CA 92106  
619-222-1214  
[www.sgyc.org/juniorsailing](http://www.sgyc.org/juniorsailing)***



## Silver Gate Yacht Club *Junior Sailing*

Dear Parents and Junior Sailors,

On behalf of the Silver Gate Yacht Club and the Junior program staff and volunteers I want to welcome you to SGYC Junior sailing! An exciting summer of sailing, adventure, friendship and fun awaits you whether you are a first time sailor or are returning to continuing building your skills.

We have worked hard to develop a youth sailing program that is fun, challenging and safe. Our program is designed to teach solid sailing fundamentals, instill Corinthian spirit and respect the marine environment. Our instructors are ready to challenge you to work hard, play hard and learn something new each day! There is tremendous satisfaction, pride and empowerment that come with learning to sail a boat on your own.

This handbook has been designed to help you prepare for a great sailing experience and will also be a useful reference as your child progresses through the program. Learning to sail will be quite different than anything your kids have done before and the sport is loaded with unusual terms and equipment to learn about. We've included a lot of reference information in this guide that you can use with your kids.

We are always looking for ways to improve what we do for the kids and an important way we gauge our success is by feedback from parents and our young sailors. Please contact me by phone or email with any comments, suggestions or issues you may have. It's important to hear from you.

We sincerely hope that you will develop the passion for sailing that we have. And if you do, please come back and join us in our spring, fall and winter programs. Sailing is terrific all year-round in San Diego!

Thanks so much for your participation and support!

A handwritten signature in black ink, appearing to read 'Kent Prater'.

Kent Prater  
Director, Jr. Sailing Program  
[jrsailing@sgyc.org](mailto:jrsailing@sgyc.org)  
619-252-3762



## TYPICAL DAILY SCHEDULE

We try to achieve as much consistency as possible in our schedule, however issues with weather, equipment and special events may cause variation in the schedule. Please check with the instructors if you have special scheduling needs on a given day. We will do our best to accommodate.

There is no supervision on the club property prior to 8:30 AM. Please do not drop sailors off before 8:30.

On the first day of each session (Monday typically) please make sure a parent checks in with the volunteer morning staff. We'd like to meet you, verify all required forms are on hand and hear about any special issues or requirements for your child.

We meet at the covered patio area at the southwest corner of the clubhouse.

8:30 – 8:45 Sailors arrive and check in

8:45 Morning chalk talk and announcements

9:15 Rig boats

10:00 On the water

12:00 – 1:00 Lunch

1:00 – 2:45 On the water

2:45 Return to the docks, de-rig

3:45 Afternoon chalk talk and debrief

4:00 Parent pick-up



We will do our best to have all sailors ready for pick up by 4:00 PM each day. Please avoid having our instructors supervise your child after our 4:00 PM finish time.

If your sailor will be picked up by someone other than their mother, father or guardian indicated on the program registration please inform the volunteer check-in staff or the head instructor in the morning.



## SWIM CHECK

On the first day of each program week we will be doing a swim check for all sailors who have not previously passed our swim check. The swim check consists of:

- Lifejacket (PFD) fit check both in and out of the water
- 25 yard swim without PFD
- 1 minute float without PFD

We do this swim check from the docks not in our swimming pool. The reason for this is so that the kids get used to the idea that the water they are sailing in is colder, darker and they can't see to the bottom like in the controlled environment of a swimming pool.

## WHAT TO BRING

- Lifejacket / PFD (personal floatation device): We have some to borrow if you don't have one. PFD's must be worn at all times when on the docks or in the boats – no exceptions! PFD's must be properly fitted and must be clipped or zipped at all times.
- Closed-toe shoes: Feet – and toes in particular – are vulnerable on the docks and in the boats. Water shoes, sailing booties or dive booties are great. Athletic shoes are fine as long as it's ok if they get wet. No sandals! No thongs/filp-flops!
- Change of clothes: Your kids will get wet!
- Towel: Your kids will get wet!
- Sunglasses: There can be a tremendous amount of glare off of the water which can strain and damage eyes even when it's overcast. Sailing with sunglasses is recommended. They don't need to be expensive, but Polarized lenses are advised. Also provide some means of keeping the glasses connected to the sailor – Croakies or some type of similar leash or lanyard.
- Hat: Recommended but not mandatory. A hat will help keep the sun out of the eyes. As with the sunglasses, if your sailor wears a hat please provide a lanyard to keep the hat and the sailor connected.
- Windbreaker or waterproof jacket: This is an option but is really nice on those days when it's cool and the sun may not be shining.
- Sunscreen: Please make sure your sailor has it applied in the morning when they are dropped off.
- Lunch / Snacks: Please send lunch and snacks with your child in a closed container. There may be some days when they will be sailing to the beach for lunch so the container should be able to travel well. We always have plenty of bottled water available for the kids but they can bring drinks of their choice.

