

TO: Junior Race Committee  
FR: Pete Japikse  
RE: Sailing Instructions 2010

Thank you for serving as race committee for our youth. You will have prams, sunfish, and laser radials sailing on your course. Expect anywhere from 10 – 25 youth total.

This year we have engaged three of our teens (sailing camp graduates) to serve as the PRO of the junior committee. Each week, two of the following (Chris Japikse, Jen Irwin, Hannah Petko-Bunney) will be serving in the lead role in running the junior races. They are in charge of the program – the function of the adults assigned to the race duty is to support them and help them as needed. In most cases, the teens will run the races from the stationary (anchored) boat, and the adults will be responsible for mark adjustments, safety, and general support for our sailing youth. This support also includes coaching the sailors as needed to help them learn and have fun.

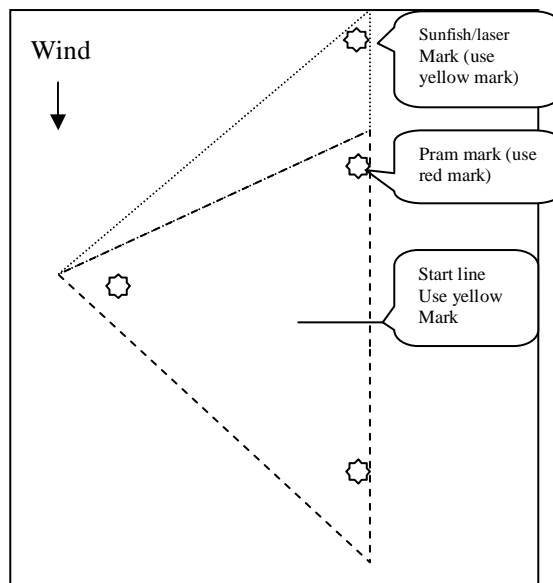
All the youth participating have successfully completed youth camp and know the fundamentals, however many of these youth are still learning! Our entire focus in the youth program is on fun first--the racing comes second. Do not be surprised if their preference on a hot day is to jump out of the boats and swim between each race! A quick dip is acceptable, but be mindful that it is only legal to swim in the harbor.

The following points should assist you in completing your adventure in youth sailing. (Our teens will usually handle the course set up – but you can and should assist as needed)

1. The small john boat and the RIB are allocated to the junior racing program-they both need to be used. The john boat is equipped with flag holders, and should be the committee boat. The RIB should be the safety vessel, and should move around the course to coach and help the youth as needed.
2. Both boats and all equipment are stored at the PRAM dock. See Pete or Ken for assistance.
3. Take the following equipment on the course with you:
  - a. The youth marks, clipboard, and flags.
  - b. Youth marks (look like hip-hops) —there are 3 red buoys and 2 yellow buoys.
  - c. 4 Signal Flags--P flag (Blue border with white center), Pram flag (Orange with red pram), Sunfish flag (White with black sunfish logo), Laser radial flag (laser on white background, blue stripe on end)
  - d. Whistle or small horn
  - e. Tow line
  - f. Radios –the teens will have these-they are not stored in the club locker. (The youth radios are clearly marked as CLSA Juniors.) Use Channel 69 for youth operations. You can contact the main committee on 68 if you need assistance. (These radios have a keyboard lock feature – hold the H/L button until the beep sounds to lock or unlock the keyboard).
  - g. Anchors, life jackets, throw cushions for each john boat. (We require life jackets to be worn by everyone involved in the youth sailing program-including the adults)
4. Please take a walk to the pram and sunfish docks before going out, and identify yourself to the teen race committee and the youth sailors. We have trained the youth to rig their own boats and help each other, but some of them will still need assistance with rigging.
5. Most of the sunfish and laser sailors can get out of the harbor unassisted. The pram sailors may need help in an onshore breeze.
6. Courses should be set outside of the harbor, to avoid bad air, but still near enough to shore so that there is no possibility of the larger boats crossing through the junior course.
7. **SUGGESTION: Set the junior marks up early, and then go back in to help the youth launch. They will sail out of the harbor much quicker if they have a destination to head to. Do NOT let them sail around in the harbor-there is too much traffic with the big boats going out, and collisions will occur.**
8. The goal is to have at least 4-5 short races. As long as they keep interest – keep going. The sailors will let you know when it is time to quit!
9. Try to be back in to the docks and tied up **before** the first adult fleets start coming back in.
10. **SAFETY ITEM: Do not take the youth onto the water if the wind is over 15 mph. If the wind is 10-15, they are all capable, but may choose to double up-that is acceptable. See Pete Japikse for assistance with scoring if this happens. IF YOU HAVE ANY QUESTION ABOUT CONDITIONS, PLEASE ASK PETE.**

