



# SUMMER CAMPS : Good To Know ...



The Bahamas Sailing Association has been running its summer sailing school out of the Nassau Yacht Club since 2005. Its goal is to increase the number of Bahamian youngsters who know how to sail and to encourage sailing in all its aspects in The Bahamas.

The Summer Sailing Camp comprises three 2 week sessions, Mondays to Fridays, 8:30 a.m. to 3:30 p.m.. Each student is assigned a boat, which is theirs for the duration of the camp. They are also provided a life jacket. Once they have been assigned this equipment, they are responsible for its care.

The day is broken down into many different parts. When the students arrive in the morning, we generally have an on-shore lesson about some aspect of sailing. Then they work together to rig their boats for the day's sailing session. Weather permitting, they will go sailing in the morning and afternoon. At the end of the day the students wash down their boats and gear and properly stow them for the evening.

Lunch is provided. Once they have eaten, and everything is cleaned up, the students may go for a swim until the lunch hour is over.

We are able to handle a maximum of 30 students per session. Students (girls and boys) must know how to swim and be between the ages of 8 and 18 years old.

On completion of one of the summer sessions, students are able to continue sailing throughout the year in our weekly Saturday sailing sessions as well as after school on certain days. They will also be given the opportunity to compete in the many sailing regattas that are held throughout the year and if good enough represent The Bahamas at international events.

## **WHAT YOU NEED TO KNOW & BRING**

- Camp will begin every morning at **8:30 am** and will finish by **3:30 pm**.
- There will be an Instructor on the property by 8:00 a.m. should you wish to drop your child before 8:30. **After 3:30 pm there is no supervision for the children.** They must be off the Nassau Yacht Club property by that time.
- Parents shall give specific written instructions to the head instructor if their children are to leave early.
- Please drop off and pick-up your children on time.

***The Nassau Yacht Club and Instructors are not responsible for your children after 3:30 pm.***

### **Sailors shall bring the following everyday:**

- Their own Life Jacket (US Coast Guard approved PFD). This is supplied for all sponsored students.
- Sailing boots or other non-skid shoes. (Old Tennis, reef walkers, etc. **BUT NO FLIP FLOPS**) – Toes must be covered.
- Hat, sunglasses, waterproof sunscreen.
- Small Water Bottle
- Towel
- Change of clothes (all clothes that are brought to sailing, must be able to get wet)

**DO NOT BRING ANYTHING TO SAILING LESSONS THAT CANNOT GET WET OR THAT YOU DO NOT WANT TO LOSE. Headphones and speakers are prohibited.**

### **SAFETY FIRST**

1. Life jackets must be worn and done up properly at all times when sailing, or around the water.
2. Shoes must be worn at all times. Shoes that will not fall off when in the water are mandatory. **NO FLIP FLOPS !!!**
3. Sailors must wear their hats, sunglasses, and waterproof sunscreen.
4. Sailors **must know how to swim**.

A swim check will be given to participants on their first day of summer camp.

## RULES

1. The inside of the Clubhouse, members' boats, dock area and generator in the classroom are strictly off-limits to all sailors.
2. Sailors shall sanitize their hands on arrival and prior to departure from the facility, prior to launching and after hauling their boats and prior to entering and upon exiting restrooms. The only restrooms sailors may use are the **poolside restrooms**.
3. **Lunch** is served at approximately noon in the pool and beach area, These areas must be cleaned up afterwards. A drink is included with lunch. Any **extra drinks** will need to be provided by the sailor and will be placed in a cooler provided by BNSS.
4. **Food and beverages** are not available for purchase from the club unless the person buying is a club member.
5. Students are required to stay on the sailing centre property and with their **assigned group**. If they fail to do so, they may be expelled from the program.
6. **Responsibility for boats and equipment:** Sailors are assigned boats, sails and equipment, including life jackets. They shall take proper care of them. This includes washing them as well as putting them away in their assigned places. If and when there is any damage or loss, students are to report this at the end of the class to the instructor and may be required to assist with repairs. Any blatant misuse of boats and equipment may result in suspension. In repeated cases, the student may be expelled.
7. **Teamwork:** Sailors are expected to assist each other in rigging, washing and putting away all boats and equipment at the beginning and end of each session.
8. **Cooperation:** If Sailors do not cooperate, follow instructions and participate, they will be dismissed from the sailing program. Sailors are not permitted to "do their own thing".
9. Any person found to have "**borrowed**" **equipment or others personal belongings** without the expressed knowledge of the owner may be expelled from the program.
10. Instructors and NYC Staff are not responsible for lost, misplaced or stolen equipment.
11. **MEDICAL EMERGENCIES:** If a sailor should need medical attention, the parent and/or person designated for emergency contact on the registration form will be contacted by the Director or designated instructor. If they cannot be contacted the Director or Sr. Instructor will make the decision as to whether or not the student is taken to hospital.
12. **OUTSIDE INTERFERENCE** - Other children, regardless of age, who are not signed up with the summer sailing program are not permitted to stay on NYC's premises.
13. **MOBILE PHONES** are to be put away / out of use during class time.
14. If for any reason a Sailor cannot attend a day, please notify the instructor in advance. 357-3959.