



OCC Junior Summer Sailing Camps

For Boys and Girls Ages 7-13

CAMP INFORMATION, POLICIES & PROCEDURES

Few sports offer as much freedom and choice as sailing. Our junior summer sailing camps provide a unique opportunity for young sailors to learn to sail in an environment focused on skill development, safety, fun and the marine environment. Exploring our local waterways in OCC's Lido 14 dinghies students will learn the skills needed to safely sail a small boat, gain confidence and self-esteem, learn about the environment and discover the magic of sailing all while having fun and enjoying the outdoors. Our staff consists of individuals with extensive sailing experience, US SAILING, First Aid and CPR certifications, who have a genuine interest in providing each sailor with a rewarding summer experience.

REQUIRED FORMS

Participation and Medical Treatment Forms are required: Each sailor must have a signed "Voluntary Activities Participation (VAP) Form" and "Authorization for Medical Treatment Form" on file with The School Office to be able to participate in on-the-water activities.

CHECK-IN/DROP OFF AND CHECK-OUT

Please do not drop children off early without checking in with the instructor on duty. If you will be late dropping off or picking up, we appreciate a call-949-645-9412.

- All participants must be checked-in and checked-out by a parent or adult guardian each day*.
- If you are ridesharing please USE THE Youth Self Check-in/Check-out form to let us know date, name and contact information for the person transporting your child. We will not be collecting notes at pick-up or drop off.

*Youth Self check-in/check-out

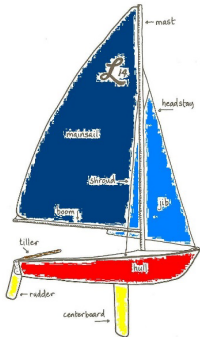
Use the Youth Self Check-in/Check-out form to let us know your child has your permission to check him/herself into and out of camp without a parent/guardian present. The completed and signed form can be submitted via email to customercare@occsailing.com by 4 pm the Friday before the start of your child's camp, or in-person by a parent/adult guardian on the first day of class.

We must receive the form prior to your child arriving for class without an adult present.

PARENT PARTICIPATION: Parents are welcome to observe at any time, but keep in mind that your child may be more distracted while you are present. We ask that you observe from the sidewalk when the sailors are rigging or cleaning up at the end of the day. Parent participation is not allowed during land-based classroom instruction, nor on the dock or on the water.

SCHEDULE: Each day will include classroom time, rigging, introduction and practice of new skills, lots of sailing (weather permitting), clean-up and review of the day. Fun games and special events will also be included each week.

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PARENT HEALTH SCREENING RESPONSIBILITY: Help us keep all campers and staff healthy throughout the summer. Please keep your child home if the following symptoms occur:

- Fever within 24 hours (99 F or higher)
- Vomiting, Diarrhea
- Contagious or Rashes of Unknown Origin
- Congestion, Sneezing, Nasal Drainage & Coughing
- Ear, Eye, Throat Infections
- Dizziness or Upset Stomach
- Difficult or Rapid Breathing

GENERAL INFORMATION

CAMP DATES & SWIM TEST

One-week Sessions from June 12 – Aug 11, 2023 - (No class on July 3-4)

LOCATION: Our camp is located at The School of Sailing and Seamanship, 1801 W. Coast Hwy, Newport Beach, next door to The Balboa Bay Club.

CAMP HOURS

Morning Sessions	Mon-Thurs	9:00 am-12:30 pm
Afternoon Sessions	Mon-Thurs	1:00-4:30 pm

DISCIPLINE: We reserve the right to send a camper home whose physical condition, conduct or influence is deemed unsatisfactory or detrimental to the best interests of the camp.

REQUIRED DAY 1 SWIM TEST: Comfort in the water is a fundamental part of safe sailing. All sailors are required to take a swim test on the first day of class. This test is given in the bay water inside our Lido lagoon. Sailors, dressed in normal sailing clothes, must be able to swim 75 feet in any manner, and tread water for one minute without a PFD or outside assistance to pass the swim test. Swimmers will then be asked to put their life jackets on while still in the water. This is done to test the buoyancy and fit of the PFD and to test the swimmer's range of motion and comfort in the water. Remember to bring dry clothing to change into afterwards. Sailors participating in multiple weeks only need to do the swim test their first week.

OPTIONAL CAPSIZE DRILL: Most students will take part in a capsizing drill. Notice of the drill will be given the day before. Remember to bring dry clothing to change into afterwards on the day of the capsizing drill.

SAFETY: Our goal is to provide a safe and fun experience for everyone. During the first class we will have a chance to observe student skill levels and maturity, and we may re-organize classes to ensure the best learning environment for everyone. Student age, size and experience along with weather conditions and traffic on the bay all play into how boat assignments are made. Ultimately the overall health and safety of students and staff is our number one concern.

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Expectations for the sailors

- Follow the Junior Guidelines.
- Use appropriate language
- Respect the physical and mental wellbeing of themselves, other participants and staff
- Use equipment, supplies and facilities as they are designed to be used
- Be organized, be prepared and be responsible for their equipment.
- Help and encourage others – cooperate with and assist others.
- Be polite on and off the water to instructors, volunteers and other sailors.

Junior Guidelines

1. Arrive on time.
2. If you are not feeling well, please call us to let us know you are staying home until you feel better.
3. Check-in daily and proceed to designated instructional area.
4. Observe social distancing guidelines and wear cloth facial covering when not on the water
5. Wash your hands frequently or use hand sanitizer
6. Quickly unrig your boat at the end of the day and help teammates when finished.
7. Stay with your group until dismissed by your instructor. If you need to leave class early for any reason, bring a signed note from your parents.
8. Life jackets must be properly worn at all times while on the docks or on the water.
9. You are responsible for your lifejacket for the duration of the camp. Follow instructor guidelines for cleaning, storing and returning.
10. Footwear/ closed toe shoes must be worn at all times while on shore and is recommend while sailing.
11. Sunglasses, hats, sunscreen and drinking water are strongly recommended for all sailors.
12. Mark all personal equipment with permanent marker. Include name and phone number.
13. Pick up your trash! Keep your Sailing Center looking nice.
14. The Sailing Center is not responsible for loss or damage to personal property of the students. We suggest you label clothing, bags etc. with your child's name.
15. Students are responsible for damage done to Sailing Center property or the property of another student.
16. Offensive language or actions are not appropriate at any time.
17. Disruptive students will be removed from class and wait for the class to finish in the office. If disruptions continue parents will be contacted.
18. Teasing and bullying of any kind will not be tolerated.
19. Conduct yourself, at all times, in a way you would like others to treat you on and off the water.