



Youth Sailing Program

# SAILING CAMP 2024 HANDBOOK



# WELCOME!

We are excited you are coming to sail with us this summer! We are looking forward to another safe, fun-filled summer of *Sailing! Sailing! Sailing!*

The purpose of this handbook is to orient both new sailors-to-be, returning sailors and their families to Sailing Camp. Please take the time to read through the information before your camper's first day so we all start summer sailing on the same course.

## **The Sailing Camp Mission:**

The mission of Sailing Camp is for youth to go sailing, develop sailing skills, become sailors and have fun doing it!

## **Guiding Principles:**

Sailing Camp is all about kids and sailing. As a sailing specialty camp, our program focus is getting a diverse group of children on sailboats, out on the balmy waters of Lake Hefner, and sailing. By default, it's safety first, then fun, and from there it's smooth sailing. These basic principles are at the core of everything we do: they drive our decision making; guide us in our daily work; and give us direction in how we relate to each other, to our youth, and to our community.

Our formula for success:

**Safety First + Lots of Fun + Quality Instruction + Lots of Sailing = Sailing Camp**

OKC Sailing School does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. In fact, we promote diversity amongst sailors.



## Quick Start Guide for Parents

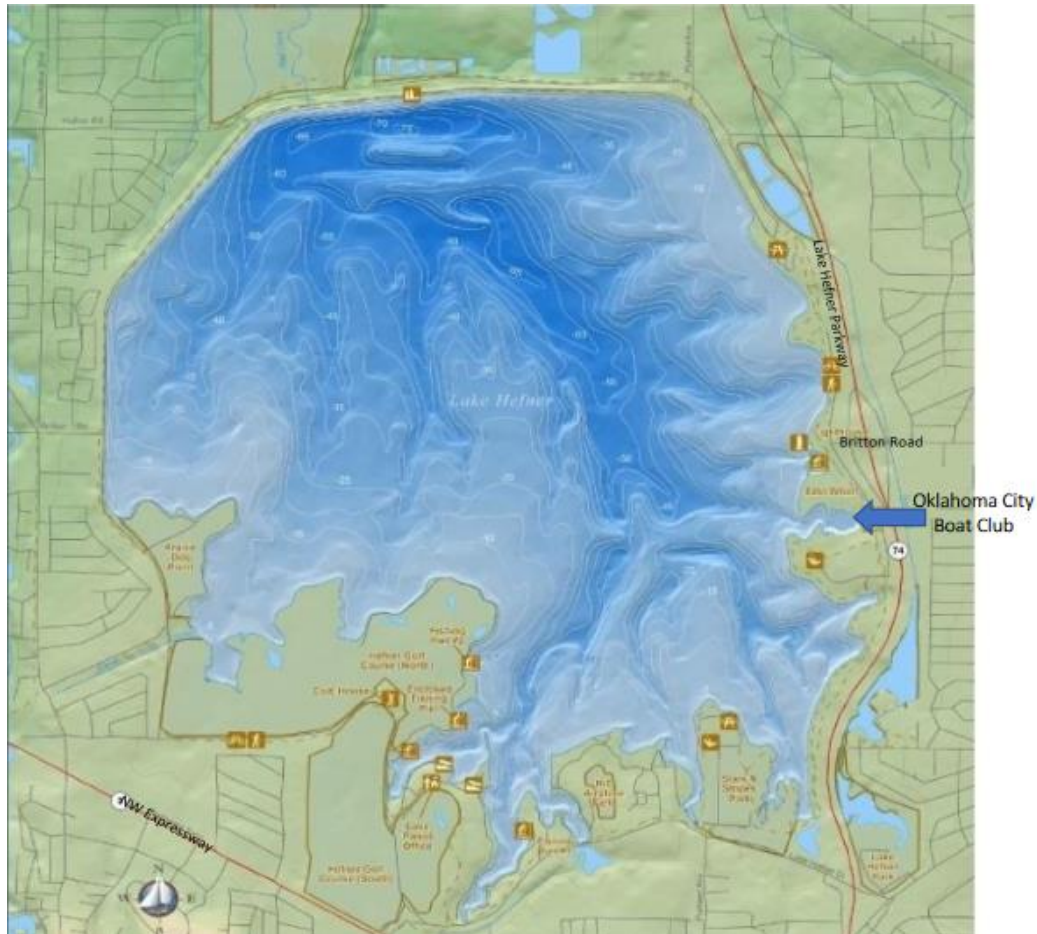
### General Schedule:

- HOURS:** 9:00 am to 4:00 pm, Monday through Friday
- MONDAYS:** On the first day of each session, the gate will open at 8:45am. Please try to arrive promptly at 8:45am to allow your child to get settled in before camp starts at 9:00am.
- FRIDAYS:** On the last day of each session open sailing starts at 2:00pm. Campers will have the opportunity to take you sailing and show you what they have learned throughout the week.

