



# **PB&J Summer Sailing Handbook 2023**

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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

*Russ Shermer, [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)*

## Communicable Disease Information

Due to the continued presence of various communicable diseases in the United States, AYC reserves the right to change any policies regarding facemask, symptom monitoring, social distancing, etc. without notification.

## **PB&J Contact Information**

**Youth Sailing Director:** Emily Verdoia

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

Phone: (512) 266-1336

- 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:

- Always wear a lifejacket when on the dock or in the water.
- Bring a reusable water bottle.
- Wear sunscreen and a hat.
- Wear closed-toe shoes.

### 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 participating in PB&J or on AYC grounds. The Sailing Director, in consultation with the responsible Instructor(s), will review any incident in which damage occurs and determine which party or parties are financially responsible.
- Adhere to the Personal Grievance Policy (see page 5) if there is a personal grievance with an 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. Each class typically has 15-20 participants using a fleet of Optimist sailboats. The lessons will consist of sailing as well as dock games and swimming. Parents are encouraged to observe from the upper level of the Rylander Pavilion if they wish to stay for the duration of the lesson. Those parents with experience in dinghy sailing may be asked to assist with boat rigging, docking, and/or instruction. All children under 12 years old must wear a life jacket on the dock, regardless of if they are enrolled in PB&J.

PB&J Instructors are a combination of experienced volunteers and AYC Instructors, with at least one US Sailing Certified Level 1 Instructor present for each class.

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 learning about wind, steering a sailboat, round the buoy courses, supervised capsized practice, Pico sailing with a parent or Instructor, and games.

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. 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.

There is no restroom at the Rylander Pavilion so please have children use the restroom prior to arrival to avoid losing time during each class.

## 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 on the Rylander Pavilion. Unclaimed items will be placed in the lost and found, located just outside the Sail Training Cabin. AYC is not responsible for any lost, damaged, or stolen equipment or clothing.

### **Required Gear**

- Coast Guard Approved Life Jacket
- 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)
- Long sleeve shirt for those with sensitive skin

## **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/in the lake.
- 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.
- 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 the permission of an Instructor.
- 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 an Instructor.
- **All accidents, injuries must be reported to an Instructor.**

## **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.