### Comments on clothing:

Many kids like to sail in swimsuits and this is fine. Just remember that some days can be cool on the water and the sun might not be out to dry them off as quickly. In general we recommend avoiding cotton clothing for youth sailing. When cotton gets wet it tends to stay wet much longer than synthetic fabrics. A wet kid can be a cold kid, and a cold kid may be an unhappy kid! There are all kinds of specialty sailing clothing for kids (see the resource list), which is nice but certainly not necessary. Just be aware of the fabric content and the dry-ability of the clothing. As we've mentioned before – they will get wet. The quicker they dry the happier they will be.

Please clearly and permanently mark all personal items with your child's name.

## WHAT NOT TO BRING

- Electronic devices such as computers, electronic notebooks, Ipads, etc.
- Gaming devices
- Expensive jewelry

**NOTE:** If you would like your child to have a cell phone with them we will require that the phone not be taken in the boat while they are sailing.

## SAFETY & BEHAVIOR REQUIREMENTS

Silver Gate Yacht Club extends its hospitality to our junior sailors and their families. In return our junior sailors must be aware that SGYC is a private club and they need to respect the club property as well as the personal property of its members. The following requirements have been established to help ensure that our junior sailors have a fun and safe time while at the club and learning to sail.

- A Coast Guard approved and properly-fitted lifejacket personal floatation device (PFD) (Type III, min.) must be worn at all time when on the docks or on any boat. No exceptions!
- Appropriate closed-toe footwear must be worn at all times when you are on the docks, ramps and boats. Filp-flops are not considered appropriate footwear.
- Shoes and dry clothing are required when in the clubhouse.
- Jr. sailors are not allowed on the hoist pier or ladder, and are not allowed to operate the hoist.
- Jr. sailors are not allowed in the club bar.
- SGYC and the SGYC Foundation are not responsible for loss or damage to participant's property. Please leave expensive items such as electronics and jewelry at home.
- Do not board or touch the privately owned boats in the marina.
- No bike riding, rollerblading or skateboarding on the SGYC property.
- No running on the docks or ramp.
- All sailors are expected to help with rigging and launching of boats in the morning. At the end of the sailing session, junior sailors are expected to assist with cleaning and storing of the equipment. Assist your fellow sailors!
- Jr. sailors should not leave the club property during program hours unless accompanied by a parent or guardian.
- No swimming from the docks (in the marina). The exception is the supervised swim check required of new sailors.

**NOTE:** Sailors are required to read and sign the SAFETY & BEHAVIOR GUIDELINES as part of the registration package.



## HOW PARENTS CAN HELP

- Be supportive. This is a complicated sport and many aspects of it can be intimidating. Encourage them to stay with it. The results can be a tremendous sense of empowerment, self-confidence and pride.
- Be interested: Using this guide to engage you sailor in a discussion of the days sailing is a great way to encourage progress and get them excited for the next day. Practicing the basic knots will make their boat rigging time much quicker and help build confidence. Knowing the points of sail and sailing terms will make the directions from the instructors much less confusing.
- Stay out of the way: Your kids are in good hands. Let them do this on their own. Please remain off the docks – this goes for morning and afternoon. We have a very limited area in which to work and the fewer distractions the better. If you would like a discreet location to take in what's going on the balcony off the second floor bar is a great location.
- Let the instructors do the teaching: We know that some of you may be very experienced sailors but please let our instructors to the teaching. Lending your sailing advice is sometimes unwelcome by your sailor.
- Let us know: Please let us know how we are doing and ask us for a progress report on how your sailor is doing.



