







Jr. Sailing Program – Parent Handbook

25 January 2023

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JR. SAILING PROGRAM & PARK CITY SAILING CONTACTS

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Scott VerMerris		PCSA Executive Director	435-631-2202	Scott.VerMerris@SailPC.org

JORDANELLE STATE PARK PHONE NUMBERS

Hailstone (Main Office)	435-679-9540
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WHY JUNIOR SAILING:

The mission of the Park City Sailing Association Jr. Sailing Program is to build sailing and life skills while also promoting sportsmanship and fostering teamwork.

The Jr. Sailing program is open to the public and provides sailing instruction to children ages 5 to 17. Our



Guppy program is structured for ages 5-7. Our Junior Program is aimed at ages 6-17 and includes instruction for beginner, intermediate and advanced sailors and also includes a Junior Race Team. Please see sailpc.org for events.

IMPORTANT DATES:

Please see sailpc.org for events.

WHAT TO BRING TO SAILING CLASS:

- Hat
- Sunglasses
- Towel
- Backpack or bag
- Sunscreen
- Change of clothes
- Snack
- Water bottle
- Closed toe shoes (no sandals)
- Rain (waterproof) jacket
- Lunch (full day sessions only)
- Bathing suit
- Water appropriate clothing - no jeans or sweatpants, avoid cotton if possible
- Face Covering (Optional)



CLASS INFORMATION:

We offer [classes](#) to meet a wide range of ages, sailing abilities and interests. At the intro level, we have Guppies (ages 5-7) and our Junior Program (8-17) teaches kids the basics of sailing and seamanship in a fun environment. This progression can occur throughout a season with additional camp participation and discussion with coaches on sailing skill progression to ensure continued growth.

All classes require sailors to be confident swimmers. US Coast Guard approved Personal Flotation Devices (PFD) are provided by Park City Sailing must be worn by all camp participants at all times on the docks and on the water.

For more information check out the [Jr. Program Overview](#).

Guppies

Mornings, 9am-Noon, Afternoons, 12:30-3:30pm, Ages 5-7. Guppies is a one-week program that meets in 3 hour classes daily. Designed as a small group, introductory, hands-on class, the focus is on making kids comfortable in and around boats. Lots of games will be intermingled with beginner sailing with the goal of fun! Must be confident swimmers.

Beginner Sailing

Full day, 9am-3:30pm, Ages 8-17. Beginner sailing is for students who may have little or no experience on the water, in sailboats, or, they do not have a history of organized instruction experience. Beginner sailing covers the fundamentals of how to rig, de-rig and care for the boats and equipment, capsizing recovery, understanding the wind, and how to tack and gybe. Students are introduced to the different points of sail, and basic "rules of the road". Students also develop teamwork and communication skills. Beginner sailing is taught in Optimist dinghies or our new fleet of RS Tera sailboats - 1-2 children per boat.

Intermediate/Advanced

Full day, 9am-3:30pm, Ages 9-17. Intermediate/Advanced builds on the basics from Beginner Sailing with students learning the finer points of boat handling and sail theory. There is an emphasis on developing confidence for sailing alone. As skills progress, students learn advanced boat handling and some racing technique. Everything from fine-tuning sail trim and sail shape to roll tacking, gybing and advanced seamanship including teamwork and communication. There is an emphasis on developing confidence, self-reliance and for sailing in all weather conditions (within reason). Other topics can include weather, a little navigation and more. Taught in Optimist dinghies, our new fleet of RS Tera sailboats or 420 sailboats - typically 1 child per boat. More advanced sailors may have the opportunity for keel boat instruction.

Junior Race Team

[Junior Race Team](#) is for youth sailors that have demonstrated mastery of the sailing fundamentals and want to take their passion for sailing to a new level. Junior Race Team members have completed intermediate classes. Junior Race Team will continue to refine boat handling and sail trim skills while adding more knowledge and use of the Racing Rules in starting, mark rounding, tacking, gybing and boat-on-boat tactics. There are opportunities for local and travel regattas and possible keel boat instruction.