### Physical Location & Directions:

OKC Sailing School is located on the grounds of the Oklahoma City Boat Club. The physical address is: **9101 Lake Hefner Parkway, Oklahoma City, OK 73156.**

From Lake Hefner Highway (OK-74), Exit west on Britton Road, Turn left at the T intersection near Louie's (frontage road), Take the first right into the East Wharf parking lot, Take the first left and enter through the gate. Once in the gate park in the parking lot on your left. The sailing school building will be to your right (towards Lake Hefner).



## Daily Checklist for Sailors

Sailing is a mentally and physically challenging sport. You need to take care of yourself at home and at Sailing Camp. Please get a good night's sleep and eat a healthy breakfast every morning. You will need to bring some basic gear to camp every day. **Please write your child's name clearly on all their belongings.** It is your child's responsibility to keep track of their items while at camp. If you bring a hat and/or sunglasses, make sure you have a way to attach them to either your head OR to your shirt. You **DO NOT need to bring your life jacket** to camp as one will be provided for each camper.

Use the following checklist to make sure you have everything you need for camp every day. **MUST HAVES are essential items you MUST HAVE to participate in Sailing Camp.** RECOMMENDED items are optional but are **highly** recommended!

### Must Haves

- Reusable water bottle
- Cold lunch
- Sunscreen
- Appropriate sailing clothes/shoes
- Bag to keep all your stuff in

### Recommended

- Hat with tether
- Sunglasses with tether
- Towel
- Change of clothes/shoes

**Water Bottle:** Bring a reusable water bottle. Please do not bring sports drinks, juices, or pop. We have plenty of water, ice, and Gatorade available for plenty of refills all day long!

**Cold Lunch:** Pack a nutritious lunch to help maintain your energy level for a full day of sailing. Add extra snacks (e.g., energy bar or fruit) if you tend to get hungry between meals. We have a refrigerator to keep lunches cold. Please don't bring anything that needs to be cooked or heated in a microwave.

**Sunscreen:** Any sunscreen lotion with at least 30 SPF is fine. Zinc oxide is good too. Use caution with spray sunscreen, it may not cover as intended.

**Sailing Apparel:** Quick drying clothing is best. Avoid cotton because it is heavy when wet and takes a long time to dry. Pack extra clothing as needed for rain or cooler weather. **Sailors must have shorts & a shirt to wear.**

Your shoes should either strap on or lace up so they will stay on your feet. **No flip flops!**

YES!



NO!



## Scholarships & Eligibility Requirements for Participation

### Scholarships:

We want Sailing Camp to be accessible to all youth interested in sailing. Scholarships subsidize the cost of camp fees for youth who might not be able to attend Sailing Camp otherwise. Scholarships are need-based and awarded on an individual, first come, first served basis. Scholarship Applications are available on the Youth Program section of our website.

### Eligibility Requirements for Participation:

Sailing is a mentally and physically challenging sport. We want every sailor at Sailing Camp to be safe, have fun, and learn to sail. Our goal is to make sure all youth who attend Sailing Camp have the life skills necessary to enjoy the camp experience and to successfully master new sailing skills. To that end, all youth must meet the following eligibility requirements to participate in Sailing Camp.

1. Campers shall be between the ages of 8 through 16 years of age
2. Complete a swim check to the satisfaction of the Head Sailing Instructor
3. Learn and perform one- and two-man capsized drills to the satisfaction of the Head Sailing Instructor

### AND

Demonstrate a **positive attitude** and **responsible behaviors** as shown by the *ability and willingness* to:

- Listen to and obey authority figures
- Understand and follow instructions given at the individual and group levels
- Learn small boat and water safety rules and once learned, follow the rules
- Learn sailing skills and engage in tasks required to sail alone or with others
- Treat self, others, and the environment with respect, in both words and actions
- Keep self, others, sailboats and equipment, and the environment safe
- Take responsibility for self-care, including adequate hydration and sun protection
- Try new things and keep trying, even if something is challenging
- Interact cooperatively with others on an individual basis and as a team member
- Handle unexpected changes in daily routine or plans
- *Possess the focus, learning capacity and social/emotional maturity to learn about sailing with a diverse group of peers*



Be in good general health and physical condition, with the capacity to:

