



Corinthian Sailing Club

Junior Sailing Class



Ellen Bryant, CSC Sailing Education- 214-762-0056

Sailing Director & Coach: Rachel Mittman 214-417-1667

Essential Gear:

- **Masks Required** - Acceptable masks include manufactured or homemade masks, scarves, bandanas, handkerchiefs
- **Life jacket** (Recommended: Extrasport or similar PFD designed for dinghy sailing, appropriate size for your sailor, he/she should be able to move comfortably in it, available at Academy Sports, REI, and other sporting goods stores) Local sources for life jackets and other sailing gear are Mariner Sails (11110 N Stemmons Fwy, 972-241-1498) and Academy Sports. Mail order sources include www.apsltd.com www.mauriprosailing.com & www.intensitysails.com
- **Safety Whistle** (plastic whistle tied to life jacket)
- **Sunglasses** (with an athletic strap, such as a Croakie)
- **Water bottle (A MUST!!!!)** Water bottles will be refilled only by coaches wearing disposable gloves
- **Hat/Sunscreen** (Apply generously before arrival; stick sunscreen is recommended for the face and around the eyes.)
- **Shoes** (closed toe shoes, preferably boat shoes with non-scuffing soles, designed to be non-slip when wet, tennis shoes are fine but they will get wet, no flip-flops or slides please, Keens-style sandals work fine)
- **Daily Lunch** (Refrigerators available in the club house)
- **Sailing Gloves** (recommended, but not necessary)
- **Change of Clothes and Towel**

Rules and Procedures:

- Write your name and phone number on all personal articles.
- Daily class sessions will be from 9:00 am to 2:00 pm. or 3:00 pm to 6:00 pm. Drop your child off no earlier than 30 minutes prior to the start of class. We will conduct temperature checks and provide hand sanitizer at the South entrance. Please pick your child up promptly at the conclusion of each day outside the south gates.
- You should have received a gate code when you joined the club, please use it. We keep gates locked during the day. If you don't have your personal gate code, contact Jim O'Connor (joc@ieee.org).
- Life jackets must be worn at all times while on CSC docks, except when inside the CSC Clubhouse.
- Proper Footwear must be worn at all times, no exceptions.
- No Swimming is allowed in the Lake by City Ordinance. While you will capsize and be in the water till you pull yourself back into your boat, no intentional swimming is allowed.
- No iPods, MP3 players, video games, or other such toys or electronic equipment should be brought to the class. If your child brings a cell phone, please have the ringer turned off and put it in a waterproof bag (a Ziploc bag works fine). Note: Cell phones can only be used during lunch breaks inside the club house or designated meeting areas.
- No Running, Pushing, Horseplay or Inappropriate Language. Social distancing will be maintained at all times.
- No Glass Containers; No Gum, No Pocket Knives.
- Sleeveless shirts discouraged; cool, short sleeve t-shirts which provide some sun protection are recommended
- Lightweight shorts designed to dry quickly are recommended. (Your child will get wet.)

Lastly, we expect that all students will exhibit respect for the Coaches, the other students, and club members who are present at CSC during the classes. Failure by a student to abide by the instructions of any of the Coaches, use of inappropriate language, or engaging in other inappropriate behavior, will be referred by the Coaches to the Sailing Education Commodore, who will take up the matter with the student's parents. CSC reserves the right to expel any student who fails to follow the coaches' instructions, is disruptive, uses inappropriate language, or engages in other inappropriate behavior. We are here to sail and have fun; however, inappropriate behavior or disrespect for the coaches, fellow sailors or club property will not be tolerated.