



# **Nantucket Community Sailing**

## **Youth Programs**

### **Student/Parent Handbook**

### **Summer 2024**



*Revised December 2023*

**Nantucket Community Sailing**  
4 Winter Street / P.O. Box 2424  
Nantucket, MA 02584  
Phone: 508.228.6600  
Jetties Beach: 508.228.5358  
Email: [registration@nantucketsailing.org](mailto:registration@nantucketsailing.org)  
[www.nantucketcommunitysailing.org](http://www.nantucketcommunitysailing.org)

## **Table of Contents**

Welcome to Nantucket Community Sailing	3
What is Nantucket Community Sailing?	4
Nantucket Community Sailing Mission Statement	4
Who Runs Nantucket Community Sailing?	4
Are Scholarships Available?	4
What Youth Programs Are Available?	4
What is NCS' Membership Policy?	4
Where Do Youth Classes Meet?	5
Directions to Polpis Harbor and Jetties Beach	5
Where is the NCS Main Office	6
Important NCS Phone Numbers	6
Youth Program Goals	7
Parent's Guide to the Youth Program	8
Sailing Progression Chart	9
Behavioral Rules & Guidelines	10
Student Arrival	10
Student Dismissal	11
Life Jacket Policy	11
Water Comfort Check	12
Inclement Weather	12
Sun Smart Policy	13
Discipline Policy	13
Medications, Epi-Pens	14
Answers to Commonly Asked Questions	16
Opti and 420 Race Teams, Off-island Travel	21
Admiral Sir Isaac Coffin Cup	23

## Welcome to Nantucket Community Sailing!

We are very excited for another great summer of sailing! It is our hope that the skills learned in our classes will provide the foundation for a life-long hobby because sailing is one of the few sports where size, physical strength, and gender are equalized on the water. Furthermore, many of the skills learned on the water are transferable to daily life: responsibility, seamanship, confidence, independence, problem solving among others.

Our goal with this handbook is to provide a comprehensive resource for parents and students participating in our youth programs. It is designed to help you understand what to expect, what to bring, where to be, and when to be there!

On behalf of the staff, instructors, and Board of Directors, we welcome you to Nantucket Community Sailing and look forward to a summer of sailing with you.

Emily Taylor  
Program Director  
Nantucket Community Sailing  
[Emily@nantucketsailing.org](mailto:Emily@nantucketsailing.org)



**What is Nantucket Community Sailing?**

Nantucket Community Sailing is a non-profit, educational organization providing affordable, recreational access to sailing and other water sports (kayaking, paddle boarding) to the public. Our programs aim to foster positive, lifelong fitness habits while continuing to strengthen our island's historical connection to the ocean. Last year we instructed 1,000 students by teaching water safety and sailing skills while improving the community's access to Nantucket's waters. Please visit our website: <http://www.nantucketcommunitysailing.org>

**Nantucket Community Sailing Mission Statement:**

Our mission is to engage people of all ages in the joy of sailing, offering access to all of Nantucket's youth, and teaching every participant in our programs enduring life and leadership skills with a deep respect for the marine environment.

**Who runs Nantucket Community Sailing?**

A volunteer Board of Directors oversees all the NCS policies and procedures. The Board is comprised of active members of the Nantucket community (seasonal and year-round residents) whose common interest is a commitment to increasing education and access to the sport of sailing. Day-to-day operations of our various programs are the responsibility of the full, part-time, and volunteer staff.

**Are Scholarships available?**

Yes, scholarships are available to year-round Nantucket youth participating in our youth sailing program. Scholarships are awarded from the generosity of donors, who love to read the thank you notes from our scholarship recipients (so, please write!). Financial assistance is confidential, and a separate application form is required. Please call the Main Office at 508.228.6600 to request a form, or print one from our website: <http://www.nantucketcommunitysailing.org/page/programs/scholarship>

**What Youth Programs are available?**

We offer a wide variety of classes for youth students ages 2-18 years. Our Polpis Harbor location primarily hosts our beginner and intermediate youth classes; and our Jetties Sailing Center primarily hosts programs for our older youth sailors and adults. The All-Island 420 Race Team, a collaborative program with Nantucket Yacht Club and Great Harbor Yacht Club, also runs out of the Jetties Sailing Center. The All-Island Opti Race Team (ages 9 – 15) runs out of Nantucket Yacht Club as part of a collaborative program among NCS and the two yacht clubs. Class descriptions can be found on our website: <http://www.nantucketcommunitysailing.org/page/programs>

**What is NCS's Membership policy?**

NCS does not require a Membership to participate in sailing classes. However, we strongly encourage participants to purchase a Jetties Sailing Center Membership to take full advantage of sailing and water sports throughout the summer. A Jetties Sailing Center membership includes complimentary kayak, paddle board and sailboat rentals as well as a 25% discount on all private lessons. Please visit our website for more information: <http://www.nantucketcommunitysailing.org/page/rentals>

## **Where do the Youth Classes meet?**

### **Polpis Harbor:**

#### *From Downtown:*

- From the town rotary take Milestone Road for .2 miles.
- Take the second left off of Milestone Road onto Polpis Road and drive approximately 4.6 miles.
- Turn left onto Wauwinet Road (there will be a sign) and drive for approximately .5 mile.
- The NCS Polpis Harbor location (#18 Wauwinet Road) will be on your left across from #19 Wauwinet Road.

