

MUSCLE SHOALS SAILING CLUB SAILING SEMINAR HANDBOOK

There is more to sailing than ropes and winches, cleats and bulging sails. There are faraway places and the ever-changing light, and the silence, and a great peace at the bottom of your soul. (Ferenc Mate')

OBJECTIVE

To ensure everyone has a safe and fun experience

GOAL

1. Create a fun atmosphere in which students want to participate
2. Install in the student an appreciation for sailing
3. Teach basic sailing theory
4. Develop a students skill in sailboat handling
5. Develop a respect for the water and environment
6. Learn boat safety and seamanship
7. Instill responsibility for boats and equipment
8. Develop sportsmanship, integrity and interpersonal skills
9. Promote the knowledge and skills of those who want to sail competitively and those who want to cruise.

Registration and Fees

The minimum age for enrollment is 8 years old. All students are required to have the application form, release and participation agreement completed and mailed in with their registration fee per student before classes begin. Please make checks out to the MSSC.

Facilities & Equipment Available for the Sailing Seminar

The seminar will be held at the Muscle Shoals Sailing Club facilities, which consists of the clubhouse including the restroom, showers and porch, the docks, ramp, storage racks and picnic area. A variety of cruising sailboats and dinghies will be used. The boats are the property of the club; it's members and friends.

Schedule

Instruction begins at 9:00 AM and will end not later than 5:00 PM. Classes will be held at the clubhouse where basic sailing theory will be taught and on the water putting those theories to practical use.

Lunch

Students should bring their own lunch and snacks. There is no place to purchase lunch at or around the club. Soft drinks and water will be provided by MSSC.

Medications and Drugs

Students on or needing medication should bring it with them. No medication will be available or given by the seminar instructors.

Visitors

All parents and grandparents are welcome to visit the seminar. Please do not join in or disrupt the classes. Help is always appreciated in moving boats and manning the safety boat.

Parental Involvement (for minors – good tip for adults as well)

Parents please make sure your sailor is prepared for classes each day. They should be well rested, have had a nutritious breakfast; the sun block applied and wearing appropriate clothes. Please arrive on time with a good lunch and all the proper equipment.

In case of emergency

There is no phone at the club. Cell phone numbers will be available at the beginning of each day in case you need to contact us. Make sure that all pagers, cell phone and other phone numbers are on the registration form. Please inform the instructor of any changes in your contact phone numbers.

In event of bad weather, or other conditions, all students will be brought to the clubhouse or another appropriate shelter.

Safety

Safety is of prime importance to the program and our goal is to provide quality instruction in a safe environment. Every student and instructor must have and wear a U. S. Coast Guard approved life jacket (PFD) any time they are on the water or docks. Students are responsible for their own PFD. It should be in good condition and fit properly. Too big is as bad as too small. A boat cushion is not acceptable

Soft white-soled shoes are required. Tennis shoes are recommended. Please no sandals open toed or black-soled shoes. Black soles leave scuffmarks on the boats. Shoes may get wet so you may want to bring a change for the trip home.

Sun protection, sunglasses hats and drinking water is recommended

Sailing Instruction

The seminar is based on the US Sailing Association/American Red Cross "Start Sailing Right" manual. It will be given to the students along with several handouts. Students will spend part of each day in classes learning the basics of sailing theory and safety rules. Then there will be practice sailing in boats furnished by MSSC members.

Boat Assignments

Students will be randomly assigned to a MSSC skipper at the beginning of each day. The skipper is responsible for demonstrating the proper way to rig the boats and on the water instruction. There may be two or more students assigned to each boat depending on the size and availability of boats. A safety boat will be manned any time the students are on the water.

Damage to Equipment

The MSSC and/or members own the boats and equipment used for instruction. If a student damages a boat or other equipment due to reckless or irresponsible behavior, they (or in the event of a minor, their parents) will be charged for the repairs.

Sailing Seminar Discipline Policy

Students who cannot or will not follow the basic rules will be subject to suspension from the seminar.

Step 1. The offender will be taken aside and explained the nature of the offence and why it is not acceptable.

Step 2. A second offence will result in another warning and be reported to the parents in the case of a minor.

Step 3. A third offense will result in the removal from the seminar.

We hope never to get past step 1 but thought it was a good idea to list the steps to be followed for both the students and the instructors.