## MEET THE FLEET

### *Naples Sabot*

The Naples Sabot is an 8-foot long, one-person sailing dinghy that has been the sailing trainer of choice in Southern California for over 60 years. The Naples Sabot utilizes a leeboard for directional stability (as opposed to a centerboard). The boat hulls are built of fiberglass with internal floatation.

### Specifications

LOA 8'-0"

Beam 4'-0"

Hull wt. 95 pounds

Sail area: 38 sq. ft.



## MEET THE FLEET

### *O'Pen Bic*

The O'Pen Bic is an exciting new single handed boat designed for young sailors looking for an exciting step up from a Sabot or Optimist pram trainer. The Bic hull is a self-bailing design with a centerboard. The hull construction is roto-molded plastic and the mast is a fiberglass/epoxy composite. The Bic is very responsive, easy to accelerate and quick to right after capsizes.

### Specifications

LOA 9'-0"

Beam 3'-9"

Hull wt. 99 pounds

Sail area: 35 sq. ft.





## MEET THE FLEET

### **RS Feva**

The RS Feva is a double-handed (two person) high performance dinghy. It is an international class boat popular at the training level as well as club racing and international competition. The Feva can be sailed very simply with just the main, or main and jib. Added excitement comes when the asymmetrical spinnaker is launched with its very clever deployment and retrieval system. She's a very responsive and quick boat with a self-bailing hull design that invites pushing her to the limit!

### **Specifications**

LOA 12'-0"

Beam 4'-8"

Hull wt. 139 pounds

Sail Area – Full Rig: 90 sq. ft.

Sail Area – Gennaker: 73 sq. ft.



## MEET THE FLEET

### *Hunter 216*

Our Hunter 216 is a fractional sloop rig with an asymmetrical spinnaker. She has a hydraulic lifting keel and an enormous cockpit. The Hunter is a perfect boat to introduce kids to sailing who have never been on a boat. Instructors have the opportunity to explain the basics of sailing while underway in a very safe, controlled and comfortable environment. We also use the Hunter to introduce older kids to keel boat sailing where they do most of the work. Added excitement comes when the spinnaker is launched!

### **Specifications**

LOA 21'-6"

Beam 7'-11"

Draft: 3'-6"

Mast Height: 31'-0" from DWL

Displacement: 1,351 pounds

Ballast: 500 pounds

Sail Area (main & jib): 208 sq. ft.



## MEET THE FLEET

### *Capri Omega 14*

The Capri 14 is a fractional sloop rigged daysailer. She's all open cockpit and very comfortable and stable for up to 6 sailors. We use the Capri as an introduction to sailing for new sailors. Older, more experienced sailors have the opportunity to sail her alone without an instructor on board (but one is nearby in a coach boat!).

#### **Specifications**

LOA 13'-9"

Beam 5'-8"

Draft: 3'-6"

