

# OYC Opti 2018 Training Program

## Instructors' Guide

### *Points to cover*

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Instruction Guide: Points to cover

## Introduction

The OYC Optimist Youth Training Program presents a very limited opportunity to introduce children to the joys and responsibilities of sailing safely. Normally such a program would be offered over several weeks with many more hours of training than we are able to accomplish within one week's time.

Due to the nature of the OYC program, we only have five days at three hours a day to instill the skills necessary for children ages 9 to 13 to learn to safely sail an Optimist sailboat. That is a total of 15 hours. Weather permitting, the children will have about 45 minutes each of four days to sail these sailboats solo. That is a total of three hours of time at the tiller and on the water.

At best, as an introductory course, we hope to instill the confidence necessary for children to safely operate a sailboat. If successful, we will have sparked an interest in sailing and these children may continue their sailing adventure later in life.

## History

From early January through March of 2010, on the "watch" of then Commodore Bruce Hobson, a team of Osprey Yacht Club volunteers built three "Optimist" sailboats from plain sheets of marine plywood. Once fully rigged and painted, "*Freedom*," "*Spirit*," and "*Sea Star*" had their sea trials under the watchful eye of Terry Facey before being declared seaworthy. Subsequently entrusted to "Miss Beryl" Facey, who both pioneered and shepherded a program that has become a summer favorite, the "Optis" have already provided a fun-filled week on the water to over 100 young sailors.

## Mission

It is our mission to introduce the sport of sailing to children and teach them how to sail an Optimist sailboat with an emphasis on safety and fun.

## OYC Opti 2017 Training Program

Day	Instruction Guide: Points to cover
<p><b>Day 1:</b></p> <p><b>0800</b> to <b>0900</b></p>	<p><b>Optimist Boat Rack</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Deliver one Optimist Sailboat with sail and rigging to swimming pool.</li> <li><input type="checkbox"/> Set up knot tying and seamanship instruction tables at pool side</li> <li><input type="checkbox"/> Post Reserved Notices.</li> </ul>
<p><b>Day 1:</b></p> <p><b>0900</b> to <b>1000</b></p>	<p><b>Classroom Instruction (Meet at OYC room) (Opti Shirts On)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Instructors wear Opti Shirts.</li> <li><input type="checkbox"/> Instructors welcome students.</li> <li><input type="checkbox"/> Introduction by team leader</li> <li><input type="checkbox"/> Power Point Presentation. <b>[NEED COMPUTER WITH POWER POINT]</b></li> <li><input type="checkbox"/> Demonstrate wind and sail action via model and fan on the floor. <b>[NEED FAN &amp; MODEL SAILBOAT]</b></li> <li><input type="checkbox"/> Review the terms we will use.</li> <li><input type="checkbox"/> Review recitations on <u>coming about</u>, <u>pulling sheets</u> and <u>backing out of irons</u>.</li> <li><input type="checkbox"/> Don <b>PFDs</b> and explain use and purpose. <b>[NEED PFDs]</b></li> <li><input type="checkbox"/> Use of <b>whistles</b>: one long blast for “I’m okay”; many blasts for “I need Help”. <b>[NEED WHISTLES]</b> <i>(Let them get this out of their systems...blow, instructors, hold your ears)</i></li> <li><input type="checkbox"/> Emphasize: <b>Fun and Safety!</b></li> <li><input type="checkbox"/> Instructors transport students to swimming pool</li> </ul>
<p><b>Day 1:</b></p> <p><b>1000</b> To <b>1130</b></p>	<p><b>At the swimming pool</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Assemble the Optimist Sailboat on swimming pool apron: <b>[NEED OLD TOWELS to protect boat]</b> <ul style="list-style-type: none"> <li>✓ tie down mast;</li> <li>✓ secure boom vang;</li> <li>✓ pintles &amp; gudgeons;</li> <li>✓ battens;</li> <li>✓ dagger board;</li> <li>✓ mainsheet and its connection to boom;</li> <li>✓ rudder and tiller;</li> <li>✓ halyard;</li> <li>✓ buoyancy bags;</li> <li>✓ bailer; and</li> <li>✓ tell tails</li> </ul> </li> <li><input type="checkbox"/> Review nomenclature &amp; boat layout.</li> <li><input type="checkbox"/> Demonstration and practice: Rope &amp; Stick / Mainsheet &amp; Tiller; Recite recitation each time</li> <li><input type="checkbox"/> Knot Tying &amp; seamanship</li> <li><input type="checkbox"/> Distribute copies of the <b>OYC Optimist Sailboat Youth Training</b> review. <i>(Copy for each student, homework with parents/grandparents) <b>[NEED MANUALS]</b></i></li> </ul>