Sailing Seminar Rules

1. Arrive on time with the required equipment

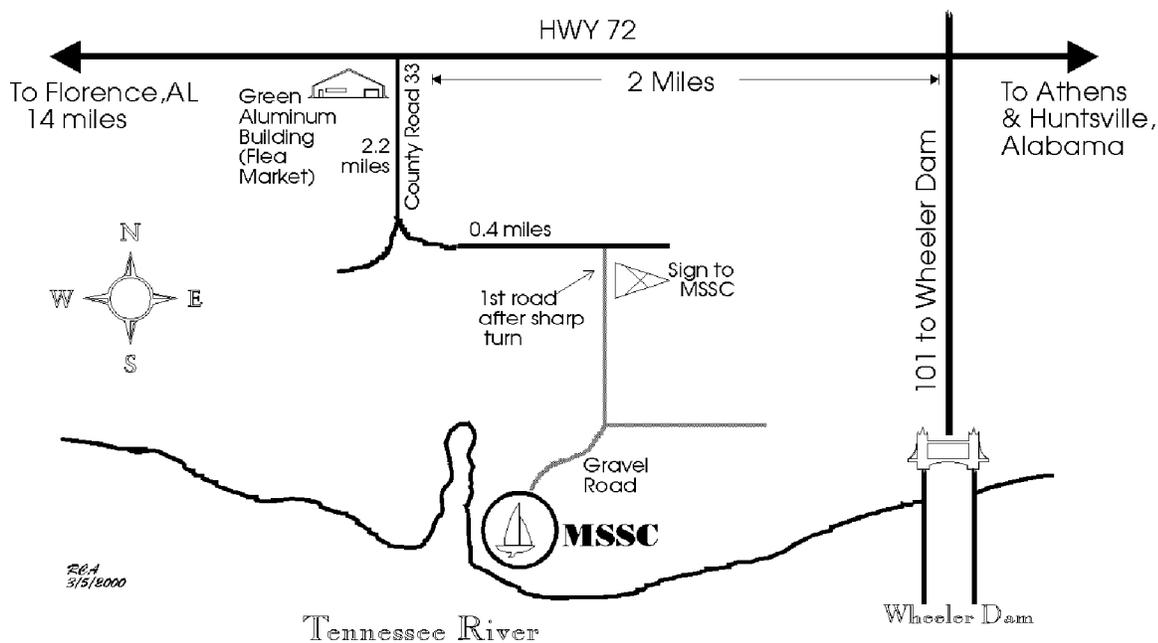
2. A PFD must fit properly and be worn whenever on the water or docks. It is recommended that the students name be written on the outside of the PFD with a permanent marker.
3. Proper white, soft soled shoes must be worn whenever on the boats
4. No running or pushing on the docks or near the water
5. No smoking, alcohol or drugs
6. No playing on/near the boats, docks or ramp
7. Please no glass jars or bottles
8. No hand held video games, headphones, CD players or radios
9. Sunglasses, sun block, hats, and drinking water are strongly recommended for all students
10. Students will be supplied name tags and required to wear them at all times
11. Please dispose of your trash in the dumpster or garbage cans provided.
12. Respect the other students. Offensive language or actions are not appropriate at any time and will be disciplined according to our discipline policy.
13. Be cooperative, supportive and respectful of other students and instructors.
14. Participate 100% in the daily activities
15. Understand and obey the sailing "rules of the road"
16. Be gracious in success and failure, victory or defeat. (*"You haven't won the race, if in winning, you have lost the respect of your competitors."* Paul Elvestrom 4 times Olympic Sailing medallist.)
17. Remember your actions both on and off the water reflect on you and the MSSC sailing program

Students Daily Checklist

- ____. PFD (personal floatation device or life jacket)
- ____ Soft, white soled shoes (no sandals, open toed or black soles)
- ____ Sun block
- ____ Sunglasses
- ____ Hat
- ____ Rain gear if the weather suggests the need
- ____ Lunch and snacks
- ____ Water
- ____ Change of clothes (in case of rain or capsizing)
- ____ Bathing suit and towel if you want to

DIRECTIONS TO THE MUSCLE SHOALS SAILING CLUB

Muscle Shoals Sailing Club
1350 County Road 411
Killen, AL 35645



www.mssclub.org