LOCATION:

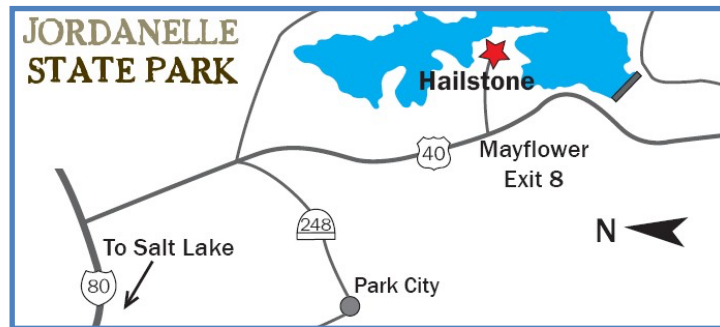
Park City Sailing's Jr Sailing Camp operates out of the [Personal Watercraft area](#) at the Jordanelle State Park. 30 minute drop off and pick up passes to enter the Jordanelle will be provided for those without an annual Utah State Park Pass.

Directions from Park City:

- Take Kearns Blvd (Rt 248) to Rt 40
- Go right on to Rt 40 East (South)
- Take the Mayflower Exit 8 and follow the road to the Hailstone Area & Jordanelle State Park Main Gate.

Directions from Heber City:

- Take Rt 40 West (North) from Downtown Heber towards Park City.
- Take the Mayflower Exit 8 and follow the road to the Hailstone Area & Jordanelle State Park Main Gate.



SAFETY:

SWIM ABILITY: All participants must be confident swimmers.

LIFE JACKETS/PERSONAL FLOATATION DEVICE (PFD): Safety is of primary importance! Every child, regardless of age or class, is required to wear a US Coast Guard Approved life vest at all times when on the dock and water. This rule also applies to free sailing and participation at away events. Park City Sailing will provide a life jacket.

Participants are also allowed to bring a personal US Coast Guard Approved PFD

CONDUCT AND DISCIPLINE: There should be no rough play on the dock or on the grounds. Respect is essential for fellow members and boats. Poor sportsmanship will not be tolerated. Sailors and their families will be held accountable for lost or damaged equipment if it is deemed by staff to be reasonably preventable given the sailor's ability level. If discipline is necessary, the Director reserves the right to require a student to leave the program for a certain period of time. The student's parents will be notified immediately. Please refer to the Parent Agreement.

BATHROOM POLICY

The PCSA Jr. Sailing Program utilizes public facilities including public bathrooms. Bathroom breaks will be organized as a group as a regular pre and post sailing activity. Instructors will accompany students to the bathrooms, do a quick check of the facility and:

- 1) If non-PCSA people are in the bathrooms, then accompany the students into the bathroom
- 2) If the bathrooms are empty, wait outside the bathroom door for students to use the bathroom.

FREQUENTLY ASKED QUESTIONS:

What the weather is bad? Within reason, classes will be held rain or shine. If sailing conditions are deemed unsafe, other activities will take place on land (on-shore teaching, knots, games, etc.)

Sailing in Utah, really? Park City Sailing was founded in 2008 and started with 2 boats and 2 skippers. The Tuesday night racing program in 2009 expanded to over 25 boats racing with participation from over 40 skippers. 2013 saw the addition of 8 Elliot 6m's too - Interested in Tuesday night Laser racing or keel boat racing on Thursday nights? Email info@sailpc.org for more information

Do you offer Adult sailing lessons? Yes, Park City Sailing runs some adult sailing lessons (evening classes and private/family lessons) - see www.SAILpc.org for more information.

KNOTS

Here are the four most important knots in sailing. Please help your child learn them. More information on how to tie these knots is available here - <http://animatedknots.com/>

Bowline (pronounced "bowl-in"):

The bowline is an ancient and simple knot used to form a fixed loop at the end of a rope. It has the virtues of being both easy to tie and untie.

The bowline is sometimes referred as King of the knots because of its importance.