Please note if you see the Nantucket Island School of Design & The Arts (NISDA) building, you have gone too far.

#### *From 'Sconset:*

- From the 'Sconset rotary take Main Street past the Post Office and turn left onto Broadway.
- Follow Broadway, as it will turn into Sankaty Road and then turn into Polpis Road for approximately 3.5 miles.
- Take a right when you see the sign for Wauwinet Road and continue on that road for approximately .5 miles.
- The NCS Polpis Harbor location will be on your left between 18 and 22 Wauwinet Road.

Please note if you see the Nantucket Island School of Design & The Arts (NISDA) building, you have gone too far.

### **Jetties Sailing Center:**

#### *From Downtown:*

- From Broad Street (The street where the Steamship Arrives) turn onto South Beach Street until you hit the stop sign.
- At the intersection, go straight onto North Beach Street for approximately .6 miles.
- Turn right onto Bathing Beach Road (just past the Stone Barn Way).
- The Jetties Sailing Center is on the Harbor side of Jetties Beach and can be seen to the right side of the parking lot past the playground. Look for our two sheds and white tent.

### **Where is the NCS Main Office:**

From the base of main street you would follow the below directions:

- Head up Main Street towards Bank of America.
- Take a short right on Centre Street.
- Take the first left on Liberty Street (the street in between the Bank and the Methodist Church).
- Take the 2nd left onto Winter Street off of Liberty Street.
- The Coffin School is the big brick building with columns. Take path to side entrance to basement.

### **Important NCS Phone Numbers:**

Main Office	508.228.6600	9am-5pm Monday-Friday
Jetties Beach	508.228.5358	9am-5pm Monday-Saturday

## Nantucket Community Sailing: Youth Programs

### Youth Program Goals for our students to:

- Develop sportsmanship, self-confidence, and interpersonal skills.
- Develop an interest and appreciation for the sport of sailing.
- Learn and demonstrate new boat-handling skills and improve on existing skills.
- Respect the sea, the environment and each other.
- Learn and practice good safety skills and seamanship.
- Learn responsibility and appreciation for the boats and equipment.
- Have fun and participate in a positive and productive atmosphere whether in drills, races or sailing adventures.





## **Parents' Guide to Youth Programs**

- **Keeping in touch:** We probably won't need to call you, but if we do, we must have your contact phone number. If you are difficult to reach, give us several numbers and label each number (work, home, cell, etc.).
- We must know if your child has the need for any special **accommodation**. We can work with many abilities as long as we know in advance. Please call or email (emily@nantucketsailing.org) the Program Director to discuss in confidentiality any learning needs or special circumstances, no matter how slight.
- The most common of the few injuries we experience each summer are shell cuts due to inappropriate footwear. Your child **MUST** come to class wearing **closed-toe shoes** such as aqua socks, Crocs, Keens, or Native Footwear. Flip-flops are not acceptable. Students without proper footwear will not be allowed to sail.
- Sailing is one of the few sports where size, physical strength, and gender are equalized on the water. **Anyone can sail** and the skills learned can be enjoyed for a lifetime! Sailing challenges both the mind and body; it can be competitive or recreational, on big boats or small, and can be an individual experience or a social one!
- **To help your child get the most out of NCS's Youth Programs** we strongly suggest that you talk to your children about what they are doing in class. The opportunity to share newly learned skills is invaluable for several reasons:
  - \*It reinforces the skills learned.
  - \*It increases a child's confidence and self-esteem through support and encouragement.
  - \*It provides an opportunity to find out how classes are going generally, so if there are problems or issues, they can be addressed sooner, rather than later.
- **Don't push your child.** Often, a student will have to repeat the same level many times before advancing. The student may not be interested in competitive racing but may enjoy sailing recreationally. Remember, sailing is about having fun!
- **Please respect the role of NCS instructors.** Once your child's class session begins, please don't interrupt programming. If you need to speak with your child, please approach the site manager first. If you choose to stay on the beach during programming, we ask that you please watch the class from a respectful distance and don't distract your child.



## Sailing Progression Chart

The NCS Sailing Progression Chart is intended as a guide for students moving through NCS programs over a period of years. Ahead of each summer, students/parents should reach out the NCS Office at 508.228.6600 or [registration@nantucketsailing.org](mailto:registration@nantucketsailing.org) to verify the best placement for their student (new or returning). Our priority is for our students to be placed in programs appropriately, so that they can feel confident and successful.

