



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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SAILING

Section 1 : Award List

Proficiency for this program requires all four of the awards listed below:

1. Seaman
2. Sailor
3. Master Sailor
4. Skipper

The following optional awards are to be completed after the completion of the Master Sailor's Award:

1. Hobie 14
2. Hobie 16

The Jim Wood Memorial Award is weekly awarded to the camper that has shown the most improvement over the past week. There are specially made patches with the Waterfront Director to be given out at campfire. Awards can be modified to fit younger campers, such as the junior seaman and junior sailors.

Section 2 : General Rules & Safety

1. General Camp Emergency Procedures (search siren)
2. Maximum ratio of staff to participant is 1:20
3. Participants must be 9 years of age or accompanied by an adult.
4. Participants must be green band swimmer or higher, or accompanied by an adult.
5. Always Check in and Check out
6. Always wear a lifejacket. It must be the appropriate size and buttoned at all times.
7. Stay within sailing boundaries. This includes the Island, the brown house on the hill, and Dave's House. Make a special effort to steer clear of skiing, swimming and boats and canoes.
8. Stay with your boat at all times
9. The Boat House and Sail Huts are strictly staff only. Campers are only to enter upon permission.
10. Campers should not walk in front of the Boat House.
11. Follow all search procedures. This includes blowing the horn three times at the first sign of bad weather and during searches.





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Section 3: Award Requirements

Seaman Award

Objective

- The Camper will be able to show basic knowledge of equipment and demonstrate its correct use.

Prerequisites

- None

Safety Rules

- How to put on a lifejacket
- Sailing boundaries
- Check in and out
- Ability to right a capsized boat

Knowledge Required

- Basic Parts of Boat (land theory)
- Tying and use of knots
- Know emergency signals

Skills Required

- Rig a Sunfish
- Successfully sail with a partner
- Demonstrate use of helm and daggerboard

Sailor Award

Objective

- The Camper will be able to show knowledge of equipment and demonstrate its correct use.

Prerequisites

- Seaman Award

Safety Rules

- How to put on a lifejacket
- Sailing boundaries
- Check in and out
- Ability to right a capsized boat

Knowledge Required

- Retain Seaman knowledge
- Know the parts of an M-16 (land theory)
- Know the parts of a sail
- Know the Reaches

Skills Required

- Sail a Sunfish by yourself
- Crew on a M-16 or Snipe
- Sail on all points of sail
- Ship shape
- Explain what happens if a boats heels too far.



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Master Sailor Award

Objective

- The Camper will be able to show knowledge of small boats and begin to understand the scows, while demonstrating its correct use.

Prerequisites

- Seaman Award
- Sailor Award

Safety Rules

- How to put on a lifejacket
- Sailing boundaries
- Check in and out
- Ability to right a capsized boat

Knowledge Required

- More advanced Scow knowledge (land theory)

Skills Required

- Proper Rigging of a M-16
- Skipper a M-16 and a Snipe
- Demonstrate use of whisker pole, auto-bailers, cam cleats, clam cleats, and bowline at mooring
- Correctly land on mooring, de-rig and shipshape

Skipper Award

Objective

- The Camper will be able to show proficient knowledge of equipment and demonstrate its correct use.

Prerequisites

- Seaman Award
- Sailor Award
- Master Sailor Award

Safety Rules

- How to put on a lifejacket
- Sailing boundaries
- Check in and out
- Ability to right a capsized boat

Knowledge Required

- Learn advanced parts (land theory)
- Know right of way laws
- Racing Rules
- Understand the importance of the water line on a moored boat.

Skills Required

- Proper Rigging of all boats
- Skipper all boats
- Demonstrate use of the outhaul, downhaul, genoa and working jib, running backstays, and spinnaker use
- Identify the classes of all boats in the fleet
- Make good standing in Corey Lake Yacht Club races



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Hobie 14 Award

Objective

- The Camper will be able to show knowledge of equipment and demonstrate its correct use.

Prerequisites

- Seaman Award
- Sailor Award
- Master Sailor Award

Safety Rules

- How to put on a lifejacket
- Sailing boundaries
- Check in and out
- Ability to right a capsized Hobie

Knowledge Required

- Retain scow knowledge
- Know the parts of an Hobie Cat (land theory)

Skills Required

- Demonstrate proper rigging, sailing and derigging
- Know proper sail storage
- Understand the difference between monohull's and catamaran's

Hobie 16 Award

Objective

- The Camper will be able to show knowledge of equipment and demonstrate its correct use.

Prerequisites

- Seaman Award
- Sailor Award
- Master Sailor Award
- Hobie 14

Safety Rules

- How to put on a lifejacket
- Sailing boundaries
- Check in and out
- Ability to right a capsized Hobie

Knowledge Required

- Retain scow knowledge
- Know the parts of an Hobie 16 (land theory)

Skills Required

- Demonstrate proper rigging, sailing and derigging of a Hobie 16
- Know proper weight distribution for maximum speed and minimum drag
- Explain procedures for excessive heeling, peering, capsizing, pitch poling, and man overboard.



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Awards such as the Junior Seaman and Junior Sailor can be modified in order to incorporate smaller children into the program.