The rabbit hole.



Out comes the rabbit,



runs around the tree,

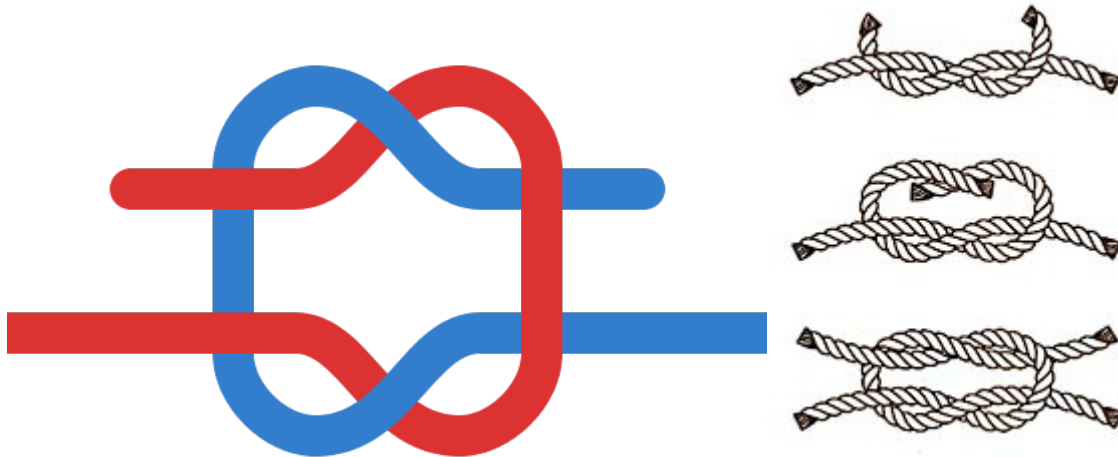


and hops back into its hole.

Square Knot (aka Reef Knot)

The reef knot or square knot is an ancient and simple binding knot used to secure a rope or line around an object. Although the reef knot is often seen used for tying two ropes together, it is not recommended for this purpose due to potential instability of the knot.

A reef knot is formed by tying a left-handed overhand knot and then a right-handed overhand knot, or vice versa. A common mnemonic for this procedure is "right over left, left over right", which is often appended with the rhyming suffix "... makes a knot both tidy and tight". Two consecutive overhands of the same handedness will make a granny knot. The working ends of the reef knot must emerge both at the top or both at the bottom, otherwise a thief knot results.



Two Half Hitches

The two half-hitches is a type of knot, specifically a binding knot or hitch knot. It consists of an overhand knot tied around a post, followed by a half-hitch. Equivalently, it consists of a half-turn around a post followed by a clove hitch of the running end around the standing part.

The following three-step process for tying the two half-hitches is also explained in the image gallery below. Click on the images for high-resolution versions.

1. Begin by forming a clockwise loop around the pole, with the working end of the rope on top. Bring the working end through the loop. At this point, you have an overhand knot around the pole.
2. Bring the working end down and to the left. Loop it under the standing end. Pull the working end through the loop just formed, tighten, and slide the knot along the standing end up to the post.
3. A correctly tied two half hitches resembles a clove hitch tied around the standing end of the line, not a cow hitch.



Step 1: Form a single half-hitch, or overhand knot



Step 2: Form a second half-hitch above the first



Step 3: Tighten

Stopper or Figure 8 Knot



The **figure-eight knot** is very important in both sailing and rock climbing as a method of stopping ropes from running out of retaining devices. Unlike the overhand knot, which will bind iron-hard under strain, often requiring the rope to be cut, the figure of eight can be easily untied after even the greatest strain.