Displacement: 295 pounds

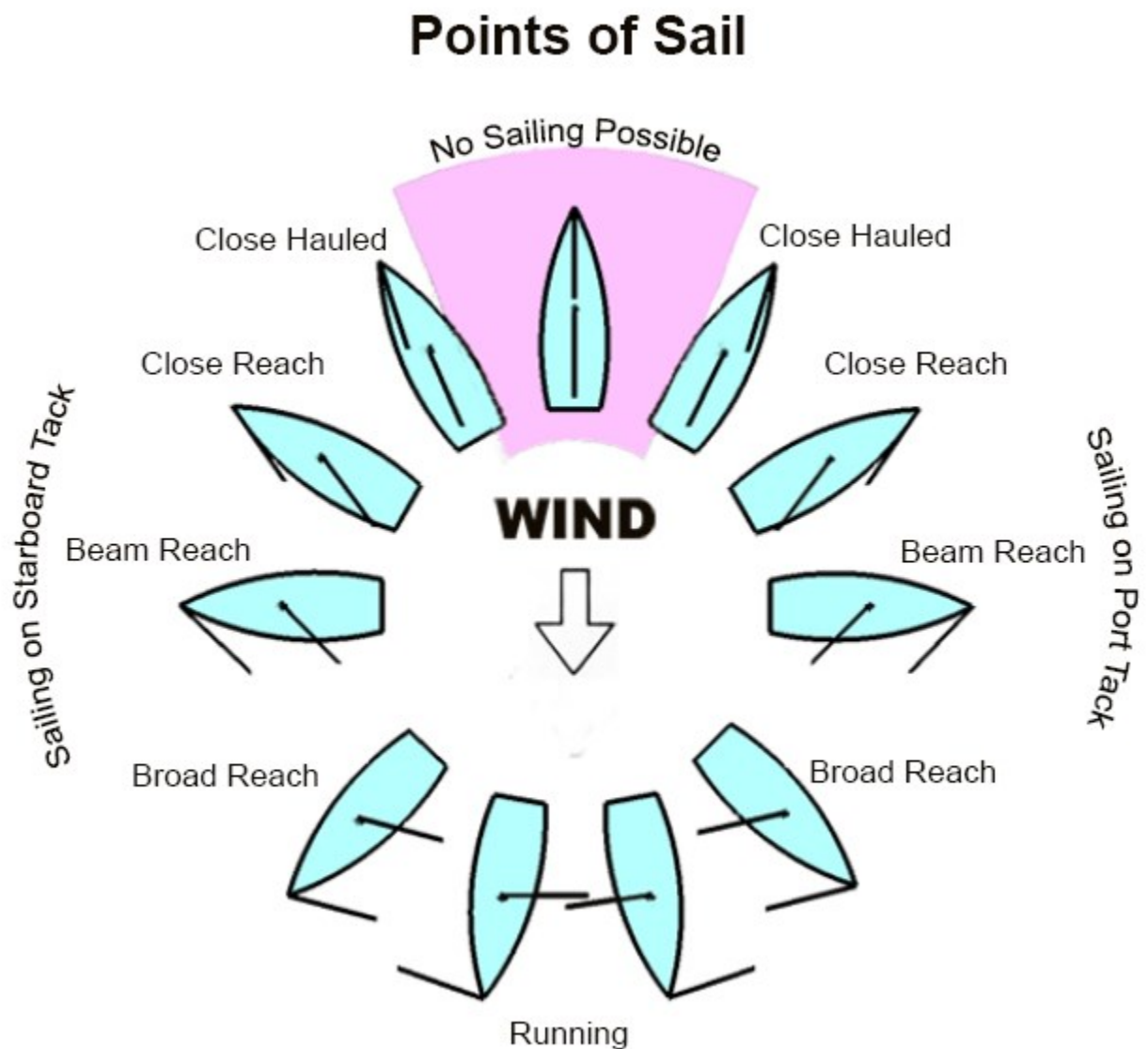
Sail Area (main & jib): 108 sq. ft.



## POINTS OF SAIL

There are specific terms that are applied to each of the points of sail, or directions that the boat is heading relative to the wind direction. The instructors will be using these terms on the water and in their chalk talks so it's important to learn these terms and what they mean.

This diagram is useful for visualizing the points of sail as well as understanding what the boat looks like when it is on a starboard tack or a port tack.





## GLOSSARY of SAILING TERMS

**Bailer:** Any type of container to enable removal of water from a boat. We make bailers out of empty one gallon plastic jugs (bleach containers).

**Batten:** Thin fiberglass or wood slats that are inserted into sleeves located at the leech of the *sail* to enhance sail shape.

**Beam:** The area of a boat at its widest part.

**Block:** A pulley that is encased in its own housing. *Lines* are run through blocks and the block adds purchase when pulling on the line.

**Boom:** The horizontal *spar* that supports the bottom of the sail.

**Boom Vang:** A line that runs through blocks on the *boom* and at the base of the *mast* to control the mast position.

**Bowline:** Also known as a painter. The bowline is used to tie the boat to the dock and to two the boat if needed.

**Burgee:** A small flag of triangular or rectangular shape which forms the yacht club's emblem and colors.

**Cat Boats:** Sail boats with only one mast and sail. Sabots, Lasers and O'Pen Bic's are known as cat boats.

**Centerboard:** A blade projecting through the bottom of the hull in the center of the boat. This blade helps to keep the boat from moving sideways in the water. The centerboard serves the same purpose as a *dagger board* or a *leeboard*. The Laser, CFJ and O'Pen Bic utilize a centerboard.

**Class:** Boats of the same type, size or rating are grouped together to form a class for competitive purposes.

**Cleat:** A fitting on a boat or a dock to which a line can be secured.

**Clew:** The outermost lower corner of a sail. This is where the *foot* and the *leech* meet. The *outhaul* is attached to the clew.

