

NSC Junior Sailing Camp Information 2024

BRING DAILY:

- Sunscreen
- Lunch/water bottle/drink (Refrigerator is available)
- Life jacket
- Towel
- Footwear
- Bag/back pack to organize personal items
- Hat
- Sunglasses

ADDITIONAL; Cell phone use is limited to breaks and lunch and NSC Club is not responsible for personal items Youth cell phone users agree not to take photos of other campers without their permission NSC Jr. Sailing has a no bullying policy. Adult camp instructors may take daily photos of sailing/swimming activities which will be available and sent out via email. Photos may be posted on NSC Social Media.

LIFE JACKETS: Personal flotation devices (PFD's or life jackets) must be worn and properly fashioned at all times when students are on the docks, in a boat, or near the water. PFD's must be U.S. Coast Guard approved and must be properly fitted to an individual's size and weight. PFD's must be worn by students and when participating in any activity that takes a person into a boat or onto a dock, ramp, or launch area adjacent to or leading to water. The PFD needs to be properly identified with the owner's name and should be inspected regularly to ensure that it is in good functioning condition (no missing straps, torn zippers, exposed or waterlogged flotation). It is recommended that a whistle on a lanyard be attached to the PFD. If the instructor volunteers deem a PDF unsafe, they will let the parent/guardian know so a replacement can be provided.

SWIM CHECK: All students, regardless of age or number of years in a program, are required to take a swim check on the first day of class. The purpose of the swim check is for campers to become accustomed to being in the water with their life jackets on and for volunteers to get an idea of the individual's swimming ability. The swim check is not a pass/fail activity. If a camper has limited swimming ability, they will be instructed to keep their life jackets on at all times, even when in the NSC pool. Campers, who are successful in the swim check, are allowed to remove their life jackets while swimming in the NSC pool. Reminder, all campers MUST wear their life jackets when on the docks, near, in or on a boat in the Niagara River.* Swim check includes swimming 2 lengths of the NSC pool without a life jacket and the ability to tread water in the deep end without a life jacket. While treading water, campers will also be asked to put on their life jacket which will be tossed to them from an adult volunteer.

OPTIONAL NIAGARA RIVER SWIM CHECK: For students over age 12 who successfully complete the pool check, will be offered the opportunity to do a river swim check. This check takes place off the NSC upper dock. During this check a life jacket is required to be worn regardless of the camper's age. This check includes jumping into the Niagara River from the dock, swimming to a moored sail boat, and returning to the NSC lower dock. This activity is supervised by adult volunteers on both the upper and lower dock. This activity gives campers the opportunity to experience the temperature and current in the Niagara River.**

* No campers are allowed to swim without a life jacket from the NSC docks during camp hours 10am-4pm

****Reminder, board sailing boats often capsize during sailing, and at times, are purposely capsized to practice righting the boat. These activities are a part of the camp instructions and being prepared for the temperature and current are important for campers.**

If you have any concerns about the swim check, please let a NSC JR. Sailing Camp Volunteer know.

FOOTWEAR: Shoes are required at all times and must cover the toes and encircle the feet. Shoes may be boat shoes, water shoes, (examples include crocs, keens, chacos, tevas or similar brands) or regular sneakers that can get wet. Open-toe shoes or flip-flops are not recommended for junior sailing camp or while sailing or swimming in the Niagara River. Due to the natural hazards surrounding the NSC docks and other areas, campers should keep their shoes on at all times. Campers may bring flip flops or other shoes to wear around the club when not sailing.

INCLEMENT WEATHER: The volunteers will monitor the weather throughout the day and be aware of visual storm signs. On some days, classes will not go out on the water, but sailing camp will still be held. The final decision on whether or not the campers sail on the water will be made by the lead volunteer instructor. Wind speed (or gusts), is a critical factors in determining if sailing can take place. If there is a non-sail day that is evident in advanced, NSC Jr. Sailing will be in communication with parents regarding additional activities campers can bring to camp that day such as playing cards/board games.

CAMPER SUPERVISION: The Junior Sailing Camp is organized by volunteers and not equipped to supervise campers before or after class times. Campers be dropped off and picked up on time. Please communicate any late drop-offs/early pick-ups or missed days to a Volunteer camp instructor. During camp hours supervision is not 1:1. Campers are expected to listen to volunteers and self-supervise.