- Move about the facility at the same pace as peers
- Lift and carry the weight of personal belongings and sailing-related gear
- Wear all protective gear recommended or required by OKC Sailing School
- Get on or off a wet or dry boat independently
- Change position on a sailboat quickly and independently
- Tolerate being outside and on the water several hours every day
- Tolerate variable weather conditions, including extreme heat, significant sun exposure, wind and rain
- *Possess the strength, fitness, balance, and agility to sail a boat on Lake Hefner*

Demonstrate effective communication skills, including the ability to:

- Speak English fluently
- Communicate (give and receive information) with others, verbally and with visual and/or sound signals
- Communicate (hear or be heard; see or be seen) over a distance of 50 yards, under challenging conditions such as high winds, rough water, or poor visibility

## The Big Seven – Rules for Sailors

We know there is a lot to learn about sailing, especially when you are new to the sport, therefore we have seven basic rules “**The Big Seven**” for campers to remember.

1. Sailors must show respect towards others and themselves.
2. Sailors must show respect for wildlife. This means observing from a safe distance and leaving them alone.
3. Sailors must listen and follow the directions of their instructors and counselors.
4. Sailors may not have cell phones while participating in camp activities.
5. Sailors must wear shoes at all times, both on land and on/in the water.
6. Sailors must properly wear a life jacket when in, on, or near the water.
7. Have Fun!!

There is a lot more built into these rules, however, rest assured our instructors and counselors are there to guide all sailors in a positive direction as needed.

## Behavior Management Policy

Sailing Camp does not have a one-size-fits-all Discipline Policy. We expect our sailors and staff to make good choices and follow the rules. Typical strategies for inappropriate or unacceptable behaviors include reminders to stay focused, time outs, one-on-one conversations before or after sailing camp hours, or even a day off from camp. Our

primary goal in addressing behavior issues is to maintain a safe, effective, and fun learning environment for all, including sailors with challenging behaviors. We are all here to go sailing!

If a sailor or staff member behaves inappropriately, we use the following levels of intervention as indicated:

- Minor behavior problems may be handled by anyone working at Sailing Camp
- Recurrent or serious issues will be referred to the Head Sailing Instructor
- Unresolved issues or problems will be referred to the Youth Program Director

## What to Expect

To ensure the safety of all sailors, staff and volunteers, OKC Sailing School only uses our boats (*boats we own*) during Sailing Camp. Depending on your sailors experience they may get to sail on RS Zests, Optis, and/or 420s. We use these boats for Sailing Camp as they are ideal boats for young sailors to learn and develop sailing skills.

All our staff have a passion for sailing and enjoy working with youth. Several of our staff are certified US Sailing Small Boat Level 1 Instructors or higher. They also carry valid certifications in CPR/First-aid and Oklahoma Safe Boating.

Sailing instruction content and methods are based on US Sailing's National Standards for Quality Sailing Instruction. Each Sailing Instructor brings his/her personality and sailing experience to camp, as do the different combinations of new and experienced sailors each session. Every session follows the same sailing curriculum, yet every session is unique, with a slightly different tempo and style.

**No sailor will be left unattended on the water. EVER.**



## Basic Guidelines for Sailors & Parents

### **Hours:**

Camp starts at 9:00am and ends at 4:00pm. The Oklahoma City Boat Club gate will be open at the beginning and end of the day but will remain closed during the rest of the day as a safety measure. We are not equipped to supervise sailors before or after the camp day. Ideally all the sailors will be on time and ready to go when the first sailing instruction activity starts at 9:15am. We will do our best to have your child ready to be picked up between 3:45pm and 4:00pm.

### **Morning Drop Off:**

Please drop your child off at no earlier than 8:45am and no later than 9:15am.

- If you arrive too early (before 8:45), the gate may still be locked and/or there may not be an adult free to take charge of your child.
- If you arrive too late (after 9:15), your child will start the day a step behind the rest of the sailors.

MONDAYS only – The first day of each session tends to be a little hectic. Please try to arrive early enough to complete the registration process and get your child settled in by the time camp starts at 9:00am.

### **Afternoon Pick-Up:**

You must come to the South porch of the OKC Sailing School to sign your child out from camp. Please pick your child up no earlier than 3:45pm and no later than 4:15pm.

- If you arrive too early, your child may not be ready to leave (still out sailing, on shore de-rigging a boat or in the middle of a Chalk Talk).
- If you arrive too late (after 4:10pm), someone will stay with your child until you arrive. The second time a sailor is picked up late, we will charge a late fee of \$30 per camper per day.
- FRIDAYS only – The last day of each session is always busy. Parents, siblings and friends are allowed to sail with their camper starting at 2:00pm.