**Corinthian Spirit:**

**Dagger Board:** (see centerboard)

**Dolly:** A small, hand operated, wheeled trailer used to move boats on the dock.

**Downhaul:** The line attached to the tack of the sail that adjusts the tension in the luff of the sail.



**Fiberglass:** A woven glass fiber fabric which is typically impregnated with resin forming a rigid sheet. Very common in the construction of boat hulls.

**Fleet:** For racing purposes, sailors are grouped in fleets according to experience.

**Foot:** The bottom edge of the sail. The area of the sail between the *tack* and the *clew*.

**Gooseneck:** A hinged metal fitting on the *mast* that connects the *boom* to the mast.

**Grommet:** A metal ring in a sail that provides a reinforced attachment point for lines. Grommets are located at the *head*, *tack* and *clew* of *sails*.

**Gudgeon:** A 'U'-shaped metal fitting on the back (*transom*) of the boat used to connect the rudder to the *hull*. Most sailing dinghies have two gudgeons.

**Head:** The top of the sail. The luff and the leech connect to the head.

**Head Up:** Turning the boat towards the direction of the wind.

**Head of the Sail:** The top of the sail. The part of the sail where the *luff* meets the *leech*. The sail is hoisted from the head.

**Hiking Out:** The action of hanging over the side of the boat and using the body weight to counterbalance the force of the wind in order to keep the boat from tipping over.

**Hiking Strap:** A strap attached at the bottom of the cockpit under which a sailor places their feet in order to keep the sailor in position when *hiking out*.

**Hull:** The body or shell of the boat.

**Inspection Port:** A covered hole in the boat hull which gives access to enclosed areas.

**Jib:** On boats with two or more sails the jib is the forward most of the two sails.

**Jibe (Gybe):** Turning the boat away from the wind so that the *stern* passes through the wind.

**Leech:** The trailing edge of the sail. The leech connects the head and clew.

**Leeboard:** A blade attached to the starboard side of a Naples Sabot. This blade helps to keep the boat from moving sideways in the water. It serves the same purpose as a *dagger board* or a *centerboard*, except that the leeboard is on the side of the boat instead of projecting through the bottom of the boat in the center of the hull.

**Leeward:** ('lou-werd') The side of the boat away from the wind.

**Life Jacket:** Also known as a personal floatation device (PFD). A jacket with buoyant material intended to keep the sailor floating upright in the water.

**Luff/Luffing:** When a boat is turned directly into the wind and the sails begin to shake.

**Mainsheet:** The line that is attached to the boom and allows for adjustment of the main sail.

**Mast:** The vertical *spar* that supports the sail.

**Mast Tube / Mast Can:** The tube in the hull or attached to the hull into which the mast fits. Sabots and O'Pen Bics have mast tubes.

**One Design:** Classes of boats that have specific requirement for design, weight, equipment, sail area, etc. in order to keep them equal are called one-design boats. Sabots, Lasers, O'Pen Bic's and CFJ's are all one-design boats.

**Outhaul:** The line that connects to the clew of the sail and allows for adjustment of the sail.

**Pintles:** The metal pins on the *rudder* that are inserted in the *gudgeons* on the *transom* of the boat allowing the rudder to move back and forth.

**Port:** Port refers to the left side of the boat. Port also refers to the tack the boat is on. If a boat is on a port tack the wind is coming over the left side of the boat. The color red also indicates port.

**Ratchet Block:** Specially designed blocks that have an internal geared mechanism that aids in pulling in a sheet –typically a main sheet.

**Rudder:** The blade attached to the transom of the boat that gives the boat directional control.

**Sail:** The cloth device that is attached to the mast and boom (mail sail) which gathers wind to move the boat.

**Shackle:** A 'U'-shaped metal device containing a pin or a threaded rod used to connect objects on a boat.

**Sheets:** The lines on a boat used to control the sails (main sheet, jib sheet, spinnaker sheet).

**Starboard:** Starboard refers to the right side of the boat. Starboard also refers to the tack the boat is on. If a boat is on a starboard tack the wind is coming over the right side of the boat. The color green also indicates starboard.

**Tack:** 1. Changing direction when sailing by turning into and across the wind. 2. The direction the boat is sailing, i.e. port tack, starboard tack. 3. The lower front corner of the sail where the foot and the luff meet and where the sail is attached to the boom.

