

## **Sailors Should Never:**

1. Swear at, intimidate or harass anyone including team mates on or off the water.
2. Steal or borrow, without permission, anything that does not belong to them.
3. Neither jump off the pier or foul berth nor swim in harbour.
4. Use controlled substances (ie tobacco or alcohol).
5. Use any illegal substances.

**Any Sailor who breaks any of the above will be removed from the junior sailing course until said case comes before disciplinary committee. They may also be brought to the attention of the Gardai in relation to parts 2 and 5.**

You certainly have an idea of what you want to get out of your experience here. Due to the nature of sailing and the structure of our facilities, **we have some expectations about how you need to behave.**

## **Junior Guidelines:**

1. Arrive on time for class with equipment ready to go.
2. Attendance is taken daily. Parents will be called if juniors are not in class on a regular basis.
3. Quickly launch your boat once it is rigged.
4. Quickly derig your boat once it is out of the water.
5. 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.
6. Bring home all personal equipment property each night.
7. Life-jackets must be properly worn at all times while on shore and whilst sailing.
8. Footwear must be worn at all times while on shore and while sailing.
9. Sunglasses, hats, sunscreen and drinking water are strongly recommended for all sailors. Include adequate warm clothing for cold conditions.
10. Mark all personal equipment with permanent marker. Include name, phone number and sail number.
11. Dry shoes and clothes are required in the Club House.
12. Pick up your rubbish! Keep your club looking nice.
13. BSC is not responsible for loss or damage to personal property of the sailors.
14. Sailors are responsible for damage done to BSC Property or the property of another sailor.
15. Offensive language or actions are not appropriate at any time. Disruptive Sailors will be removed from the course and sent home.
16. Conduct yourself in a dignified and appropriate manner at all times at our club and when visiting other clubs.

Our primary goal is to encourage participation and provide quality instruction in a safe and positive environment.

## **Safety:**

### **Life Jackets (PFDs)**

Every sailor and Junior Instructor must provide and properly wear an approved life jacket at all times. The jacket must be in good condition and fit properly (too big is as bad as too small) and passes our safety officer. Mark the jacket with your name and phone number.

### **Shoes**

Shoes are recommended while on the water and required at all times. We recommend a pair of water shoes (aqua socks, reef runners, etc.) as they are lightweight and can be easily worn in the boat.

### **Sun Protection**

Sunglasses, hats, sunscreen, long sleeves and drinking water are strongly recommended for all sailors.

### **Swim Test**

A swimming test is a basic safety requirement and must be taken by all juniors who wish to take part for the first time in an ISA course.

**The test will be carried out below the club house in Baltimore and can be taken on the first morning of the course.**

Please ensure that the children have sufficient dry clothes to change into after the swimming test.

The test is comprised of the following parts:

1. Hold head under the water for 10 seconds (this allows the sailor to get out from under capsized boat).
2. Swim 25 metres (this allows the sailor to swim after the boat should it have drifted a little distance away).
3. Tread water – so that the sailor will be able to stay afloat until picked up by a rescue boat if not able to return to own dinghy.

**A sailor who does not pass the test will not be allowed to do the course.**

Children who may have difficulty in doing the above test should be encouraged to practice in the sea before the start of the course.

### **Code of Conduct:**

This Code of Conduct represents the most important ideals and guidelines to follow in order to have the most fun during your summer sailing experience.

Simply stated, it is an agreement by all sailors to:

**Be co-operative, supportive and respectful of other people and their property at all times.**

**Participate 100% in daily activities.**

**Study and sail within the Right of Way rules.**

**Be considerate in success and failure, victory and defeat.  
Remember that your actions both on and off the water reflect on you and your sailing club.**

**Discipline:**

It is the intent of the Sailing Course that all those involved have a safe and enjoyable summer. If any participant is unwilling to maintain good and safe conduct within their course and the structure of the code of conduct, he/she will be subject to the discipline according to the following steps:

Discussion with sailing instructor and documentation of behaviour.

Discussion with junior sailing organiser, notification of parents and documentation of behaviour.

Discussion with Junior and Instructor by board of discipline.

Discipline may include suspension from course activities.