### **Absences, Late Arrivals, Early Pick-ups:**

Please notify us (text Lynn Pinegar 405-514-4946) as early as possible if your child is going to be late or absent. We will call you to make sure your child is safe if your child does not arrive by 9:30am and we have not heard from you.

Please notify us in advance if you need to pick your child up early. Specify what time you need to leave OKC Sailing School with your child in the car. Based on that time, we can make sure your child is on shore, with all his/her belongings, and ready to go. Be sure to let us know if your child needs to be in dry clothes prior to leaving.



**Typical Day at Sailing Camp:**

8:45 Sailors start arriving  
9:00 Stow gear, put lunch in cooler, fill water bottle, apply sunscreen  
9:15 Warm-up exercises, rig boats  
9:45 Chalk Talk, boat assignments, Water/Sunscreen  
10:00 Sailing  
12:00 Lunch on south porch or somewhere on Lake Hefner  
12:45 Chalk Talk, Water/Sunscreen  
1:00 Sailing  
3:15 De-rig boats  
3:40 Debriefing and ice pops  
4:00 Pick-Up Time

**Swim Check:**

All sailors, regardless of age, are required to complete a swim check on the first day of each camp session. In addition to confirming youth have adequate swimming skills and confidence to safely participate in Sailing Camp, the swim check provides an opportunity for:

- Instructors to ensure each youth's PFD (life jacket) fits properly
- Youth new to sailing have a chance to become accustomed to being in lake water while wearing PFDs (life jackets) and sailing shoes.

**Capsize Drill:**

The Sailing Instructors teach and administer capsize drills on the first day of every camp session. All sailors, regardless of experience, must complete one-man and two-man capsize recovery drills.

**Life Jackets:**

Personal flotation devices (PFDs or life jackets) must be worn and properly fastened, at all times, when sailors and staff are on the docks, in a boat, or near the water (e.g., ramp by Youth Shed, beach, etc.). PFDs must be U.S. Coast Guard approved and must be properly fitted to an individual's size and weight. **We will provide life jackets for you.**

**Appropriate Clothing & Sailing Shoes:**

Quick drying clothes are best. Avoid cotton because it is heavy when wet and takes a long time to dry. Pack extra clothing as needed for rain or cooler weather.

Shoes, shorts and shirts must be worn at all times, whether on land or on/in the water. Shoes should either strap on or lace up so they will stay on your feet. Open-toed shoes are not recommended. **No flip flops!**

We recommend a hat and sunglasses. Make sure you have a way to attach your glasses and/or hat to your head, shirt, or life jacket!

**Adequate Hydration & Skin Protection:**

Bring a reusable water bottle every day. We provide a large cooler of water. Sailors are encouraged to drink fluids and refill water bottles regularly. Sailors must wear sunscreen and reapply frequently. Any sunscreen lotion with at least 30 SPF is fine.

**Lunch Hour:**

Bring a nutritious lunch to help maintain your energy level for a full day of sailing. Add extra snacks (e.g., energy bar or fruit) if you tend to get hungry between meals. We do have a refrigerator for lunches to stay cool.

Lunch is a time for everyone to take a break and relax. Counselors supervise the sailors to make sure they eat lunch, drink plenty of water, stay in the shade and relax.

**Inclement Weather:**

Sailing Camp is held every day regardless of weather conditions. Learning about weather is part of learning about sailing. We routinely monitor the weather throughout the day for signs of changing conditions. If the weather is not safe for sailing, the sailing instructors will take advantage of the opportunity to present sailing topics (e.g., rules, knot tying, etc.) more suited for sailors to learn on shore. The Head Sailing Instructor makes the final decision whether to return to harbor or to delay sailing in the event of unsafe weather.

**Medical Conditions or Special Accommodations:**

It is in your child's best interest to let us know if she/he has any significant medical condition. Please be sure to notify us of any conditions in writing. The information may be critical if your child needs emergency medical care. **We rely on you so we can ensure their safety is forefront and their specific needs are met.**

Please let us know if your child has any significant non-medical special needs or challenges. For example, faints at the sight of blood, anxiety attacks, or any other reactions to stimuli most children handle easily.

**Medications:**

The only over-the-counter medications we have on site are acetaminophen and ibuprofen. We will contact you prior to administering either one to your child.

All prescription medications must be in the original labeled container. We secure medications in a locked file cabinet. Medications must be administered by the Youth Sailing Director or the Head Sailing Instructor. Sailors are only allowed to self-administer a medication (e.g., asthma inhaler) under the direct supervision of a Camp Manager or the Head Sailing Instructor.