**Tell Tales:** Small pieces of yarn or ribbon that are attached to both sides of the sail in a variety of locations. They help to visualize the air flow over a sail and aid in both sail trim and steering.

**Thwart:** The seat spanning across the Sabot from side to side in the beamiest part of the boat.

**Tiller:** The wood or metal piece that connects to the rudder and by which the sailor steers the boat. The tiller is moved from side to side.

**Tiller Extension:** A hinged extension of the tiller that allows the sailor to steer the boat while sitting forward or *hiking out*.

**Transom:** The back part of the boat hull. Typically a flat portion positioned 90 degrees to the centerline of the boat.

**Traveler:** A line or a metal track running across the back of the boat to which the mainsheet is attached allowing greater control of the main sail.

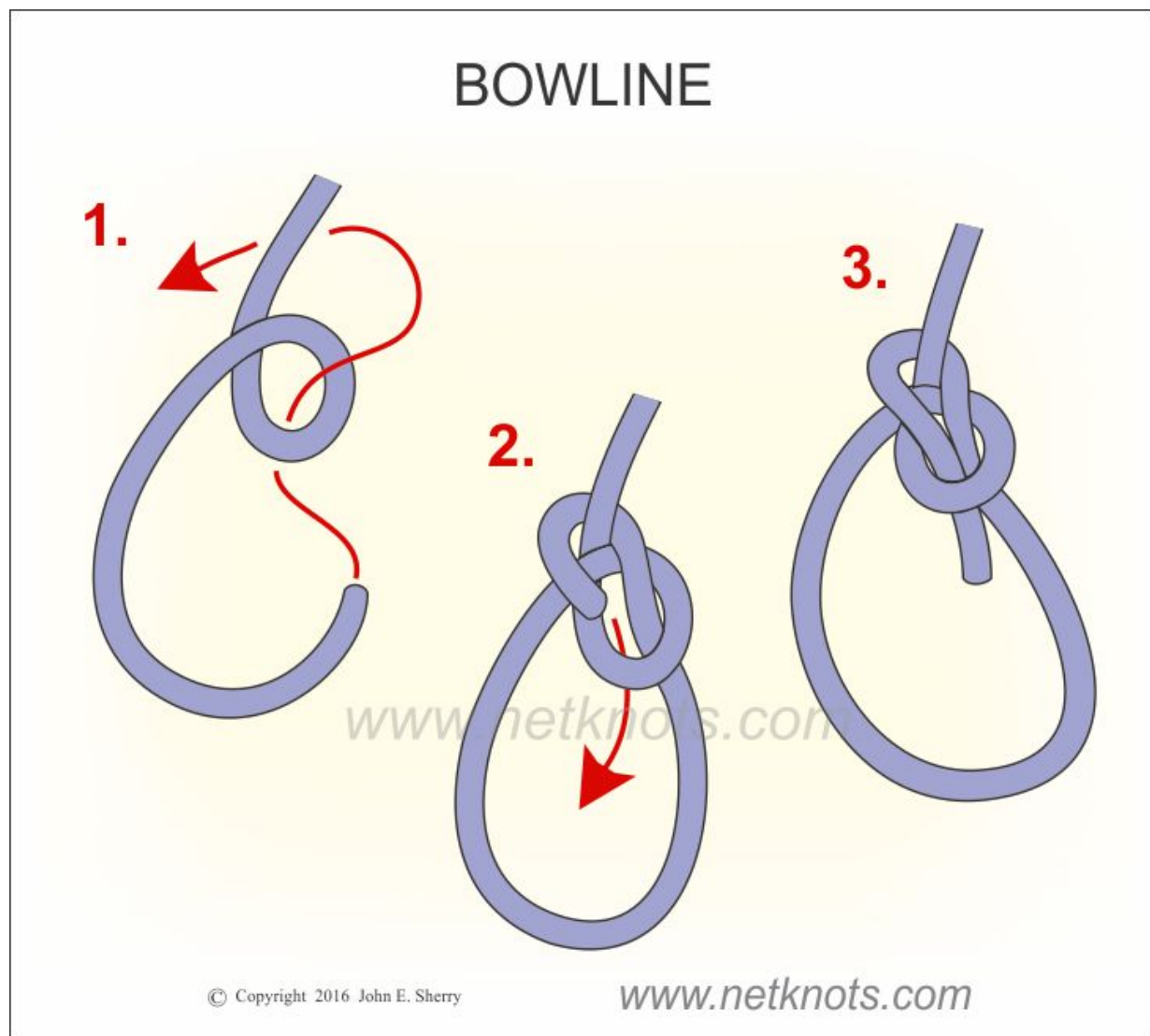
**Windward:** Towards the wind.