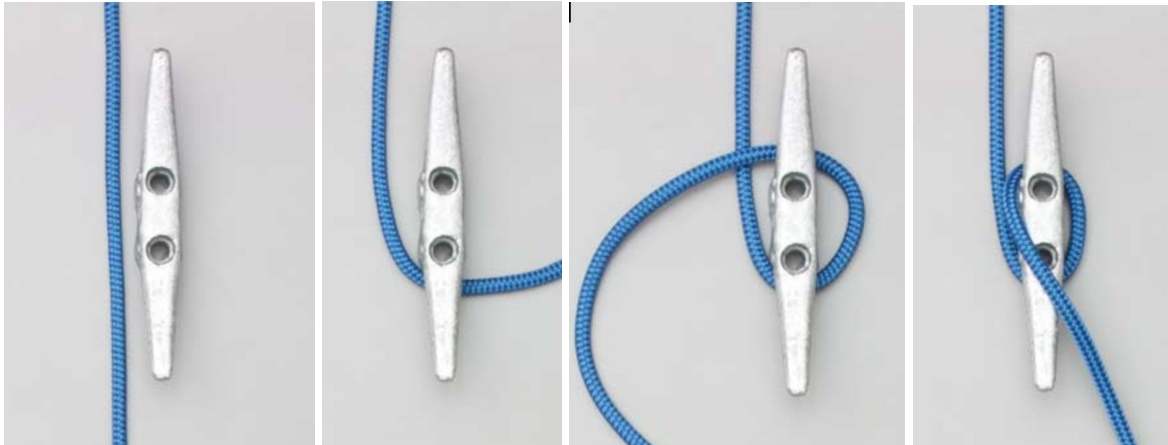
How to Tie (hard to explain, easy to tie):

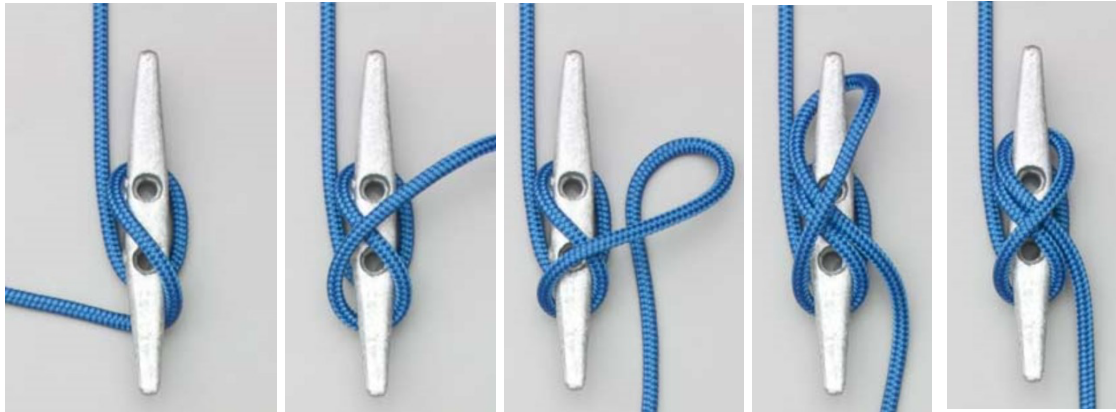
1. Make a bight in a rope
2. Twist it around half a turn
3. Loop the loop

4. Pull

Cleat Hitch - [Link](#)

Pass the rope around the bottom horn and on around over the top. Continue down across the middle, and then up across again. Twist a loop in the rope and hook it on the cleat as a Half Hitch.





Clove Hitch - [Link](#)

Alternatives: In addition to tying it Using Half Hitches, the Clove Hitch can also be tied by Threading the End and by Using Stacked Loops

Caution: The Clove Hitch (ABOK # 1245, p 224) was, originally, included here with the intention of condemning it. It does have two giant faults: it slips and, paradoxically, can also bind. It should be deeply distrusted when used by itself.

Uses: As shown in this animation, the Clove Hitch can make a quick hitch. Only two Half Hitches were used. To make the hitch secure, additional Half Hitches must be added in the same manner. The Clove Hitch has various applications. For example, in the theater it is used to adjust the height of stage curtains hanging from a bar; and in boating it can be used to initially position a fender hanging from a rail. Both are described in the section about the Clove Hitch tied by Threading the End.