If your child has an EpiPen, you will need to provide us with specific instructions regarding the indications for use and method of administration.

**Sailor Injury or Early Signs or Illness:**

All Sailing Instructors hold current First-aid/CPR Certifications. Instructors may administer care for minor cuts and bruises. Basic first-aid kits are located on both safety boats and on the south porch. Historically, the most common injuries we deal with are blisters and splinters.

Sailing Instructors routinely monitor for signs of dehydration and heat exhaustion. In the event a sailor becomes overheated, he/she must rest, rehydrate, and cool off in Oklahoma City Boat Club's air-conditioned clubhouse. In the event a sailor experiences a blow to the head (usually a boom is involved), we will assess her/him for signs of a concussion and apply an ice pack for the swelling.

We will notify parents of any illness or injury requiring more than a Band-Aid. If a youth cannot return to sailing, we will call a parent immediately. Otherwise, we will notify the parent at the end of the day.

**Lost & Found:**

Sailors are responsible for keeping track of their own belongings and taking them home daily. Please write your child's name clearly on all belongings. In the event we find any gear at the end of the day we will make an attempt to reunite it with the sailor.

**Electronics:**

**No cell phones** or other electronics are allowed on the water. Special considerations will be made on a case-by-case basis for documented medical conditions only.

**Communication Between Parents & Camp Staff:**

If you have any questions or concerns, please don't hesitate to contact a staff member. If we can't help you, we will take a message and pass it on to the appropriate individual. The Sailing Instructors are not available to take calls during the camp day.

If your child calls/texts you with a problem (e.g., forgot lunch, doesn't feel well) during camp, please speak with a staff member before taking any action. We might be able to solve the problem and save you an unnecessary trip to camp.

Please bring your day-to-day concerns about instructors, teaching methods, your child, or other sailors to the Youth Sailing Director. The best time to have a conversation with the Head Instructor is at the end of the camp day. The sooner you bring a concern to their attention, the sooner they can address it.

If you have a significant concern or an unresolved issue, please put it in writing (text or email work well) and submit to Jessica Robinson, Executive Director, at [learntosailokc@gmail.com](mailto:learntosailokc@gmail.com).

## Beyond Sailing Camp

### Youth Regattas:

Regattas are open to youth sailors from several different sailing organizations. We encourage sailors who have completed at least one session of Sailing Camp to participate. Sailors active in Sailing Camp may race OKC Sailing School boats. Regatta details will be posted on the Youth Program section of the website.

### Other Youth Sailing Opportunities:

The Oklahoma City Boat Club has a busy racing schedule, providing plenty of opportunities for youth sailors to go sailing. The Head Sailing Instructors will help youth sailors find appropriate opportunities to sail at Oklahoma City Boat Club.

Youth centerboard racing is every Thursday evening. Once the Head Sailing Instructor determines a youth sailor is ready, they're encouraged to race on Thursdays.

Keel boats race on Wednesday evenings. Youth sailors are encouraged to ask the Sailing Instructors about how to "find a ride" on a keel boat.

### Other Youth Sailing Programs & Activities:

Sailing Camp is Youth Sailing's biggest program, but we also offer, with the approval of the Head Sailing Instructor, a competitive sailing team which meets weekly in the Spring and Fall.

DATE	ACTIVITY /EVENT
June 3 - 7	Sailing Camp Session 1
June 10 - 14	Sailing Camp Session 2
June 17 - 21	Sailing Camp Session 3
June 24 - 28	Sailing Camp Session 4
July 4th	INDEPENDENCE DAY (Enjoy the Fireworks)
July 15 - 19	Sailing Camp Session 5
July 22 - 26	Sailing Camp Session 6
July 29 - August 2	Race Camp
Saturday August 3	JOHN PEARL YOUTH REGATTA

## Our Instructors

Youth Sailing Director:

Lynn Pinegar

Head Instructor:

Lauren Pinegar, Evelyn Hrencher

Sailing Instructor:

Brody Smith, Jordan Wiesner

## Additional Resources

### **OKC Sailing School**

Mailing Address: P.O. Box 20245  
Oklahoma City, OK 73156  
Phone: 405-440-3054  
Email Address: [lcisailing@gmail.com](mailto:lcisailing@gmail.com)  
Facebook: Facebook.com/sailoklahoma  
Website: okclighthouse.org

Executive Director: Jessica Robinson  
405-600-5335  
[learntosailokc@gmail.com](mailto:learntosailokc@gmail.com)

### **Oklahoma City Boat Club**

Website: okcboatclub.com  
Phone: 405-754-8109