## ESSENTIAL KNOTS

There are over a dozen popular knots used in sailing – some of which are very specialized and complicated. For our purposes there are just three knots that the kids will be using on a daily basis. Knowing how to tie these knots will make rigging their boat more efficient and will take the stress out of the process. Please take some time to practice these knots with your kids.

### Bowline

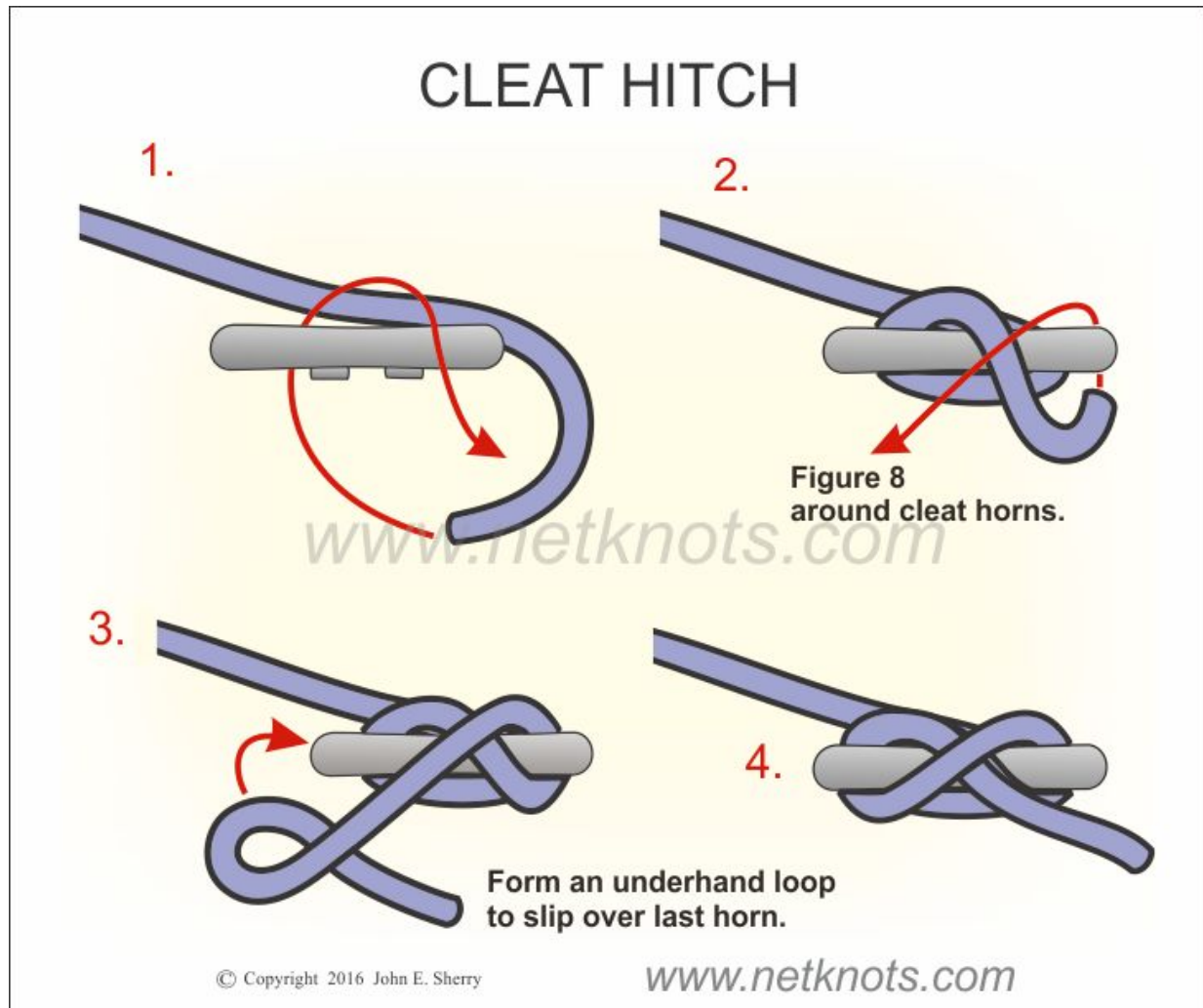
If there were one universal knot in sailing it would be the bowline ('*bow-lin*'). The beauty of this knot is that it can take a tremendous load and become very tight, but remain easy to untie.