### BEGINNER

Tiny Salts

2-4 yrs



Guppies

4-5 yrs



Whalers

6-8 yrs



Discovery

8-12 yrs

## **NCS Sailing Progression Chart**

*\*Please note, the NCS Program Directors must approve all placements\**



### INTERMEDIATE

Opti Green

8-12 years



Opti Blue

9-12 years



Opti Race

9-15 years



420 Green

12-18 years



420 Blue

12-18 years



420 Race

13-18 years

Questions?  
(508) 228-6600

Updated 11/09/2023

[registration@nantucketsailing.org](mailto:registration@nantucketsailing.org)

Supplement your group classes with private lessons at Jetties Sailing Center!

Toddler Private Lesson, 2-4yrs – 1 hour, \$100

Youth Private Lesson, 5-12yrs – 1.5 hrs for \$200

Private Lesson, 12+ – 2 hrs for \$250

## **Behavioral Rules & Guidelines**

Nantucket Community Sailing has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and cheerful learning environment. It is important that both you and your child review these rules and guidelines. Appropriate behavior is always expected.

## **General Safety Rules**

All individuals participating in NCS programs or using NCS equipment at Polpis Harbor or Jetties Beach are expected to follow these general safety rules. These rules will be reviewed with students on the first day of a new session and posted at the Jetties Sailing Center:

- USCG-approved Type-III PFDs are required at all times when in a motor or sailboat, on a dock, in a kayak or paddleboard, near the water's edge, or in the water. The PFD must be properly worn and zipped.
- Closed-toe shoes must be worn at all times when at an NCS Site or using NCS equipment. If a customer of the Jetties Sailing Center chooses not to wear shoes while paddle-boarding or kayaking, it is at his or her own risk.
- No knives, drugs, alcohol, or other harmful weapons or substances are permitted.
- Personal property (except medication) is the responsibility of the student and not NCS.
- All sailors will maintain proper etiquette, respect and seamanship at all times: No bullying, pushing, shoving, horseplay, fighting, hitting, and profanity. No disruptive behavior, disrespectful gestures, actions or language. Physical violence and bullying (teasing or derogatory/hurtful comments) are not tolerated.
- NCS staff, peers, equipment, and the environment must be treated with respect at all times. No littering on land or water.
- Students must stay in the area designated for class at all times; all boats must stay within hailing distance of the Head Instructor's boat.
- All students/customers will exercise great care in the use of Nantucket Community Sailing sailboats, safety boats, and equipment.

## **Student Arrival**

Upon arrival at Nantucket Community Sailing sites (Polpis Harbor and Jetties Sailing Center) children and their parents will be responsible for *checking in* for the day. The Head Instructor, or the instructor who has been assigned to managing the roster, will mark the student's attendance on the roster. Students will then be supervised and gathered by NCS instructors to begin the instructional session. If a student needs to leave the instructional area to use the bathroom, the student must check in with, and be accompanied by, an instructor. The Site Manager (Polpis and Jetties) will know exactly how many children are on site/on-the-water at any given time. After attendance has been recorded on the paper roster, the NCS Site Manager will submit attendance digitally to the NCS Main Office. Attendance sheets will be kept by the Site Manager during the day and collected and filed by the Program Director at the end of each session.

NCS will reach out to a missing student's family daily. Students who do not arrive while NCS students are still on the beach will not be a part of that day's class. NCS does not refund fees for days which students have registered for but fail to use.

Children who arrive to NCS classes without having registered will not be permitted to participate.

### **Student Dismissal**

***Students must be checked out – with a parent or guardian visible or by their side – prior to leaving the NCS site(s) for the day.*** The instructor handling the roster for the checkout period will mark that the student has been picked up. The Head Instructor will be responsible for reviewing the roster at the end of each instructional session to ensure that all students who were checked in were also checked out. Any discrepancies will be resolved by calling the parent. ***If a student is biking home alone, or going home with another parent, the student's parent must submit written permission to the NCS Main Office by EMAIL (registration@nantucketsailing.org).*** If a student has not been picked up more than 10 minutes after the end of class, the parent will be called. An NCS Instructor will wait with the student.

### **Early Dismissal for Injury**

In the event of an early dismissal due to a medical emergency or injury, the Program Director, NCS Office and parents will be notified immediately by the Head Instructor and/or Site Manager. In the case of injuries and illnesses that do not require emergency medical attention, instructors will take appropriate steps, including administering first aid, and notifying the Program Director. The Program Director will then notify the parents for the individual student's early dismissal.

