

## **FAQs:**

### **What is an Optimist Dinghy?**

An Optimist is the most popular one-design sailboat in the WORLD! More than that, it's a great boat for kids to learn in. Many of the world's best sailors started out in Optis.

### **Who are the instructors?**

Our coaches are US Sailing certified instructors who have completed training from US Sailing and have certifications in CPR and First Aid. They are excellent sailors and great teachers.

### **Can I watch my child sail?**

Short answer, NO, please go to the grill or bar to watch.

You'll have lots of opportunities to watch your child sail. Please keep in mind that parents on the dock can be a big distraction for new sailors (they'll watch you instead of paying attention to the coach). For safety reasons, it's very important for new sailors to focus entirely on their coach and the instruction. Especially in the beginning, it's usually best to wait until the class is on the water to watch. If you'd like to watch your child's class, speak with your child's coach so that you can make arrangements that won't interfere with the coach's plans that day.

### **What about bad weather?**

Safety is our number one priority. We never sail in thunder or lightning, but we will sail in the rain if the wind is good (so please send your child dressed accordingly). There are also land-based activities we can do with sailors if the weather doesn't cooperate.

### **What should my child wear to Clinic?**

Sailors should wear comfortable clothes that allow a good range of motion. They'll be moving around, and will definitely get wet. Quick drying clothes are best for sailing. We require students to wear US Coast Guard approved lifejackets. Lifejackets can be found locally at Seachest Marine (on West Roadway at the entrance to West End Park) or West Marine (on Harrison Avenue). You'll want to look for range of motion, comfort and fit. It is imperative that the lifejacket fit properly. When the lifejacket is on, have your child put their arms straight up. The life jacket should not be able to be pulled up. It's a good idea to write your child's name **visibly in permanent marker** on

the back of his or her lifejacket, as kids often come to class with similar lifejackets. Sailing barefoot or in flip flops is strongly discouraged. Close-toed shoes are preferred. Water shoes or sailing boots work best.

### **What should my child bring to Clinic?**

- Lifejacket: details above
- Sun Protection – Sunscreen, Hat & Sunglasses - long sleeved Rash Guards are also great!
- Water Bottle - Hydration is very important.
- Change of clothes – Very Important, especially on cooler days.
- Bag for Personal Belongings
- Lunch - Sailors should bring a lunch from home (they will not be able to place orders with the club). If a sailor forgets their lunch, one will be provided for a fee.

Please **LABEL EVERYTHING** – including lunch boxes, containers, bags, lifejackets and shoes. All personal belongings must go home each day.

**DO NOT BRING:** any valuables or electronics. SYC is very safe, but we can't be responsible for items left ashore.

Please let us know if you have any additional questions, and we look forward to seeing you at Clinic!

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