<p><b>Day 1:</b> <b>Continued</b></p> <p><b>1000</b> <b>To</b> <b>1130</b></p>	<p><b>In the Swimming Pool</b></p> <p>Swimming Pool must be reserved from 10:00 AM to 12:30 PM (Boat is assembled by students and put in the water)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Swimming test</li> <li><input type="checkbox"/> Swim with PFDs</li> <li><input type="checkbox"/> How to change sides when tacking or coming about: practice in water with recitation</li> <li><input type="checkbox"/> Practice steering and tacking the Optimist sailboat</li> <li><input type="checkbox"/> Go over instructions: <b>“Push or pull tiller”</b>; <b>“Pull in or let out the mainsheet”</b></li> <li><input type="checkbox"/> Practice pulling in the sheet with recitation.</li> <li><input type="checkbox"/> Terms we will use <b>“Heading Up”</b> and <b>“Falling Off”</b></li> <li><input type="checkbox"/> Capsize &amp; Bailing the sailboat</li> <li><input type="checkbox"/> Backing the sailboat <b>“in Irons”</b> (<i>Pull Boom, Push Tiller</i>) with recitation.</li> <li><input type="checkbox"/> Disassemble sailboats</li> <li><input type="checkbox"/> Review day’s activities</li> <li><input type="checkbox"/> Release students directly to parent/grandparent/guardian</li> <li><input type="checkbox"/> Instructors take all sailboats out to floating dock</li> </ul>
<p><b>Days 2, 3</b> <b>4 &amp; 5:</b></p> <p><b>0900</b></p>	<p><b>Sailing days at the floating dock</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet at “F” dock</li> <li><input type="checkbox"/> Students to assemble and rig sailboats</li> <li><input type="checkbox"/> Practice: Rope &amp; Stick / Mainsheet &amp; Tiller coming about exercise with recitation</li> <li><input type="checkbox"/> Practice: Pulling in the sheet with recitation</li> <li><input type="checkbox"/> Chase boats and crews on hand</li> <li><input type="checkbox"/> Students learn to steer, come about &amp; <b>jibe</b></li> <li><input type="checkbox"/> Students disassemble sailboats and store properly</li> <li><input type="checkbox"/> Chase boats and crews on hand</li> <li><input type="checkbox"/> Secure sailboats to floating dock</li> <li><input type="checkbox"/> Review day’s activities</li> <li><input type="checkbox"/> Release students directly to parent/grandparent/guardian</li> </ul>
<p><b>Day 5:</b></p> <p><b>1100</b> <b>To</b> <b>1130</b></p>	<p><b>Last Sail Day &amp; Certification (Meet at OYC Room) (Opti Shirts On)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attend graduation ceremony at OYC Room</li> <li><input type="checkbox"/> Instructors to wear Opti Shirts.</li> <li><input type="checkbox"/> Certificates of Completion presented <b>[NEED CERTIFICATES]</b></li> <li><input type="checkbox"/> Pose for group picture</li> </ul>

## Important Notes

1. The combination for the lock for dinghy trailer is: **1545**
2. Remember to tie tell tails to top of mast.
3. Two extra flotation bladders are in stock; check for leaks.
4. Provide PFDs and Whistles, if needed.
5. Remember to pump up tires on dolly. **(NEED PUMP)**
6. Trailer strap to tie dinghy to trailer
7. Tow rope for trailer.
8. OYC Shed Key. **(NEED KEY)**
9. Reserve OYC room for Monday and Friday. **[NEED RESERVATIONS]**
10. Reserve swimming pool first Monday 9:45 AM to 12:30 PM no later than August 15<sup>th</sup> for the following summer.
11. Mail training manual to students on or about June 1<sup>st</sup>.
12. ?
13. ?
14. ?

## SUPPLIES CHECK LIST

## Optimist Training Supply / Equipment Check List

1.  **Tire Pump:** Pump Up Trailer Tires
2.  **Rope** to secure Trailer to Golf Cart
3.  **OYC Shed Key:** Obtain from Authorized OYC Member
4.  **PFDs**
5.  **Whistles:** Attach to Children's' PFDs
6.  **Fan:** For model demo on Day 1
7.  **Model Sailboat:** For Wind Demo first day (normally in OYC room.
8.  Set up **tables & chairs** facing toward front of room.
9.  **Training Manuals** (have ready to distribute to students at pool)
10.  **Instructors' Manuals**
11.  **Opti Shirt:** Instructors' to wear on Monday and Friday (Days 1 and 5)
12.  **Stick & Rope:** Tiller and Mainsheet Practice
13.  Lock Combination for **Opti Trailer** is **1545**
14.  **Opti Supply Bin:** Mainsheets; Air Bladders; Cleat; Trailer Tie Down Strap; Tell Tails;
15.  **Ropes & Cleat** for Children to Practice Knots
16.  **Old Towels:** To set Optimist Sailboat at poolside
17.  **Sun Screen**
18.  **Air Horn**
19.  **Certificates of Completion**
20.  **Camera and Photographer**
21.  Handheld **VHF** Radios
22.  **Student name cards**
23.  **Reserved signs** for tables at pool
24.  **Computer** for Power Point presentation; On OYC Screen use HDMI-1.
25.  **Hard copies** of Student Manual and Power Point to distribute after pool activities
26.  **Chase boats**
27.  **Observation boat**
28.  **Towel** for after pool
29.  **Cleaning day:** hoses; sponges; cleaning spray; brushes; screw driver & pliers
30.  **Hats**
31.  **Sunglasses**
32.
33.
34.
35.