### **Life Jacket (PFD) Policy**

Personal flotation devices (PFDs or life jackets) must be worn, and zipped, at all times when a student is on the docks, in a boat, in the water, or at the water's edge. PFD's must be U. S. Coast Guard Type III-approved vests and must be properly fitted to an individual's size and weight. Nantucket Community Sailing will provide life jackets to every student, and will assist students in finding properly fitting PFDs at the beginning of every class. Students are welcome to bring their personal life jackets from home. If a student elects to bring a personal life jacket, it must be U.S. Coast Guard Type-III approved and must fit properly. If an instructor feels that a PFD does not fit a student properly, he or she will replace it with a properly fitting NCS-owned PFD for the remainder of the class/class sessions.

NCS staff members are required to wear life jackets when in a motorboat or sailboat or on floating docks. NCS staff members are responsible for supplying their own life jacket. A staff member's life jacket must have a whistle attached to the lifejacket at all times, and the PFD must be U.S. Coast Guard Type-III approved and be properly fitting and in good

condition (discretion of Program Director). A PFD that is ripped, or missing a zipper or straps, is not acceptable.

### **Water Comfort Check**

NCS will not implement a unique water comfort check, but will include this check as part of the Capsize Recovery lesson:

- NCS Instructors will ensure that all NCS students have a properly fitting (zipped, size correct, straps tightened) NCS PFD on at all times.
- For students who bring their own PFDs, the Head Instructor will ensure the above (zipped, size correct, straps tightened). If size is wrong, or not Type III (MANDATORY), the student must use an NCS PFD.
- When we execute the capsized recovery lesson in the front-end of our curriculum for the week, we will use this as an opportunity to check students' comfort level in the water (ability to follow directions). If a student is not comfortable, it will be brought to the attention of the Site Manager, who will follow up with the Program Director.

### **Inclement Weather Policy**

Nantucket Community Sailing activities (programs and rentals) will take place outside, rain or shine, with the exception of cases of heavy rain, thunder, lightning, high winds or another weather emergency. The Program Director and Site Managers will be responsible for monitoring the weather in advance of each day, and throughout each day, and will be the final decision-makers in regards to whether sites will be open and/or boats will be allowed on the water. The goal is for the Program Director and Site Managers to make a decision each day that will keep students and customers safe, and not expose them to unnecessary risks on the water. The Site Manager is the final authority regarding conditions and sailing suitability. The Site Manager monitors weather, tide, depth, current, wave height, wind speed, fog, crowds and inclement conditions.

#### ***Heavy Rain***

In the event of heavy rain that is forecasted in advance of the start of programs for the day, the Program Director will make a decision regarding whether or not class will have a delayed start, be fully cancelled for the day, or be shortened in length. The decision will be both emailed and texted to the student's primary caregiver (account primary email and cell phone number). If heavy rain begins at a site where students are already in class, the NCS Main Office may be called by the Site Manager to request that parents are called for an early pick-up from Jetties or Polpis.

## **Sun Smart Policy**

Nantucket Community Sailing asks students to come to programs prepared for safe sun exposure with sunscreen (min SPF 50) already applied to all exposed areas of the body, including lips; wide brim hat; UV protective sunglasses; water bottle; UV protective long sleeve shirt and shorts. Instructors will remind students to reapply sunscreen throughout the session but it is ultimately each student's responsibility to reapply.

NCS will encourage parents of students to follow these sun smart tips, among others, by posting them on the NCS website and by communicating them at parent meetings. Program students will also be taught about the importance of safe sun exposure at the first day of every session. It is the responsibility of the student/parent to exhibit safe sun behavior. NCS instructors will be educated about safe sun behavior at NCS orientation and will be asked to follow the same recommendations that are given to students. NCS instructors will also be educated on signs of excessive sun exposure: sunburn, dehydration, heat exhaustion, heat stroke, and the proper first aid to administer in these cases. All NCS students are asked to bring a water bottle (preferably reusable) to class every day. Instructors will enforce hydration and monitor for signs of dehydration.

## **Student Discipline Policy**

The Nantucket Community Sailing discipline policy maintains that each sailor will have three opportunities to rectify any non-rule-following behavior as follows. Nantucket Community Sailing reserves the right to reexamine students' participation in programs, due to behavior, at any time.

1. First "strike": the Head Instructor will speak with the sailor about his/her behavior and ask that he/she correct his/her behavior moving forward.
2. Second "strike": the Head Instructor will call the student's parent and the transgression will be reported to the Site Manager and Program Director. The Program Director will report the incident to the NCS Main office (508-228-6600), and it will be recorded in the student's file on CCM.
3. Third "strike": the student will be suspended from the remainder of the NCS program; The Program Director will contact the students' parents who will be required to immediately pick the student up from class. The student may participate in future NCS programs, under a probationary measure. There will be no refund for lost program days. The Program Director will notify the NCS Main Office (508-228-6600) and the incident(s) will be recorded in the student's file on CCM.
4. Students who exhibit physical violence, bullying, and/or possess weapons, drugs, and/or alcohol at the site may be suspended immediately for the remainder of the NCS program; The Program Director will contact the students' parents who will be required to immediately pick the student up from class. The student may participate in future NCS programs, under a probationary measure. There will be no refund for lost program days. The Program Director will notify the NCS Main Office (508-228-6600) and the incident(s) will be recorded in the student's file on CCM.

