



ST. GEORGE COMMUNITY SAILING FOUNDATION

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Sailing Instructions: July 5 - August 13, 2010

St. George Community Sailing Foundation

The St. George Community Sailing Foundation is a non-profit organization established in 2001 to promote and teach sailing, seamanship, and safety on the water for the youth of St. George, Maine. The foundation is supported by the annual donations of families, businesses, and parents, in addition to the fees charged for students.

For the 2010 season, the Foundation offers three two-week instruction sessions, beginning Monday, July 5 and ending Friday, August 13. Morning sessions, from 0900 to 1200, are for the younger beginning (age 9 - 11) and intermediate (those who have sailed once or twice before) sailors. Afternoon sessions, from 1300 - 1600, are for the older (age 12 - 15) and more experienced sailors. Tuition fees are \$140 per two-week session per student for those attending St. George schools, and \$280 per two-week per student for all others. Although we do not encourage it, one-week attendance is possible on special application to the Foundation, generally the first week of a session, subject to space availability.

2010 Schedule

1. Instruction will take place on the Foundation's three floats, moored in the western end of Tenants Harbor, near the Town Dock and Blueberry Cove Camp. Students will meet at the Blueberry Cove Camp parking lot, on Harts Neck Road, in Tenants Harbor and will be ferried from the Blueberry Cove dock by launch to the sailing floats. They will be returned to the Blueberry Cove parking lot at the end of each session. Please be at the parking lot by 0845 each morning at 1245 each afternoon and pick up sailors promptly after each session (at 1215 and 1615).
2. Time: 0900 to 1200 (Beginners and Intermediates, AM session); 1300 -1600 (Advanced, PM session)
3. Inclement Weather Instruction: In "Hunky Dory" at Blueberry Cove Camp. Students should meet at Blueberry Cove parking lot whatever the weather.
4. Instructors: Five instructors, four of whom are certified by US Sailing Association, with volunteer adult and other support.
5. Students: Limited to twenty in the mornings and twenty in the afternoons.

6. Instruction Materials: Each new student will receive “Start Sailing Right!” published by the US SAILING Association and the American Red Cross. Sailors returning from prior years should refer to copies given to them previously.

7. Session Schedule (dependent on weather and student progress)

Mornings

Course Introduction
Harbor Safety
Swim Test (with PFD)
Sailing Safety
Parts of a Sailboat
Wind Awareness
Knots and Lines
Rigging the Boat
The First Sail
Sailing Directions
Sailing Upwind
Sailing Downwind
Capsize Recovery
Leaving and Returning
Improving Sailing Skills
Right-of-Way
Rowing
Weather, Tides and Currents
Awards and Prizes

Afternoons

Course Introduction
Harbor and Sailing Safety
Swim Test (with PFD)
Rigging the Boat
Leaving & Returning
Beginning Racing Skills
Upwind Racing
Downwind Racing
Starting Races
Practicing Racing Skills
Rounding marks
Advanced Racing Skills
Weather, Tides and Currents
Basic Navigation
Rules of Racing
Practicing Racing Skills
Anchoring and Towing
Daily Racing
Anchoring and Towing
Awards and Prizes

In the mornings, juniors with prior sailing experience in the program (Intermediates) will receive accelerated instruction so as to avoid repetition of earlier teaching. In the afternoons, juniors particularly interested in racing will join a separate “Race Group.” This group will race on Thursday with a similar group from Atlantic Challenge and also on some weekdays in the Maine Interclub Racing Circuit. Other sailors will join the “Cruising Group,” using our three larger sloops, depending on interest. Our approach is to improve sailing proficiency at all levels consistent with prior instruction and current interests.

Awards will be given to all sailors on the last Friday in each session (July 16 and 30, August 13).

The Foundation will hold an Open House with refreshments at 1500 on Friday, August 13 for all parents, juniors and friends of the program, on the shore at Blueberry Cove Camp, on Hart’s Neck. Please park in the designated Blueberry Cove Camp parking lot on Harts Neck Road.

Boats

For the 2010 season, we will sail our eleven Hunter 90 dinghies, four 420 dinghies, and three larger centerboard sloops. The Hunter 90 is a nine foot, molded plastic, cat-rigged dinghy with an unstayed mast. It has positive flotation and is easily self-righted if capsized. The 420 is a 14 foot boat with jib and mainsail, also easily self-righted, used extensively in school

and college racing. We will use our three larger sloops when required. The instructors will also use three outboard support boats.

Student Requirements

1. **Swimming:** All students must pass a swim test on the first day of instruction, including a 50 yard swim and three minutes treading water. Younger students may use a PFD (Personal Flotation Device).
2. **PFD:** Each student must bring a properly fitted, Coast Guard-approved PFD to all classes and it must be worn at all times on the pier, floats or boats.
3. **Medical Questionnaire and Indemnity Form:** This Form must be signed at least 48 hours prior to the start of classes.
4. **Clothing, Shoes and other Equipment:** Each student should bring adequate and appropriate clothing, including a dry change and a towel plus a bottle of water (for dehydration) and suntan lotion. Bring foul weather gear for rainy and foggy days. Footgear completely enclosing the feet must be worn at all times: no sandals or flip-flops! Remember that shoes can and will get wet!

Behavioral Rules

1. Classes begin promptly at 0900 and 1300. Students should be ready at the Blueberry Cove Camp parking lot no later than 0845 and 1245. Classes end at 1200 and 1600 and adults should be at the Parking lot no later than 1215 and 1615 to pick up students.
2. Students are expected to obey the instructors at all times.
3. No running on piers or floats. No pushing others into the water.

Emergencies

The guiding principle of the Foundation is safety. There are, however, certain hazards in any sporting program. In the event of a minor injury, such as a small cut, scrape or bruise, an instructor will provide first aid. In the event of a more serious injury, an instructor will contact a parent or guardian who should provide the necessary medical care. If a parent or guardian cannot be contacted, the St. George Ambulance, or, as a last resort, the Foundation will transport the student to an emergency center and the signed medical treatment release will be presented to emergency personnel.

Questions: Please call Felix Kloman at 207-372-8008 or email: StGeorgeSail@aol.com