

EDGEWATER YACHT CLUB



2023 Edgewater Summer Sail Camp
Parents' Guide

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6700 Memorial Shoreway
Cleveland, OH 44102
(216) 281-6470
www.eycweb.com

I. Letter from the Director

Dear 2023 Summer Sail Camp Parents,

Please accept this letter to welcome and introduce you to the 2022 Edgewater Yacht Club (EYC) Summer Sail Camp! As you read this, the entire camp staff is busy preparing for the six weeks of fun and learning that lie ahead. EYC prides itself on providing the safest, most-enjoyable, and most-exciting experience for campers. Many of our current instructors developed their life-long passion for sailing as EYC campers themselves, including myself. We look forward to sharing this tradition with you!

As you begin planning for your child's time at camp, we anticipate that you may have questions about our program. The following pages provide detailed information, including the Camp's schedule, what personal gear campers should bring, and important policies relating to safety both on and off the water. Please take a minute to review the same, and please share this important information with your son or daughter. This preparation enables the best possible experience for your EYC camper.

Although we have attempted to provide a comprehensive outline of the Summer Sail Camp's activities and requirements, we understand that you may yet need to discuss other important issues with us. Please do not hesitate to contact us at any time with any questions or comments.

We look forward to meeting you and your camper in person!

All the best,

Rachel Krotseng
Director, EYC Sail Camp

II. Summer Sail Camp Schedule and Activities

A. Calendar

June 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|---|-----------|----------|--------|----------|
| | | May 30th Parent Meeting @ Edgewater | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 First Day of Camp | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

July 2023

| | | | | | | |
|---|-----------------------|-----------------------|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 Off - Holiday | 4 Off - Holiday | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |

| | | | | | | |
|----|----|----|----|----|-----------------------------------|----|
| 16 | 17 | 18 | 19 | 20 | 21 Last Day of Camp | 22 |
|----|----|----|----|----|-----------------------------------|----|

B. Parents' Orientation Meeting

Date: Tuesday, May 30th
Time: 6:30 – 8 p.m.
Place: Edgewater Yacht Club dining room

C. Session Plan

Below please find a plan reflecting the EYC Sail Camp's typical lessons and activities for each day at the beginning of the session:

| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---------------|--|---|---|---|---|
| <i>Week 1</i> | | | Perform swim and capsize tests. Learn how to rig, launch, dock, and de-rig. Go on the first sail. | Learn points of sail, wind direction, and basic sail trim. Sail figure-8 and W/L courses. | Play "follow-the-leader" and "chase the coach" with proper technique. |
| <i>Week 2</i> | Learn right-of-way rules among racing sailboats, learn to start races. | Play sponge tag/aquatic capture-the-flag within racing rules. | Rigging races, long distance sail to Crib and back | Focus on handwork and footwork for tacks and jibes. Tack and jibe on the whistle. | Incorporate all skills to sail to the Rock and Roll Hall of Fame. |

Disclaimer: Since sailing is a weather-sensitive sport, plans must frequently be modified to accommodate the often-changing conditions. Should inclement weather preclude activities afloat, campers will participate in a range of onshore exercises, including land-based boat-handling drills, chalk-talks, sailing videos, and games (ultimate Frisbee, tag, and soccer) on EYC property and in neighboring Edgewater Park.

In previous years we have had increasing issues with campers asking their parents to pick them up early on rainy or foul-weather days. While we understand that it can be difficult for kids to have their plans change, we ask that you please encourage your child to stay at

camp, even when it is raining. We try to use the time on land efficiently and take those opportunities to teach more extensive lessons, and once we've done those lessons, we try to have fun! Our rainy days are valuable for learning, having fun, and getting to know each other. The friends that kids make at sail camp could be friends for life!

D. Daily Schedule

Below is the general daily schedule of the EYC Summer Sail Camp's typical activities:

- 8:30 a.m.: Early drop-off period begins. Safety checks.
- 9:00 a.m.:** Camp begins with morning meeting at EYC Pavilion
- 9:15 a.m.: Apply sunscreen, fill water bottles, chalk talk to prepare for morning's sailing.
- 9:30 a.m.: Rig and launch sailboats.
- 10:00 a.m.: Morning sailing session begins.
- 11:30 a.m.: Morning sailing session ends, sailors return to EYC for lunch
- 12:00 p.m.: Lunch starts at EYC pavilion.
- 1:00 p.m.: Re-apply sunscreen, refill water bottles, chalk talk to prepare for afternoon sailing.
- 1:30 p.m.: Afternoon sailing session begins.
- 4:00 p.m.: Afternoon sailing session ends, sailors return to EYC to de-rig.
- 4:15 p.m.: Sailboats stowed and de-rigged.
- 5:00 p.m.:** Camp ends, campers meet at EYC Pavilion for pick-up.
- 5:30 p.m.: Late pick-up period ends. All campers *must* be picked up by 5:30 p.m.