Continued abuse of the rules in subsequent programs: the student will be completely expelled from NCS Programs for the remainder of the summer and may not participate or register for NCS Programs or events until the following season.

Discipline will never include the following:

- (1) Corporal punishment, including spanking, slapping or hitting, is prohibited;
- (2) No student shall be subjected to cruel or severe punishment, humiliation, or verbal abuse;
- (3) No student shall be denied water or shelter;
- (4) No student shall be punished for soiling, wetting or not using the toilet.

### **Medications, including Epi-Pens**

If a student carries an Epi-pen, inhaler or other medication, the parent should hand the well-labeled medication, upon arrival, to the Site Manager. The Site Manager will return the medication to the parent at the end of class. If you would like to grant Nantucket Community Sailing permission to administer the medication, or for your student to self-administer, please fill out and submit the following release form:

Please note:

- Emergency medications including inhalers and EpiPens will be kept by Head Instructors during the day and returned to parents at the end of the day.
- Non-emergency medications may only be administered during the day when express written permission and instructions have been given by a guardian.



## Epinephrine Consent Form

Student's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

NCS Program: \_\_\_\_\_  
*(EpiPen must be labeled with student's name, physician, and directions)*

### Parent:

- I give my consent for my child, if under 18, to self-administer and/or carry his/her auto-injector of Epinephrine.
- I give my consent for an NCS instructor to administer and/or carry the auto-injector of Epinephrine, for my child (under 18).
- I understand that NCS/its employees cannot be held responsible for negative outcomes resulting from self-administration of Epinephrine.
- Authorizations to carry and/or self-administer Epinephrine must be submitted each year.

\_\_\_\_\_  
Parent/Guardian's Signature Required

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Contact Number



## **Answers to Commonly Asked Questions**

### **When can I sign up for classes?**

NCS offers early class registration for Nantucket residents (with children enrolled in school year-round on Nantucket) - registration goes live Tuesday, January 23, 2024 at 12pm Noon EST and will close Wednesday, January 24, 2024 at 4pm EST.

Returning Sailor Registration - Youth Programs: Friday, January 26, 2024 at 12PM EST and will close Sunday, January 28, 2024 at midnight EST.

General Registration - Youth Programs: Thursday, February 1, 2024 at 12PM EST and will remain open.

Women's Clinic, Advanced Women's Clinic and Private Lessons: Thursday, February 8, 2024 on the Jetties Sailing Center page.

Tiny Salts and Rentals: Saturday, June 1, 2024 on the Jetties Sailing Center page.

### **What should my sailor bring with them?**

- **Closed-toed shoes** with a back/strap and non-marking sole, that can get wet. (Native Footwear, Crocs, Keens, or water shoes.)
- Sun block (apply to all exposed skin before coming to class.)
- Bring or wear a bathing suit, shorts, t-shirt, hat, sunglasses with *floating* croakies, and a fleece or rain jacket for windy cooler days.
- Small bag/backpack for extra jacket/fleece, a towel, and a water bottle.
- NCS provides lifejackets! You are welcome to bring your own, provided it is USCG Type III and in good condition.

### **What is the Program Cancellation Policy?**

Cancellations made prior to June 15th will incur a 10% cancellation fee per session of enrollment. Cancellations made after June 15th are non-refundable. Refunds will not be given for sick or absent days or for bad weather days.

### **What is the Private Lesson Cancellation Policy?**

Private Lessons can be booked via the NCS website "Rental" tab, as all lessons will be held at the Jetties Sailing Center. A private lesson can be a great 1:1 opportunity to improve your sailor's skill and confidence!

Cancellation can be made via email or by calling the Jetties Sailing Center, during normal business hours, (508) 228-5358. JSC staff will confirm cancellation, if you do not receive confirmation, please call again. Please note the following cancellation policy:

- 0-24 hours: No refund
- 24-48 hours: 50% refund
- 48+ hours: Full refund

As for Weather Cancellations -- Nantucket is a "marine location" with a "marine forecast". This means the wind and weather can affect a rental or lesson. If the wind or weather is not conducive to safe operation, Jetties Sailing Center will cancel the lesson. Customers will receive a full refund for lessons canceled by Jetties Sailing Center for any reason. Customers may reschedule any lesson in the future at no extra cost. Please remember, in a "marine forecast" the weather can change quickly. Please respect Jetties Sailing Center wind and weather judgements for cancellation. JSC will use the cell phone on file at time of registration to contact you.