Juniors who cannot maintain an appropriate safe and respectful conduct will be subject to disciplinary measures.

Appear before the Board of Discipline of Baltimore Sailing Club and discipline will be at their discretion and may include dismissal from the course.

***Our primary goal is to encourage participation and provide quality instruction in a safe environment.***

**Property Procedures**

Never borrow property without the owner's permission.

Always return borrowed property.

Work with instructors and classmates to solve equipment problems.

**Think Ahead**

Mark all your personal belongings in permanent ink with your name and phone number.

Mark your sailing equipment by metal stamp or engraver with your sail number.

Make sure all your hardware is securely fastened to your boat.

Properly store all your equipment each night.

Keep all your personal gear in a zipped duffel bag or back pack. Add a small luggage lock for extra security.

**BSC is not responsible for loss or damage to the personal property of the sailors.**

Most importantly, parents should be involved and supportive of your junior as he/she pursues the sport of sailing.

**Parent Involvement**

**General Parent Stuff –**

**Communication** – Given the relative brief amount of time we spend with your child, often times we do not see or understand cues the children give off. Many activities are done a particular way because that is how they were conceived.

Everything is subject to discussion and change. The instructor's job is to work

directly with the juniors so the parents are asked not to interrupt an instructor during scheduled class time. If a parent has a comment, concern or idea, they are strongly encouraged to communicate with the junior organiser.

**Conference** – If you need to discuss an idea or issue the Junior Organiser may be reached by telephone at 087-2718186. If there is not an answer, please leave a message and someone will get back to you as soon as possible.

**Attendance** – The course times are 10.00am to 1.00pm and 2.00pm to 5.00pm. Please make sure your children are punctual as it takes a long time to rig boats and get changed. If children wish to stay on the premises at lunchtime there will be a parent on duty to supervise them between 1.00pm and 2.00pm, however the parent cannot be responsible for children who go to the local shops or wander around the village. During the scheduled course time, the sailor is the responsibility of the instructor and must remain with the class. At 5.00pm each day the children become the responsibility of the parents. The junior course is not responsible for children on the premises outside of regular class hours. Classes will meet regardless of the weather and attendance will be taken. Sailors are not allowed to leave club premises alone for any purpose during class hours. If a junior is away, ill or will be arriving late, please notify the Junior Organiser. Sailors with recurring attendance problems will be required to leave the course until such time as those problems are solved.

**Clothing** –

Please ensure that your children have adequate clothing.

**They must have their own lifejacket.**

They should wear a waterproof jacket and trousers, old clothes (or a wetsuit) underneath and old runners and socks on their feet. If the weather is cold then they should have a warm hat. They must have plenty of changes of clothes, particularly for the afternoon. They must be comfortable, warm and dry or they will not enjoy their sailing. We do not have enough personnel to supervise children who are unable to sail because they are very cold and wet. They should have towels and dry clothes for at least one change each day.

**Safety and Discipline** –

Emphasis on the course will be on safety and fun but **SAFETY** will always come first.

Lifejackets must be worn at all times around the club.

The trainees must obey the instructions of the instructors, committee members and the club stewards.

We try not to have too many rules and regulations but just want to draw your attention to one very important rule and that is ... **“Jumping off the pier is absolutely forbidden”** during the course. It will result in the automatic suspension of the child for the following day.

**Dinghies:**

Parents should ensure that boats are seaworthy and **all** equipment is present. Much time is often wasted sorting out poorly equipped boats, to the detriment of those whose boats are perfect. Please note there will be a “safety check” on all dinghies on the first day of the course.

**Day Trips:**

If a day trip is planned, participants will be informed (wherever possible) the evening before. This is to facilitate organization of gear and lunch.

## Summer Course Daily Check List:

Bag for extras (with lock)

Extra clothing. (shirt,shorts,socks etc)

Sunscreen

Bring your own lunch, snacks, and water or money to purchase lunch

Towel

Water shoes

Waterproof spray top or rain jacket and trousers

Bailer (bring an uncut 2 litre milk jug or similar container)

**Remember**

Put your name on everything!!!!!!!!!!!!!!

Supervision ends at 5.00pm each day