11. The preferred course for the youth is as follows:

- a. A triangular 3 mark course
  - i. Traditional windward mark, offset jibe mark to port, and a leeward/downwind mark-use the orange buoys for the marks.
  - ii. Set two windward marks. Use a hip-hop buoy for the near mark-this will be the pram mark. Set a yellow hip-hop mark 30-40 yards further upwind-this will be the sunfish and laser mark.
  - iii. Set the start/finish line in the middle of the windward and leeward marks. Use a yellow mark to set the line, and then anchor the committee boat off of the line.
  - iv. On most days, use a one-lap course.
- b. If you find that all the youth are continually ending up in irons (a common thing, especially early in the season), move the weather mark off to one side.



12. All the boats race on the same course, although we score them separately. The prams should start first, then the sunfish, and finally the lasers. Use a three minute starting sequence.

13. It is preferable to keep the races short, and try to run 4-5 races. In longer races the youth will get very spread out and discouraged.

14. You will need a whistle for signaling, and a watch to count down the time for the youth. The sequence is as follows:

- |                               |                   |   |
|-------------------------------|-------------------|---|
| a. 3 minutes:                 | 3 long whistles,  | pram class flag raised  |
| b. 2 minutes:                 | 2 long whistles,  | P flag raised   |
| c. 1 minute:                  | 1 whistle         | P flag lowered  |
| d. 30 seconds                 | 3 short whistles  |   |
| e. 20 seconds                 | 2 short whistles  |   |
| f. 10 seconds                 | 1 whistle/second  | count down  |
| g. <b>0 seconds/3 minutes</b> | 3 whistles        | <b>pram start:</b> pram flag lowered, sunfish flag raised     |
| h. 2 minutes                  | 2 long whistles   | P flag raised   |
| i. 1 minute                   | 1 long whistle    | P flag lowered  |
| j. 30 seconds                 | 3 short whistles  |   |
| k. 20 seconds                 | 2 short whistles  |   |
| l. 10 seconds                 | 1 whistle/ second | count down  |
| m. 0 seconds                  | 3 whistles        |   |
| n. <b>0 seconds/3 minutes</b> | 3 whistles        | <b>sunfish start:</b> sunfish flag lowered, laser flag raised |
| o. 2 minutes                  | 2 long whistles   | P flag raised   |
| p. 1 minute                   | 1 long whistle    | P flag lowered  |
| q. 30 seconds                 | 3 short whistles  |   |
| r. 20 seconds                 | 2 short whistles  |   |
| s. 10 seconds                 | 1 whistle/ second | count down  |
| t. <b>0 seconds</b>           | start             | <b>laser start: laser flag lowered</b>                        |

15. Keep track of finishes on the enclosed form and turn into Ken Irwin and/or race committee. If you have any questions, or need assistance, please contact Pete Japikse (MC 1797). I will be on the regular race course, and usually sail by the junior course to talk to the youth between races. You can reach me by radio-channel 69--I carry a handheld radio with me in the sailboat.

16. Our junior sailing program runs under the auspices of US Sailing and the terms of a grant that has funded some of our equipment. Both of those programs require the use of life jackets by all participants, including the adults and instructors. Please wear your life jacket