### **What happens if it is raining?**

NCS makes every effort to hold class, even in high winds and light rain. When we cannot be on the water, we make use of our time on shore to review lessons, tie knots, review, terminology, and play a few sailing games! In the case of severe weather, we will cancel class. Class will *not* be held inside at the Coffin School or other location.

If we do need to delay the start of class (by 30 minutes or an hour, to let weather pass) or shorten, or cancel class for the morning or afternoon session, you will receive a text message and an email to the primary phone number and primary email address listed on your registration account. We will *only* send a message if there is a *change* to the normal schedule.

### **What if my child is going to be late or cannot attend class?**

Please call the Main Office at 508.228.6600 and let them know your child will be getting dropped off or being picked up late. If you know your child will be out for the day, please call the Main Office so we can inform the instructor.

### **Will there be a swim test?**

No – but we will note students' comfort in the water, during our capsized recovery lesson. A PFD (lifejacket) is worn at all times on and around the water at NCS.

### **What if someone else is dropping my child off for class?**

Parents are requested to inform the Head Instructor if their child will be arriving and/or departing other than by car, or if someone other than the listed (on the registration form) parent or guardian will be collecting a student from class. Written permission ***must*** be sent by email to [registration@nantucketsailing.org](mailto:registration@nantucketsailing.org) for anyone else to pick a child up from class.

## What if my child is reluctant to attend class?

A student's unwillingness to come to sailing can be caused by any number of things: fear, nerves, or simply being tired. NCS instructors are encouraged to help students feel more comfortable. If you can get them to class, in all but exceptionally rare cases, we can get them out sailing and enjoying it too. NCS recognizes that separating from a caregiver can be challenging for our younger sailors. Our instructors will hold the class on shore for 15 minutes at the start of each day. Parents/guardians of sailors who might be having big feelings about separating are advised to remain on shore with their sailor for the first 15 minutes of class. After 15 minutes, the coaches will ask that the sailor either remain independently at class (and the caregiver leaves) or that the student leaves with their caregiver.

## I have a concern or issue. To whom should I talk?

Serious concerns should be brought to the attention of the Program Director. Otherwise, the Head Instructor will be your first contact for resolving most issues. They are the day-to-day program facilitator and will usually have the answer; they are also empowered to make decisions and correct problems. The best time to talk to the Head Instructor (and your child's individual instructor) is at the end of class. If this is not convenient, please call and leave a message at the Main Office asking the Head Instructor to follow up with you.

## My student has started sailing Optimis/420s. What kind of technical gear should they have?

Consider the items below:

- **Life Jacket (PFD)** - NCS provides these for all students. Check out West Coast Sailing, West Marine or MTI Lifejackets for a more sleek PFD. PFDs must be US Coast Guard Type III approved.
- **Whistle** - All sailors should have a plastic whistle attached to their life jacket for safety.
- **Sailing gloves** - Longer days on the water call for sailing gloves to prevent blisters. West Marine, Zim Sailing and West Coast Sailing have great options. West Marine, Gill and Harken make great Junior Gloves with 3/4 fingers.
- **Spray Top** - Spray tops keep sailors warm and dry from spray in windier conditions. Gill and Henry Lloyd make junior dinghy/spray tops/smocks. Visit West Marine or West Coast Sailing websites under "Foul Weather Gear" or "Apparel." The top should be a pullover, allowing for a seal at the neck.
- **Technical Shirt or Rash Guard** - wicking/synthetic/non-cotton apparel - *Sailors who are on the water all day should not be wearing cotton!* Any long-sleeve wicking top is great for sun protection, especially under a spray top; it dries quickly and doesn't chafe when wet.
- **Sunglasses (Polarized)** - Sailing on the water all day can damage eyes. All sailors should wear eye protection.
- **Footwear** - Sailors in competitive boats may prefer a more technical shoe. Sailing shoes should always have a closed toe, dry quickly, and stay put. Keens are great,

and particularly for sailors in the 420, dinghy boots are great. Gill, Zhik and Ronstan make boots, all of which can be found on the West Coast Sailing website.

- **Spray Pants** - 420 sailors, especially in the shoulder seasons, tend to wear spray pants along with spray tops on colder days. These aren't really necessary for most of the summer although more advanced 420 sailors may choose to buy a pair, for colder/rainy days on the water.

### **What if my child has an IEP or medication?**

Should your child have any accommodations or needs, including an IEP, or medication that might not be indicated on their application, or that needs further clarification, please speak with the Program Director. This will enable us to help your child have a positive and rewarding experience at Nantucket Community Sailing.

### **What if my child gets hurt?**

Any time an instructor is required to administer first aid for a cut, bruise, or other, they will complete an accident report. In the event of a serious injury, we will notify the parent.