Section 4: Theory Sheets

A clean master copy of each theory sheet, with all diagrams etc ready for copying and distribution included in this binder.

Section 5: Day-by-day schedule

Sunday:

Sunday is the actual first day of program. Not only does the staff have to come up with a brilliant skit, but classes also have to be distributed. This is done by asking each child their skill level during program sign up. A number system can easily be used, such as 0 = no awards, 1 = Seaman's... and so on. There always has to be one staff member designated to drive crash for the period as well.

Monday:

Monday, the most dreaded day on camp. Although, the day revolves around rules and theory there still is a possibility of fun. Take attendance promptly and call it in the Administrative Staff immediately. Once rules and introductions are completed classes should be broken up. Name games are a good way to break the ice and make the campers more comfortable with you.

Seaman classes will remain on shore for most of the hour studying Sunfish and learning knots.

Sailor's classes may need to do the same out on an M-16. More advanced classes have the opportunity to sail on Monday with staff to get back into the swing of things. Their theory can be done on the boat.

Tuesday/Wednesday/Thursday:

These days are relatively the same. Remember attendance. The more time the campers can have out on the water the better. Teaching should be done on the water. This is possible in several ways: play follow the leader, set up a course, be in the boats with the campers, or trail them with the crash boat explaining what they are doing (both positive and helpful hints).

Friday:

Friday is often used as time to tie up loose ends of awards. All testing needs to be completed and awards need to be written. Depending on wind and participation the tradition on Race Day Friday should be kept alive.

Before staff should leave all special awards should be voted on and the program should be spotless. Any weekly concerns should be discussed and alleviated.



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FOR SOCIAL RESPONSIBILITY

Section 6: Teaching Tips

Eventually every member of sail staff will create their own personal mnemonic devices and exciting ways to teach otherwise mundane material.

My own personal favorites are:

The **tiller** is the teller of the **rudder** in the water.

Shrouds point to the clouds.

Port and left have the same number of letters.

You cook hamburgers and drink sodas on the **deck**.

If I took my dog sailing I figure he would sit on the bow... and dogs say bow-wow.

It is also helpful to change the way information is presented.

1. Having them rig or sail without talking increases teamwork and reduces conflict.
2. Night sailing.
3. Teaching Assassinate

Basically, the best way to have the children learn is for them to be sailing. The more time they spend on the water the better, even if you have to trick them to learn.

Section 7: Bad weather alternatives

Program related activities:

Due to sailing relying on the lake, once bad weather is spotted our program comes to a halt. All children must be accounted for and boats must be ship-shaped. These days seem to make good theory or testing days.

In case of emergency the sailing program is in charge of alerting the rest of camp with three blasts from the horn before retreating to the **Boys side of the Powder Room**

Section 8: Inventory

2	Zuma's	3	Hobie Cats
1	Laser	1	Lighting
3	Snipes	1	Flying Junior
2	E scows	1	Flying Scott
2	MC's	1	C scow
2	Butterflies	10	Sunfish
5	M-16's		



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9: Things to Remember

Sailing is a HUGE program. There are 50 plus boats (working or not), 8ish staff, and over a hundred kids each week – but even after the questions and stress, it's still sailing. Whenever it seems to get to be too much drop everything find a camper or two and set sail. There is nothing better than that.

Two important sailing events are as follows:

1. Night sail – as long as all safety precautions are followed this is a fantastic opportunity. There must be 2 red/green flashlights and one white for each sailboat as well as an air horn on each sailboat. A crash boat also must be on duty during the entire sail.
2. Float the Fleet – towards the end of week 8 a day is designated for every boat that floats to be out on Corey Lake. This should be organized before hand and each child must know what boat they are expected to be sailing all afternoon.

This is also the last time all the boats will be out on the water. After this event boats start coming into the boathouse (making sure there are enough quality boats to sail week nine). Don't forget that even though it's the last week of the summer, it's still the first experience some kids have had of Camp Eberhart.

Section 10: Opening and Closing the Program

OPENING:

- Bring out all boats and shorestations.
- Clean them, rig them, check them for damage.
- Register all boats up for renewal.
- Clear teaching areas.
- Inventory all boats.
- Order supplies for the entire season.

CLOSING:

The hardest job is trying to figure out how you are going to take your entire summer and fit it like a puzzle back into the boathouse.

Here are a couple of helpful hints to get the ball rolling:

1. Take pictures of how everything fit in from the year before. You'll have no idea how much this will help week nine.
2. Count how many boats can fit in each rack. Don't forget there are M racks and Sunfish racks.



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FOR SOCIAL RESPONSIBILITY

3. Find covers and wooden boards to cover the cockpits of every boat. The better the cover the less work in the spring for the new staff.
4. Realize that windsurfing stuff will also be wintering in the Boat House.
5. Locate all tires. These will be important when storing the Hobie Cats.
6. Sails need to be bagged and stored in their assigned slots in the Sail Hut. Battens, bailers, and spinnakers should also be stored together.
7. The Boat Box should return to the office.
8. Keys should be labeled clearly and given to the summer director.
9. Old gas and other chemicals that will not winter well should be dealt with not left in the boathouse.

The key to opening and closing the program is teamwork. Nothing will get done without everyone's full effort. If the job is fun, oh so much more will get done!