



**PB&J Summer Sailing Series  
Parent Handbook 2022**

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## **Our Mission Statement**

The Austin Yacht Club (“AYC”) PB&J goals are to:

- Provide a FUN, safe, and educational introductory program for youth.
- Impart a love of sailing and boating as a lifetime sport.

## **People to Know**

Austin Yacht Club Board of Directors

Commodore

*Anne Morley*, [commodore@austinyachtclub.net](mailto:commodore@austinyachtclub.net)

Sail Training Commander

*Linda McDavitt*, [sail\\_training@austinyachtclub.net](mailto:sail_training@austinyachtclub.net)

Austin Yacht Club Staff

General Manager

*Jackie Wheeless*, [gm@austinyachtclub.net](mailto:gm@austinyachtclub.net)

Youth Sailing Director

*Emily Verdoia*, [emily@austinyachtclub.net](mailto:emily@austinyachtclub.net)

Groundskeeper

*Tom Cunningham*, [tom@austinyachtclub.net](mailto:tom@austinyachtclub.net)

## **PB&J Contact Information**

**Youth Sailing Director:** Emily Verdoia

Email: [emily@austinyachtclub.net](mailto:emily@austinyachtclub.net)

Phone: (512) 266-1336 ext. 103

- If you need to contact the Youth Sailing Director, please call the Austin Yacht Club Office or email the Youth Sailing Director.
- If you reach the answering machine, please leave a detailed message, and someone will return your call as soon as possible.
- If you have a specific need to discuss a comment, concern, idea, or issue with the Youth Sailing Director, please call the Austin Yacht Club Office to schedule an appointment.

## **Requirements for Participation**

### Campers must:

- Check-in at the beginning of each session to get their temperature checked.
- Complete a swim test administered the first day of every camp session. Comfort in the water is a fundamental part of safe sailing. Sailors will be expected to swim from one side of the pool to the other without a life jacket and with shoes on.

### Parents and Guardians must:

- Complete online registration and pay in full before the first day of the session. Students will not be allowed to participate without Medical Information on file and full payment.
- Provide their sailor with the proper personal equipment necessary for sailing activities.
- Accept financial responsibility for any damage or loss of property that occurs while their child is steering a boat or any other action of their child during AYC activities. The Sailing Director, in consultation with the responsible Instructor(s), will review any incident in which damage occurs and determine who is financially responsible.
- Adhere to the Personal Grievance Policy (see page 5) if there is a personal grievance with a Counselor or other AYC employee, or any volunteer or fellow participant.

## What to Expect at PB&J

PB&J is one of the longest running and most successful youth programs at the Austin Yacht Club. Since the early 1990s, the PB&J program has been offered on summer Saturday mornings for 90-minute sessions in June and July. Each class typically has 20 participants using a fleet of ten Optimist sailboats. Participants are partnered up with a “buddy” and sail together in pairs or with an Instructor.

PB&J Instructors are US Sailing Certified Level 1 Instructors.

PB&J also relies on help from experienced youth sailors who participate in AYC’s year-round Junior Sailing Program. Each PB&J session will have 2-3 “junior coaches” on hand to help out.

Activities include: distance sails to nearby beaches, balloon searches, round the buoy courses, supervised capsized practice, and Pico sailing with a parent or Instructor.

On the last day of each session, each participant will receive a t-shirt and certification of completion.

## Location and Arrival Information

The Austin Yacht Club is a members-only gated facility. **The gate code will be emailed out prior to the start of the session. If the code changes, another notification will be sent out.** All PB&J sessions meet on the dock at the Junior Sailing Rylander Pavilion where temperature check-ins will take place. Both sailors and any other party that stays on the dock during the lesson must have their temperature checked at the beginning of each lesson. Depending on the lake level, you may drive down to the waterfront. Please follow all posted signs regarding directions and parking. Attendance will be taken on the dock prior to each meeting.