III. Personal Equipment for Campers

Below please find a list of equipment and clothing *required* for participation in camp:

1. Bathing suit and t-shirt (or long sleeve if preferred)
2. Coast Guard Approved Life Jacket. To check if a life jacket is approved, check the inside of the life jacket. A printed certification should be visible, usually on the inside of the back panel. These life jackets can be purchased at West Marine, Sports Authority, and other sporting goods stores. The camper's life jacket should fit well and be comfortable (allow for arm movement) since the camper will be wearing it for most of the day.

Please **do not** “borrow” a life jacket from a sibling, please take the camper to try-on life jackets and achieve a proper fit. Your child’s life jacket should **fit snugly around the chest**, so when grabbed at the shoulders of the life jacket to lift the camper out of the water, the life jacket stays reasonably in place and does not **slip over the head of the camper**. It should be **short at the waist** (unlike life jackets made for water skiing or canoeing) so the camper can sit comfortably in the boat without the lifejacket bunching uncomfortably. It is best for the camper to try the life jacket on standing, sitting and bending to find the best fit. Inflatable life jackets are not acceptable.

3. A whistle attached to the life jacket by a lanyard
4. A towel
5. Closed-toed shoes. These can range from sailing-specific dinghy boots to an old pair of sneakers. Sandals and flip flops are insufficient. Please note, campers will not be allowed to sail without proper, closed-toed footwear.
6. A water bottle or bottled water – should be large enough to last a half-day of sailing. It is recommended to get one with a loop or a carabiner, so that the camper can secure their water bottle to the boat to stop it from falling out.
7. Sunscreen – SPF 30 or higher.
8. A hat
9. Duffel bag or backpack to keep all of their belongings together.

Below please find a list of additional clothing or equipment *recommended* for participation in camp:

1. Sunglasses and strap – floating straps are highly recommended
2. SPF chapstick
3. Extra (dry) shirt/shorts/socks for use after sailing (and to protect parents’ vehicles from moisture on the drive home). Extra pair of (dry) closed-toed shoes for use after sailing, and/or during on-shore activities should sailing be postponed due to inclement weather

It is advisable to write your camper’s name on every piece of personal equipment/ clothing he/she brings to camp. EYC is not responsible for lost items. Campers are solely responsible for keeping track of the personal equipment they bring and use. There is a lost and found that will be present at the Banquet for those who might have lost items during the camp session.

Lastly, please remember that completed medical treatment, pick-up authorization, and waiver forms must be received prior to the camper's first day in attendance. Again, blank forms are provided in the final pages of this Parents' Guide.

IV. Camp Policies

A. Camper Drop-Off and Pick-Up

Sail camp instructors will be on the premises to receive campers at 8:30 a.m. every morning. Since EYC staff will not be on premises prior to 8:30 a.m., campers cannot be dropped off early – while at EYC, campers *must always* remain under the supervision of either an instructor or responsible adult. Campers should be dropped off at the pavilion on the north side of the premises (turn left after going through the gate). At the pavilion, an instructor will be waiting to check campers in. Every camper must be signed into camp at drop-off. Campers should be dropped off by 9:00 a.m.

By 5:00 p.m., campers will be ready and waiting for pick-up at the EYC Pavilion. To release campers, EYC requires the parent or camper to verbally acknowledge their intent to leave for the day. If a non-parent/guardian is picking up or dropping off, please let the staff know ahead of time so there is no confusion. EYC may require provision of a valid form of government-issued photo identification to verify the identity of any picking-up adult.

Instructors will provide late pick-up supervision until 5:30 p.m. Campers **must** be picked-up by that time. If, under extenuating circumstances, you cannot arrange pickup prior to 5:30 p.m., EYC will provide continuing supervision of your camper. EYC reserves the right to charge fees for late supervision of up to \$50.00/hour, including a full \$50.00 for any fraction of the first hour.

