



Piers Park Sailing Center
Youth Development Program
Participant & Parent's Guide

(Revised: 5/13/2010)



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Welcome!

Welcome participants and partners. The 2010 season will mark the 11th year of “sailing for everyone” on Boston Harbor. We are excited to continue to provide programs that embrace Outreach, Empowerment and Adventure. Our programs enable those who would never have an opportunity to sail, to overcome their physical and economic limitations.

2009 was a landmark season for Piers Park Sailing Center. We served more youth than ever before in our Harbor Explorers, After School and Summer Youth Programs, a 65% increase in participation. Our adaptive program is becoming incredibly popular, growing 1000% in the number of youth served, adult membership and Learn-to-Sail graduates.

This booklet has detailed information on our programs and policies. Please take the time to review the information provided here. If you have any questions or concerns regarding any aspect of the sailing programs at PPSC, please contact our Youth Development Coordinator, Camilo Hernandez and he will be happy to help you.

Contact us

Piers Park Sailing Center 617-561-6677

Email info@piersparksailing.org



SAIL 2010 Programs:

Piers Park Sailing Center provides free, fully inclusive educational programs for underserved youth who are at-risk or living with a disability.

Environmentalism:

Harbor Explorers – PPSC’s marine ecology program provided in collaboration with Save the Harbor/Save the Bay. Kids learn about marine life through a hands on experience. Trapping lobsters and crabs, observing jellyfish, taking pictures with underwater cameras, fishing off the dock are just a few of the activities they will enjoy.

Future Leaders:

Future Leaders (Instructor Trainees) is an instructor in-training program. This is the final progression for participants before they become employed as Instructors at PPSC. These students have demonstrated strong leadership skills and embody all of the core values of Piers Park Sailing Center and are ready to pass these qualities on to the next generation of young sailors.

Youth Sailing:

Red Level - Teamwork is the main theme of the Red Level, the introduction of a child's experience at Piers Park. The history of Boston Harbor, understanding meteorology, and beginning to learn how to work as a "Crew" are key components of the Red Level. Basic sailing skills and terminology, and an introduction to environmental awareness are taught and the focus is on having fun, and making new friends. No sailing experience is necessary.

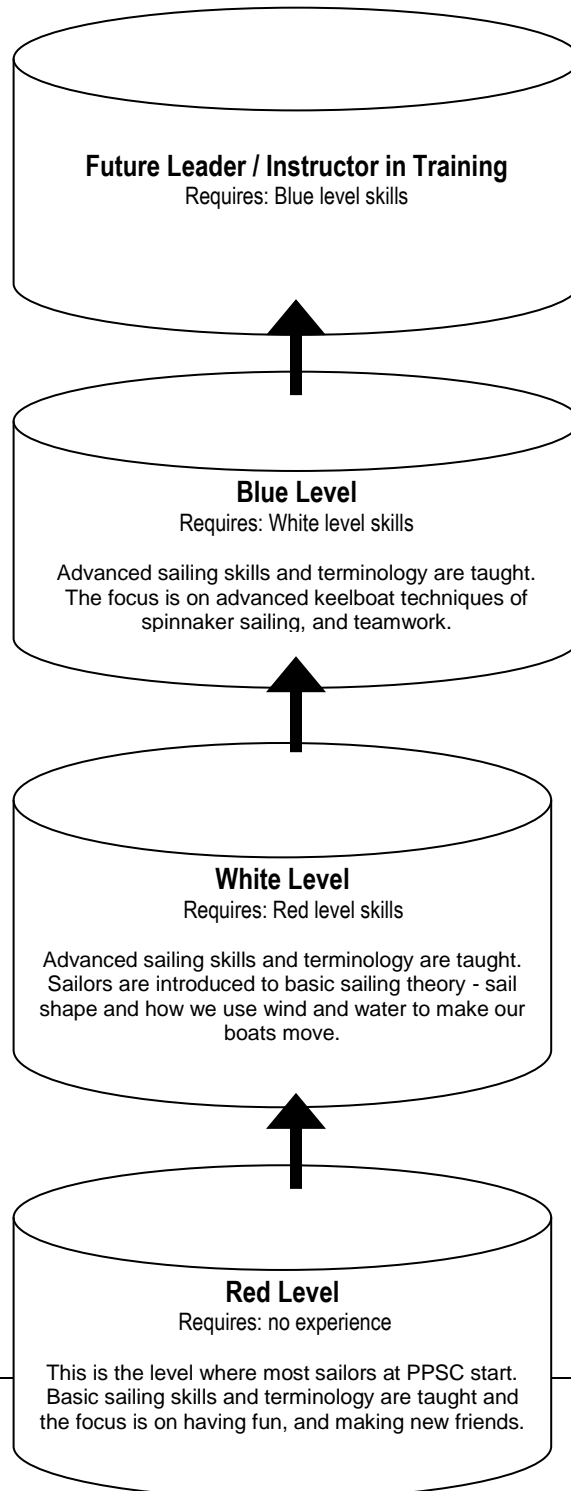
White Level - Responsibility is the core value of the White Level. The curriculum of this course is designed to foster the progression of the sailor and to continue their development. Instructors mentor students to take on more responsibility. There is a continued emphasis on exploring the living marine environment. Through peer instruction, hands-on learning and on-the-water training, self-confidence and independence are promoted. Sailors begin to experience racing and offshore sailing.

