

St Joseph Junior Foundation

PARENT INFORMATION

Welcome to SJJF Sailing School

•Here is some important information to help you prepare for your week of sailing lessons. Please feel free to contact us at any time with any additional questions.

•Students will learn to sail their own boat - fun!! Sailboats are generally assigned by student weight and height. The Director or Head Instructor will determine the best placement for each student.

•NO MAKEUPS for missed classes. Due to the 4-day format we are unable to reschedule absences.

•Follow us on Facebook for photos and announcements

Weather Considerations

•EMAIL will be utilized for all special notifications. During questionable weather (storms or high winds) **check email before leaving home**. Emails are generated from our registration software. Please make sure the email is accurate for the responsible adult.

•During a storm, we usually conduct an extended indoor class and anticipate getting on the water after the weather clears up.

•Rain is not a reason for class cancellation. Games are often used for supplemental enrichment during the rain delays.

WHAT TO BRING ON THE FIRST DAY:

•Wear a swimsuit and bring a towel - a swim check will be conducted during the first class.

•Wear footwear that may get wet or splashed. Students must wear footwear around the sailing school but may go barefoot while in the boats.

•Sunscreen, hats, rash guard or other sun protection. Students will be on the water for 2.5-3 hours during most classes.

•Optional - snack or water bottle for end of class

DAILY ROUTINE:

•A chalk talk is provided as the start of every class. Topics will be implemented and practiced on the water. Student sailboats are always accompanied by instructors in safety boats. Help is always readily available to students.

•Students and instructors will wear lifejacket at all times while on the water and on the docks; lifejackets are also worn during setup and cleanup going back and forth to the docks.

•Setup & Cleanup - students assist with rigging their boats during setup and they also participate in derigging their boats and folding sails as part of cleanup; everyone does their part.

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- There is one bathroom on site; wear comfortable boating clothing; sometimes long sleeves are needed for either sun protection or warmth. Footwear must be worn around the dock area.

- Students should be comfortable swimmers in the water. A swim check is completed during the first class and a capsize drill will be taught during the first or second lesson.

- Non-swimmers are not advised to participate in sailing lessons. Class participation is up to the discretion of the Director and Head Instructor.

- Sailors are often towed in to the dock at the end of class to maximize sailing time on the open water. In certain conditions, sailing is not always conducted on Lake Michigan; we also utilize a large space on the river for beginners and in certain wind/ weather situations.

END OF CLASS:

- Parents can watch sailors from the observation deck as they return to the docks 15-20 minutes prior to end of class.

- Please let students complete their cleanup uninterrupted.

- Students are asked to return to the classroom for a debrief after cleaning up - instructors will meet with students for 3-5 minutes.

- Class is NOT OVER when students return to the dock. It is difficult to have students leave class prior to the scheduled end of the period.

- Consider getting a book from the library about sailing basics for supplemental support and comprehension.