B. Late Arrival/Early Departures

Should you anticipate camper arrival later than 9:00 a.m., please call EYC in advance (see EYC contact information below) to advise us of the same. EYC will arrange to have an instructor on the premises during the morning sailing session, so that the camper can be received and signed in. If EYC is not notified in advance, instructors will not remain onshore during the morning sailing session. Unsupervised drop-off is not allowed and may result in camper- dismissal should it occur (please see Section IV(D) below).

Should you anticipate the need for your camper's early departure (prior to 5:00 p.m.), please call/email EYC in advance to advise us of the same. It is important to know ahead of

time since it is a relatively slow process to come off the water.

C. Safety and Other Protocols

Below please find a list of important protocols, in effect to ensure camper safety during all camp activities:

1. Proper footwear must be worn at all times.
2. Life jackets must be worn by campers anytime they are on the water or around the EYC docks.
3. Campers must remain under instructor supervision whenever they are on premises. Campers are not to venture into the Main Clubhouse or otherwise outside of instructor supervision.
4. Campers must be closely accompanied by instructors whenever they are on the docks, around the pool, or otherwise near the water. Unsupervised swimming is not allowed.
5. Horseplay is prohibited on and around the docks and pool.
6. Campers must report any equipment breakdowns to their supervising Instructor. Such breakdowns may arise from time to time due to regular wear and tear.
7. Campers must report to their instructor any and all injuries or illnesses that may arise over the course of the session.
8. Campers must pass swim and capsized tests during the first day of camp. Campers will be expected to swim 50 yards, tread water for 1 minute, and then put on their lifejacket while in the water. Campers will first be taught, but then must demonstrate the ability to independently right a capsized boat. Campers will not be allowed to sail their own boats until they demonstrate proficiency in those tests.
9. While operating their own sailboats, campers must always stay near their instructor and the other sailboats in their group.
10. Campers shall treat fellow campers, parents, instructors, and all EYC staff and EYC members with respect, courtesy, care and consideration.
11. Campers shall treat the facilities and premises of EYC with respect and care. This includes: a) an absolute prohibition against the deliberate mistreatment/reckless destruction of property; b) the responsibility to avoid creating hazards, messes, and other damage by negligence; c) the responsibility to track-down and dispose of any and all trash created either by him/herself or other negligent campers, and;

12. d) the responsibility to return all used equipment to the location, and in the condition and configuration in which it was originally found.
13. EYC strongly discourages campers from bringing any type of valuables or electronics (including cell phones, iPad, iPod), or any form of currency to camp. Campers will not be allowed to use these electronics during camp hours, unless for emergencies. EYC will not be responsible for the loss or destruction of such items.

For the safety of all campers, and to avoid all types of unnecessary difficulties, it is very important that campers understand and continue to respect the above EYC Sail Camp policies. Please discuss them with your camper. This list of policies is not intended to be exhaustive. Instructors may advise campers of other important policies from time to time.

D. Camper Dismissal

EYC reserves the right, in the exclusive discretion of EYC Management, to dismiss any camper who repeatedly interferes with the welfare/safety of others and/or the success of the program. **Dismissal from camp results in a complete forfeiture of session fees.** EYC's policies ensure the safety and comfort of all campers, optimizing their learning and protecting both EYC and camper property. **Above all, EYC wants campers to have fun and be safe.**

E. Fee Policy

EYC cannot/will not pro-rate or otherwise discount session fees based on planned or unplanned absences. EYC cannot/will not offer "split" session fees. To secure a camper's participation for any specific date or period of time, payment in full for the corresponding session(s) is required. Additionally, campers who only partially attend are subject to increased fees due to the inconvenience of scheduling. **This policy is non-negotiable and uniformly enforced (i.e., members and non-members pay the same increased rates).**

V. EYC Sail Camp Contact Information

Primary Contact for General Questions Regarding Sail Camp:

Rachel Krotseng
Director, Edgewater Yacht Club Sail Camp
6700 Memorial Shoreway
Cleveland, Ohio 44102
Phone: (216) 633-9122
juniorsailing@edgewateryacht.club OR krotseng99@gmail.com

EYC Front Office:

Edgewater Yacht Club
6700 Memorial Shoreway
Cleveland, Ohio 44102
Phone: (216) 281- 6470
www.eycweb.com