Blue Level - Leadership, communication and working as a strong team are the goals for students at the Blue Level. Sailors will continue to learn how to develop the true meaning of a "Crew" as they develop advanced safety, navigation and sailing skills. Sailors will have an opportunity to compete against other local sailors at local races.

Sailing Courses

The PPSC Youth Program encompasses more than just learning how to sail. This is a fully-inclusive, fun, healthy and socially integrated program. We encourage teamwork, self-confidence and build an appreciation for nature and the marine environment. Please review the chart below which illustrates the various sailing groups and some general information on each. If you are unsure of which group to register for, indicate so on the registration form and we will assign a group based on the sailor's previously demonstrated skills. If you would like to discuss the groups and options in more detail, please contact the Programs Coordinator.

Youth Sailing Levels



GENERAL INFORMATION

1. All Sessions run Monday-Friday. **Morning Session – 9am – Noon, Afternoon Session 1pm – 4pm**
2. **Special Trips** - On occasion students take Ocean Excursions to the Boston Harbor Islands National Park, a local shipyard, museums and libraries.
3. **Sailing Levels:**
 - a. Red Level - BEGINNER: Someone who has never taken sailing classes, or may have sailed somewhere else and has not participated in PPSC's programs.
 - b. White Level - INTERMEDIATE: Someone who has been in our program before, feels comfortable in a sail boat, and has basic sailing skills.
 - c. Blue Level - ADVANCED: To be determined by PPSC staff

Participants Code of Conduct

The Code of Conduct has been developed to let the participants, and their guardians, know how the staff at PPSC expects you to act during your time in the Youth Development Program. Appropriate behaviour will allow you to become well-rounded, self-confident individuals and proud PPSC members. We here at PPSC expect the highest level of honesty, compassion, sportsmanship, teamwork, respect and fair play. Your actions on and off the water should maintain this and make other sailors proud to be a part of this organization. The use of violence, misconduct, alcohol, drugs, and tobacco, by any participant, at any time, is strictly prohibited.

In order to achieve this, we ask you follow these guidelines:

- **Sail for fun and the love of the sport. Enjoy yourself.**
- **Work hard to improve your skills.**
- **Learn the rules, and play by them. Always be a good sport and set a positive example for others, particularly younger sailors.**
- **Listen, ask questions, and watch others to see how you can improve your skills.**
- **Be a team player - get along with all program participants.**
- **Appreciate the contribution each person makes to the team.**
- **Practice teamwork, sportsmanship, discipline, confidence and self-control.**

We expect you to:

- Respect your instructor/coach, your fellow participants, opponents and officials. Absolutely no unsportsmanlike conduct will be tolerated. The sailor must realize that he/she represents a tradition of fairness in competition.
- Use good language – the use of profanity, obscene language, or obscene gestures is not permitted.

- Be on time for sessions.
- Attend regularly – you need to develop your individual skills, sailing fundamentals, as well as develop team discipline, unity, spirit, commitment and loyalty.
- NEVER participate in any physical violence, fighting etc. during any PPSC events, under any circumstances.

If you do not follow the Sailor’s Code of Conduct, depending on the severity and the regularity of the violation, the following steps will be taken:

- 1) Suspension
- 2) Dismissal for remainder of season
- 3) Expulsion from PPSC programs

Please understand that the enforcement of this policy is to encourage commitment by the sailor to his/her team and teammates and the PPSC.

Expectations of Partner Programs

Since PPSC sets expectations for their Youth Development Program participants, we feel it only fair that we apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play.

We ask you:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make their participation fun. Support their desire to sail or play the sport of their choosing.
- Show a positive attitude toward the PPSC organization and all of its participants.
- Emphasize skill development and how they benefit your young learner.
- Applaud a good effort in victory and in defeat, enforce the positive points of the game.
- Work toward removing all physical and verbal abuse in youth sports. Adopt a “Zero Tolerance” attitude.
- Familiarize yourself with the materials required for your child’s participation in our program.

Additionally, we always welcome feedback from you. We ask that if you have any questions or concerns that you follow this chain of command:

- Address your concerns with your child’s instructor. If you are not satisfied that the issue has been addressed then,
- Take your concerns to the Senior Instructor. If you are still not satisfied that the issue has been addressed then,
- Take your concerns to the Programs Coordinator.

