



Marianas Yacht Club Youth Sailing Program, Summer 2022 Information Sheet

Please Bring Daily

- ☐ swim suit, dry clothes, towel, hat, sunblock
- ☐ water shoes for rigging and sailing
- ☐ zories for relaxation
- ☐ Coast Guard-approved Type III LIFE JACKET (PFD)
- ☐ lunch & water bottle to reuse

Rules for the Class

- ☐ listen to and respect the adults, instructors, helpers, your classmates and yourself
- ☐ don't be afraid to ask questions
- ☐ WEAR A Coast Guard-approved Type III PFD IN/ON THE WATER AT ALL TIMES
- ☐ respect the Club's property, other people's property and the environment
- ☐ keep one water bottle with your name on it
- ☐ no sand on the patio
- ☐ no wet feet or objects in the lounge
- ☐ everyone helps clean up and put all equipment away

Goals

- ☐ complete a swim test: in 4' deep ocean water, swim 50' non-stop without a PFD; in 30' deep ocean water with a PFD on, tread water for 2 minutes and then swim 50'
- ☐ demonstrate basic water safety knowledge and skills
- ☐ know and use basic boating terms
- ☐ build confidence and balance on a boat through kayaking
- ☐ capsize, right (turn over), & bale (scoop water out) a boat
- ☐ understand and explain the basics of currents and wind for sailing
- ☐ tie basic knots - bowline, square knot, clove hitch, stopper (figure-8) knot
- ☐ rig a sailboat and name each part
- ☐ crew a sail boat (help the skipper and balance the boat)
- ☐ skipper a sail boat (steer and navigate the boat on a figure-8 course)
- ☐ have fun!

Safety Tips to Remember

- ☐ stay calm and always wear your PFD on/in the water
- ☐ tiller toward danger
- ☐ don't switch the tiller and sheet until after you're in your seat
- ☐ SAFETY POSITION: sit in center of boat, hold onto the sides of the boat (let sheet / tiller go)