## The Three Rules of PB&J

At PB&J, we like to keep things simple! All PB&J students will learn three rules on the first day of their session:

1. Always wear your lifejacket.
2. Listen to the Instructor.
3. Have fun!

## What to Bring

Put your camper's name on everything they bring to PB&J! All personal items must be stowed in the Sail Training Shelter or Rylander Pavilion. Unclaimed items will be placed in the lost and found, located just outside the Sail Training Shelter. AYC is not responsible for any lost, damaged, or stolen equipment or clothing.

### Required Gear

- ***Cloth facemask*** (facemasks are encouraged everywhere on AYC Grounds and required in any AYC Buildings – this policy is subject to change without notification)
- Coast Guard Approved Life Jacket (only applies if providing your own)
- Swimsuit
- Towel
- Closed-toe boat shoes, water shoes. **FLIP FLOPS AND SHOES WITHOUT BACKS ARE PROHIBITED.**
- A refillable water bottle. No disposable plastic bottles, please!
- Sunscreen
- Hat

### Recommended Gear

- Sunglasses and strap (AYC is not responsible for lost eyewear)
- Extra (dry) shirt/shorts/socks for after sailing
- Long sleeve shirt for those with sensitive skin
- Chapstick with sunscreen
- Duffel bag for gear

## Safety Rules

- A US Coast Guard approved Personal Floatation Device of at least Type III must be worn at all times while on the dock and on the water.
- Appropriate footwear must be worn at all times (closed-toed shoes).
- All participants must protect themselves sufficiently from prolonged exposure to the sun. It is the responsibility of the parent to send the child to class fully prepared (sunscreen, sunglasses, hat, and water bottle).
- Personal property is the responsibility of the student and not AYC or Junior Sailing Camp Staff.
- Participants are expected to stay in designated areas under their Counselors' supervision. Certain areas will be off limits. No participant shall leave a class without a Counselor's permission.
- There will be no running, pushing, or shoving on the docks. Diving from the docks and jumping from the upper levels of the Rylander Pavilion is strictly forbidden. No swimming without the permission of a Counselor and supervision of a lifeguard.
- There will be no abusing other students or Instructors, physically or verbally. No disruptive behavior, disrespectful gestures, actions or language.
- AYC facilities and equipment must be kept clean and in good shape. Sailors must report all broken equipment and any unusual or unsafe condition to the Junior Sailing Camp staff as soon as possible.
- **All accidents, injuries must be reported to an Instructor.** The "Camp First Aid Station" is located in the AYC Sailing Center. A log of all accidents and injuries will be kept by the Sailing Director.

## Discipline

Sailors are expected to behave properly during PB&J, and treat their Instructors, peers, and AYC equipment with respect. The rules of PB&J are designed for the safety and comfort of all participants and to protect AYC property. Participants are expected to adhere to those rules.

## Personal Grievance Policy

If a parent has any grievance with a volunteer, the PB&J Summer Sailing program, AYC or its Staff, the person with said grievance must adhere to the "Personal Grievance Policy" as outlined below.

First,

- Following an incident we strongly advise you to consider the matter for a minimum of 24 hours – many initial reactions to particular incidences can be stronger than intended or needed, so we recommend calculating any grievances before bringing them forward.

- Grievances regarding any aspect of PB&J or related incidences should be brought up with the Youth Program Director. Any issues with the Youth Program Director should be brought up with the Sail Training Commander and/or the Sailing Director.
- When an issue is brought to the Youth Program Director, a time will be arranged to talk further about the matter. The Sail Training Commander and/or Sailing Director may be asked to join in this conversation.
- The Youth Program Director (or, in the event the Sail Training Commander and/or Sailing Director get involved, the Sail Training Commander and/or Sailing Director) will work to understand the situation and come to a resolution in the best interest of all parties involved.

Second, if the person is not satisfied with the resolution offered by the Youth Program Director (or Sail Training Commander and/or Sailing Director), the person shall provide a written explanation of the grievance to the Commodore, who shall review the explanation and any other relevant information and decide whether to adopt the prior decision, or offer amended relief.