In witness whereof, this _____ day on the month of _____, 2010.

Signed and delivered in the presence of _____
Program

 Participants Signature

 Site Leader Signature

Safety Policies

1. USCG approved life jacket or PFD, provided by PPSC must be worn at all times during program operations.
 2. Sailors must wear clothing appropriate for weather condition and have a change of clothing.
 3. Footwear must be worn at all times. Sandals are not permitted.
 4. Waterproof sunscreen is required (SPF 15 or greater).
 5. UV sunglasses and hats or visors are recommended.
 6. Sailors must be able to swim 25 meters, wearing sailing clothing & equipment.
 7. All sailors must respect the PPSC Rules and Regulations.
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How to Prepare For Your Session?

Many questions parents and novice sailors have can easily be answered, and hopefully, we can answer them here.

Q. ~ When should I arrive?

A. ~ Morning sessions start at 9am and continue to Noon. Afternoon sessions start at 1 pm and finish at 4pm. We suggest that you arrive 10 minutes early for your session and arrive back at the time the program is scheduled to end.

Q. ~ What if I have to leave early one day or will be late another?

A. ~ This is not a problem, parents or guardians can write a short note saying when you'll be absent and give it to the Youth Coordinator at least one day in advance.

Q. ~ What should I bring?

A. ~ Here is a sample list of things to bring:

What to Bring:

- ✓ **A snack**
- ✓ **Water, one 24 oz container (Fill it up a quarter of the way and freeze it, then fill it in the morning and it stays cool most of the day).**
- ✓ **Sunscreen, usually SPF 30 for body and SPF 30 or 45 for face.**
- ✓ **Sunglasses with 100% UVA & UVB protection.**
- ✓ **A hat or visor with a clip or twine to tie it to PFD and not lose it.**
- ✓ **Fast drying, soft soled shoes (not dark soles).**
- ✓ **At least one complete change of warm clothes including sweatshirts, track pants, windbreaker jacket and raingear.**
- ✓ **Finally, a bag (backpack or gym bag) that you can fit everything into. If the bag doesn't have a separate spot for wet stuff, pack a couple of grocery bags so you can keep your dry belongings dry!**

Frequently Asked Questions

To: Families of PPSC Youth Sailors

From: Piers Park Sailing Center Staff & Board of Directors

Thank you all for your interest and enthusiasm for the programs offered at Piers Park Sailing Center. We recently reached out to families with children taking part in our Youth Development Programs in an effort to establish a 'Parents Committee': a group of volunteers similar in function to a PTA or Boosters Club for local youth sports organizations. The purpose of this group would be to act as liaison between the staff of PPSC and the families of the youths we serve. This group will also to create and implement new methods of development for PPSC through fundraising events.

During the planning phases of establishing this group, several questions were asked from families we contacted to join. We feel it would be helpful if all of these questions were gathered and answered in an organized fashion.

- Q: Can you describe the rating system for the youth program?
- A: *The staff at PPSC has worked hard to create and implement a curriculum with a rating system that has clearly defined goals and levels, so each child gets the most out of their experience. The three levels are still Beginner, Intermediate and Advanced: now also known as Red, White and Blue ratings. Each level's curriculum has a theme to focus on the character development and life skills achieved by the sailor. Red=Teamwork, White=Responsibility, Blue=Leadership. More detail on this curriculum is on our website is in the Sailors' Handbook.*
- Q: How is the sailing center funded?
- A: *The majority of income for PPSC is earned by grants from Foundations, awarded for inner city and at-risk youth from low income households. Grants have been an important source of revenue for a non-profit like ours, but for the sake of sustainability, we can't rely solely on grants. We are seeking support from youth sailors' families that are capable of making contributions.*
- Q: How much does a typical sailing program like PPSC cost elsewhere?
- A: *Sailing is an activity that requires expensive equipment and highly trained staff. The average sailing school for children in the Northeast, offering the same quality sailboat and level of instruction as PPSC, costs \$500.00 per week.*
- Q: How are participants evaluated?
- A: *Our Instructors evaluate sailors daily, on water and on land. Evaluation is ongoing, and includes sailing skills, participation and your interaction with other sailors and the instructors.*
- Q: Is it possible to sign up for sessions in addition to those on my original application?
- A: *Unfortunately, for the 2010 season you will be unable to do this.*
- Q: Is PPSC in any sort of financial trouble?