### **How can I volunteer?**

As a non-profit organization we rely heavily on volunteer participation! This can be anything from taking pictures, to helping teach a sailing lesson, or going Open Sailing with a Senior sailor. We also rely on many volunteers during Nantucket Race Week in August. Please [click here](#) to see our most up to date volunteer needs and how you can help! You can also email our Program Director directly: [emily@nantucketsailing.org](mailto:emily@nantucketsailing.org)

### **I feel like my student is ready for the next level, what should I do?**

Our instructors regularly evaluate the skill sets of our students and promote them to the next level when they are ready. You can also expect to receive a student evaluation when your student has completed their summer sailing with NCS. Any questions can be directed to our Program Director: [emily@nantucketsailing.org](mailto:emily@nantucketsailing.org) or Assistant Program Director, [easwad@nantucketsailing.org](mailto:easwad@nantucketsailing.org)

### **How do you evaluate students' abilities?**

Each of our classes has a curriculum that the instructors follow. These curricula contain detailed skill sets that our instructors both teach to, as well as look to, when evaluating a student for a promotion. We also consider the student's attitude, behavior, maturity, size and age, in addition to their sailing abilities. We recommend that sailors sail for at least 4 weeks each summer to build on their skills sufficiently; this will help them progress.

### **What is Nantucket Race Week and how can we be involved?**

Nantucket Race Week is Nantucket Community Sailing's biggest fundraiser. It is co-hosted by Nantucket Yacht Club and Great Harbor Yacht Club each summer. Check out our website: [www.nantucketraceweek.org](http://www.nantucketraceweek.org). Here you will find a schedule of regattas and

awards ceremonies, and information on events such as the Classic Yacht Exhibition, and much more. Nantucket Race Week is a great opportunity for our young sailors to see some sailing action! Some of our Opti and 420 students are invited to participate in the Youth Regatta. Even if your student doesn't participate in Race Week events on the water, you should take them down to Straight Wharf at some point during the second half of the week to admire many of the beautiful, big sailboats in the Boat Basin. Don't forget to take them to Brant Point on the final Sunday morning to catch the Rainbow Fleet Parade leading the competitors for the Opera House Cup out to their race course: this is an event not to be missed! If you – and your student – are interested in volunteering or housing competitors, please let us know: [info@nantucketraceweek.org](mailto:info@nantucketraceweek.org)

**I'd like to check out my student's class: Am I allowed to watch?**

We always encourage parents to support their students, but we ask that it is from a distance. Parents are welcome to sit on the beach at Polpis or Jetties to watch class, but they may not interrupt a class or sit near or stand over a class that is having a shore lesson. If you have a concern, please wait until class is over to speak to the Head Instructor, Site Manager or Program Director.

**I want to learn to sail! Do you have any programs for adults?**

We do! We recommend our Adult (18+) Women's Clinic on Tuesday afternoons. This is a class for beginners, held at our Jetties Sailing Center and it's lots of fun! Or you can sign up for a private lesson online (offered at our Jetties Sailing Center). These are great ways to get involved and if you enjoy it, you might consider a Family Membership to our Jetties Sailing Center in the future.

**My child is nearing the age of moving from Polpis to Jetties, but is nervous about this move – what should I do?**

Our Jetties Sailing Center is open Mon-Sat 10am – 4:30pm, so bring your sailor down on to scope it out – we will happily point out the boats s/he would be sailing and give your student a little tour. Jetties is a really fun place to learn to sail as well!

**Sailing, after NCS...What comes next?**

For NCS sailors who have aged out of our programs or no longer have the time to commit to a full program during the summer, there are still many ways to get out on the water. [Check out this page on our website!](#)

## **Opti and 420 Race Teams**

Nantucket Community Sailing offers two different racing classes for sailors: the All-Island Opti Race Team and the All-Island 420 Race Team. Students of these classes are considered members of the Opti and 420 Race teams and they are both encouraged and expected to travel to local regattas with the team.

These race teams are also collaborative programs between Nantucket Community Sailing, Nantucket Yacht Club and Great Harbor Yacht Club. Students still register for the program through the NCS website.

Local regattas for the Opti team may include on-island events such as Nantucket Race Week in August; and off-island events such as the Stage Harbor Opti Regatta, Wianno Opti Regatta, Hyannisport Opti Invitational, among others. Opti regattas tend to be single-day, mid-week events. The 420 Team likewise participates in the Jobson Cup, and Nantucket Race Week, as well as the Hyannis Regatta, New Bedford Junior Regatta, Duxbury Bay Junior Regatta as well as US Sailing ladder events like the Durant Trophy. The 420 regattas tend to be multi-day, weekend events.

Sailors may participate on the All-Island Opti Race Team through the age of 15, and on the 420 Race Team through the age of 19.