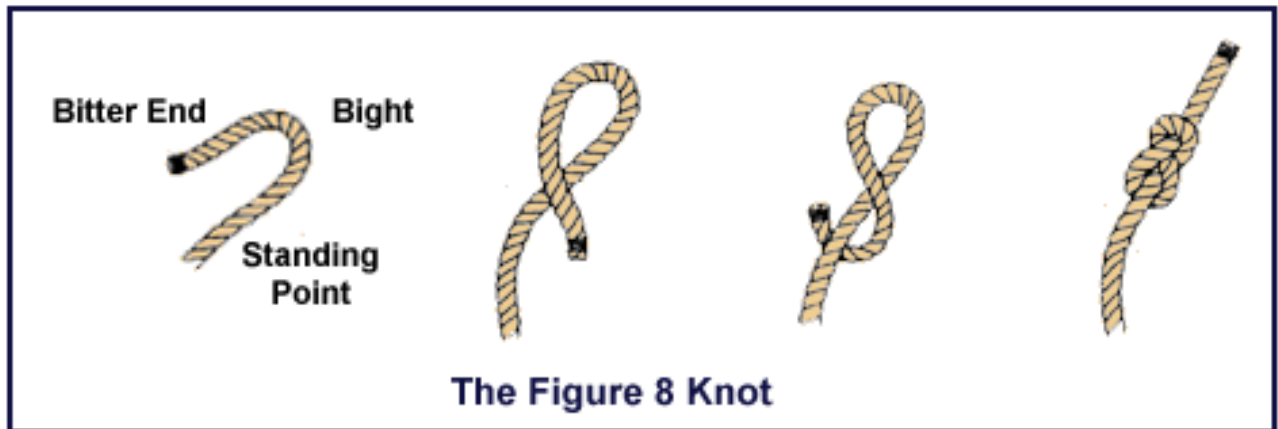
## Cleat Hitch

This is the knot used to tie a boat to the cleat on the dock. We often find the kids making repeated wraps on the cleat which is not necessary. Just the simple figure-8 pattern shown here will be more than sufficient to hold the small boat.



## Figure 8 Knot

We use this knot primarily as a 'stopper' knot. That is, a knot at the end of a line after it has been passed through a block, eye or other piece of rigging. The knot prevents the line from exiting the device it has been passed through. The figure-8 is also easier to untie than its cousin the overhand knot.



## RESOURCES

Here are a few of our favorite sources for sailing gear, boat parts, clothing, accessories and education:

### **West Marine**

[www.westmarine.com](http://www.westmarine.com)

1250 Rosecrans Street  
San Diego, CA 92106  
619-225-8844

Good all-around resource for all things boating. This particular location has a large selection of clothing and shoes.

### **Sailing Supply / Downwind Marine**

[www.downwindmarine.com](http://www.downwindmarine.com)

2804 Canon Street  
San Diego, CA 92106  
619-225-941

Sailing supply caters to the dinghy sailor and carries a good supply of technical sailing clothing, accessories and dinghy boat parts.

### **West Coast Sailing**

[www.westcoastsailing.net](http://www.westcoastsailing.net)

503-285-5536

These folks are in Portland Oregon but operate an extensive on-line store dedicated to dinghy sailors. They are our go-to source for specialty boat parts. Terrific, knowledgeable customer service. Vast selection of sailing apparel.

### **US Sailing**

[www.ussailing.org](http://www.ussailing.org)

US Sailing is the national organization responsible for setting the standards by which youth and adult sailing programs operate in the United States. Their involvement in instructor training, program management, racing, safety standards and education put them at the center of the sailing world. US Sailing also manages the US Olympic sailing team.

END