- *A: No. As all sectors of industry are affected by the current economic condition, some of our sources of revenue have adjusted their contributions, so we are looking for innovative ways to substitute these earnings.*
- *Q: Do I have to be an adult member to register a youth sailor?*
- *A: No. The option for a youth sailors' guardian to purchase an affordable adult membership is just another way that families can make a meaningful contribution to the organization. A membership is a very affordable "stay-cation" option, get out on the water to escape the city and share a great activity with the entire family!*
- *Q: Is the center offering group Charter Events?*
- *A: Yes. We use our fleet of boats to host group outings as an important source of revenue. Please help us promote these events if your company or someone you know would like to charter our fleet.*
- *Q: How else can I help?*
- *A: Any special skills or donations that would benefit the organization are always appreciated.*

General Information and Policies

Supervision of Youth Development Program participants

Regular sessions run daily from 9:00 am to noon and 1:00 pm to 4:00 pm. Any Youth Sailor remaining after hours will not be supervised by PPSC staff and shall be the sole responsibility of their parent or guardian. On those occasions where the PPSC program may be extended this will not apply.

Participant/Parent Agreement

In an effort to provide a quality Youth Development program, we require that both participants and their guardians have read and understand all the information contained in this handbook and agree to comply with the requirements set forth herein.

Age Restriction

Participants must be at least 10 years of age to participate in the sailing programs at PPSC. Children may be accepted into the **Harbor Explorer** program at age 7.



**2010 PPSC Youth Development Program
Swimming Certification**

If your child already has a Swimming Certification on file at PPSC, you do not have to provide a new one.

All youth sailors must demonstrate their swimming ability to a lifeguard who signs the form below. Any certified lifeguard may sign off on this form.

You may take the swimming test at the following locations, please call the facility directly to make arrangements:

- Harborside Community Center
617-635-5114 312 Border St, East Boston
- Paris Street Pool 617-635-1410 113 Paris St., East Boston
- Revere Aquatics 781-284-7865 Garfield School Pool
168 Garfield Ave, Revere
- YMCA Any YMCA with pool facilities, please call your local Y

You must provide a completed Swimming Certification form to PPSC for each individual before we can confirm your registration.

This is to certify that _____ has demonstrated the ability to
(printed name of youth sailor)

Swim 50 yards unaided, and tread water for at least two minutes.

Swim Test Location _____

Date _____

Address of Swim Test Facility _____

Telephone _____

Name of Water Safety Official (printed) _____

Signature of Water Safety Official _____

Signature of Parent or Guardian _____



Medical Form

The parent's of all participants in sailing programs at Piers Park Sailing Center Must fill out this form and provide official health history including immunization records, signed by a physician. (The same records kept on file in school records).

Child's Name _____ **Gender** _____ **Birth Date** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Do you have any allergies? Yes _____ No _____
If yes, please list all allergies:

Are any medications being taken? Yes _____ No _____
If yes, please list all medications:

Physical Limitations ? Yes _____ No _____
If yes, please provide details:

Learning Disabilities Yes _____ No _____

If yes, please provide details:

Blood Type _____

Physician Name _____ Telephone # _____

Insurance Co. _____ Insurance ID # _____

Parent's Signature _____ Date _____

Print Name _____ Relationship _____

Acknowledgement and Release Form

I/We, _____ am/are the parents(s) or guardian(s) of, _____, a minor child who is registered in the Youth Development Program of the PPSC.

I/We acknowledge that:

1. I/We have read and fully understand the Policies, Rules and Regulations of the PPSC and all other information within this *Handbook* and have informed my child of such and am satisfied that he/she understands them and agrees to be bound by them.
2. I/We acknowledge and agree that there are inherent risks to personal safety in water-based activities such as sailing, and that some risk remains notwithstanding all due regard for safety and the taking of proper precautions. I/We accept these risks for myself/ourselves on behalf of my child.

In consideration of the above and the admission or my/our child to the program of the PPSC, we, the undersigned, release, hold harmless, and forever discharge the Piers Park Sailing Center, its employees, directors, successors and assigns, from all actions, causes of action, damages, claims and demands whatever which we have or which we, our heirs, executors, administrators, or assigns might have either independently or on behalf of our child, against PPSC, its employees, successors and assigns, by reason of, or arising out of the participation of _____, (a minor child) in the PPSC program, or by reason of any other cause, matter or thing whatever existing or arising during my child's participation in the program.

And further, I/We agree to indemnify PPSC, its employees, directors, successors and assigns, against all actions, damages, claims and demands which may be brought against it on behalf of my/our child in respect of or arising out of the participation of my/our child in the PPSC program and again any loss arising there from.

I/We have read over this document and understand that it is a full and final release of all claims for damages or injuries, and have read over the agreement to indemnify and understand the responsibilities which we have assumed hereunder.

In witness whereof, this _____ day on the month of _____, 2010.

Signed and delivered in the presence of _____
Parent or Guardian

Sailor's Signature

Parent or Guardian's Signature