At the beginning of every summer, the NCS Program Director works with the NCS coaches to determine the best events for each team to attend. This list is often fine-tuned once the coaches begin practicing with the teams and can evaluate individual team member's skill sets. It is the intention of the Program Director and NCS coaches that travel off-island will be a positive experience, even though it is one that often presents new challenges for the sailor. The All-Island Opti Race Team Coach and the 420 Race Coach will work with sailors to determine which event is best suited for each individual sailor. As a parent, we ask that you please trust the coach's recommendation for travel to an event. Off-island regattas provide an incredible opportunity to gain skill, experience, to represent NCS and have fun!

Details (travel itineraries, etc.) are emailed out to the regatta attendees/race team students a week before each event. It is NCS policy that NCS teams leave the island prior to 3pm on the day before a regatta so that they will not be traveling in the dark.

The NCS coach (2 for the 420 team; 2 for the Opti team when more than 3 students are traveling) accompanies the teams to all off-island regattas. S/he will meet the team at the ferry on the day of departure, and chaperone them off-island. Generally, a team leaves on a 9am or 12pm Steamship Authority ferry, walks to the NCS 12-passenger van in the SSA lot in Hyannis, loads up, hooks up the trailer and drives directly to the regatta venue. The trailer (3-boat 420 trailer or 8-boat Opti trailer) is dropped off at the host club's parking lot and the team continues on to a group dinner at a restaurant and then on to their housing for the evening.

If at any time a parent feels uncomfortable with off-island travel, s/he is welcome to travel off-island with the team and book a hotel room with their individual sailor at their own expense. Parents will also be asked and expected to chaperone events from time to time.

Our #1 priority off-island is the safety of our students. Our coaches are well-versed in the safety requirements of off-island travel, NCS policies, and equipped with a first aid kit, travel binder with medical information for each student and parent contact phone numbers, cell phone, and handheld radio.

Communication for travel to regattas between the Program Director, coaches, students and parents is paramount; please do not hesitate to ask questions or voice concerns. If you cannot get ahold of the NCS coach (who provides his/her phone number to the team and parents at the beginning of each season), you may call the NCS Office at 508-228-6600 or NCS Program Assistant Director, Emily Aswad, at 617-407-7144 (please call the Program Director with emergencies only). The NCS Office and Program Director maintain an up-to-date list of all team members off-island, at all times.

When the Harbor Start sounds, team members launch their boats and head out onto the water for the day. Usually several races are sailed, lunch is provided on the water, and the day is completed with several more races sailed in the afternoon. If it is a two-day event, the team will stow their boats on shore for the evening, head out for a team dinner and back to their housing. If it is a one-day event, the team will attend awards, load up the trailer and head back to Hyannis to drop the van and trailer and walk down to the ferry. Sometimes, if the team members are lucky (and behaving!) and there is enough time, an ice cream stop is mandatory!

NCS coaches will travel with a credit card. The coach/NCS will pay up-front for all ferry tickets, group meals, fuel, coaching, trailer fees, and any hotel fees. NCS then divides out the expenses and bills individual families for the costs per student.

If a student chooses to purchase anything off-island beyond this amount (additional food items, snacks, etc.) it is up to the student to pay for him or herself. It will still be important for students to carry cash- \$20- for unforeseen expenses (i.e. ice cream, candy, soda.)

**\*\*Please remember that the NCS Behavior Guidelines and Discipline Policy (p.11) are in effect at all times when students are traveling off-island.** Sailors are not allowed to use, possess, sell, transfer, or transport alcohol, drugs, or tobacco, including prescription drugs and legal substances used inappropriately, or any paraphernalia relating to alcohol, drugs, tobacco or marijuana. The NCS Substance Policy is one of Zero Tolerance. Any involvement in alcohol, drugs, tobacco or marijuana will result in notification of the student's parents and immediate dismissal from the trip (the student will be sent home). It will also be grounds for suspension or expulsion from the team under the discretion of the Program Director and Chief Executive.



## ADMIRAL SIR ISAAC COFFIN CUP



**The “Coffin Cup”** is a mini regatta for our Polpis youth program participants and is held in Polpis Harbor. Races are held all morning long, in lieu of our regular classes, with an emphasis on sportsmanship and fun. Please enroll in the matching session, that includes this date, if you wish to participate.

**Friday, July 19, 2024**

Parents, guardians, siblings and friends are encouraged to come down and observe the students sailing and demonstrating the sailing skills they have learned. We will have some spectator boats available on a first come, first serve basis to enable you to get close to the action. **Between 11:30am and 12pm**, trophies and awards are given out. NCS provides drinks and treats for the sailors to enjoy. We hold the “Coffin Cup” in memory of Admiral Sir Isaac Coffin who founded the very first teaching/training vessel, Clio, for nautical studies in the United States. It is our hope that Community Sailing’s programs continue the maritime traditions that “the Admiral” helped to start.

**Admiral Sir  
Isaac Coffin  
1759-1839**