



## SUMMER 2023 DETAILS, PROCEDURES AND NECESSARY EQUIPMENT

Dear Parents/Guardians of Junior Sailors

The Seaford Yacht Club operates through a system of volunteers and there are many SYC members who work hard to put this program together. We are excited to have the York County Sailing Team providing instruction again. Luke Manternach will be our lead instructor. Luke was an assistant instructor for several years with our program, a previous member of the sailing team, and currently enrolled at Virginia Tech.

Check in begins at 8:30 AM and class starts at 9:00 a.m. Pick up should be by 3:30PM. The kids will not be out in the sun all day, as there is classroom instruction and projects as well as concentrated time on the water. They do spend a lot of time outdoors, so the list of equipment anticipates this exposure to the sun.

On the first day, the sailors will need to demonstrate their swimming abilities. They will be required to wear a personal flotation device (PFD) at all times when on the water. It is best if they bring their own, but the club can provide PFD if necessary. Please notify us in advance if this is needed. All participants will need a bathing suit on a daily basis. Note also that on the first day, the participants go through a capsizing drill on the boat. Please don't worry, this is a safe and necessary drill so they understand that they will be safe throughout their training. Luke has certification as a US Sailing Instructor. Our lead instructor and assistant instructors have CPR certification, and boating licenses as well as sailing experience.

All participants should bring the following with them to class each day:

- Lunch - for each day of the session plus a snack
- Water bottle; labeled with participant name.
- Sunscreen
- Bathing suit
- Life vest (Personal Floatation Device, PFD) - Coast Guard approved and appropriately sized
- Helmet (optional, but recommended. This can be bike helmet or sailing helmet)
- Boat/water shoes - NO FLIP FLOPs, and no black soles
- Sunglasses (recommended)
- Towel
- Change of clothes
- Backpack or bag to store personal items while they are out on the water.

Friday Fun Day: This is still a day of instruction, but we will have pizza and popsicles at lunchtime. If you do not want your child to have food other than what you have sent with them, please notify either the instructors or me.

On Fridays at 1:30 PM, parents/guardians have the option of watching from the pier to see what the participants have learned during the week.

We will have an end of summer regatta and picnic for all participants and their families on Saturday August 12 from 9AM to 1 PM.

If you have additional questions, please contact Lynn Kelly at [lynnemae74@gmail.com](mailto:lynnemae74@gmail.com)