



***Sailing 101* Online Information Packet**

Program Information

Sailing 101 Camp at Lake Arlington is designed to provide a safe and fun environment where children can learn about sailing through interactive lessons, games, and an on-the-water instruction. We would like parents to understand that although the children will be on the water a lot, it is essential to learn parts of the boat and safety procedures in the classroom before we embark. Many of the exercises on land and in the classroom are just as valuable as the time spent on the water.

What to Bring to Camp

For safety reasons, all participants must have a pair of close-toed shoes (with hard bottoms) to wear while at camp and while sailing. Water shoes (“aqua-socks”), Crocs, or an old pair of gym shoes are all acceptable. A second pair of shoes, such as flip flops, should be brought and worn at camp while not on the beach or sailing (this is also helpful to avoid potential foot fungus and other hygienic issues). There are small square lockers for campers to store bags, lunchboxes, and other belongings.

The following items are what we recommend each child bring to camp:

- **beach towel(s)**
- **sweatshirt/pants (for when it’s chilly)**
- **dry change of clothes**
- **sunscreen**
- **water bottle (we provide water, but please bring your own bottle)**
- **hat/visor**
- **sunglasses with safety strap (the lake is home to many expensive pairs of eyewear!)**

Items are often left behind when camp ends, so we encourage you to write your last name on all personal belongings.

The First Day

Drop-Off: Campers should be dropped off and picked up in the front circle drive (just south of the boat house) and wait on the stairs leading down to the beach. Counselors will meet the campers at the top of the stairs approximately 5-10 min before camp begins. If special circumstances arise and you need to arrive early, please contact the camp coordinator at your earliest convenience.

Pick-Up: Checkout will begin when all equipment has been properly put away. A counselor will walk the campers upstairs at the end of the camp session. To ensure each participant is checked-out and accounted for, we ask that you please wait in or near the circle drive (and not outside the classroom) when you are picking them up. There are dozens of parking spots near the boat house for your convenience. If you wish, pictures with the boats or on the water can be taken while they are out on the water or when the camp has ended.

No child will be allowed to leave on their own or with another adult unless we have parental consent. Please write a note on the first day if you'd like your child to walk, ride a bike, etc., from camp.

Lake Arlington staff is on site long after camp ends. If you need to pick up your child late, please let us know and we will be happy to let him/her stay inside, under adult supervision, until you arrive.

Life Jackets (PFDs): We require all participants to wear US Coast Guard approved life jackets (or "Personal Flotation Devices"), regardless of their swimming ability, when on or near the water. If you own a life jacket, feel free to bring it; but we can and will provide life jackets for every camper.

Inclement Weather Policy

As with all outdoor activities, and sailing especially, we are faced with the possibility of inclement weather. Air temperature, wind, rain, and thunderstorms are the main areas of concern for the Arlington Heights Park District. With camper safety as our main concern, counselors and camp coordinators will use their discretion regarding all subjects listed below.

Our policies are as follows:

Wind: Due to the size and shape of Lake Arlington, when winds reach or surpass 15 Knots (approx. 17 mph), conditions can become exceedingly treacherous for our small fleet of dinghies. For the safety of all participants, no one will be allowed to sail in winds reaching or exceeding 18-20 mph.

Rain: So long as the air temperature remains above 65 degrees, and the wind conditions are safe, we will sail - rain or shine. Come prepared to sail on days when it's raining or forecasted to rain. Light, weather-proof jackets or clothing made out of fleece is recommended over cotton clothing.

Thunder and Lightning: In the event of severe weather, no individual will be allowed on the water for a period of 15 minutes after the last sign of lightning or until camp staff has deemed it safe. As we sail on boats with tall metal masts, we take these situations very seriously, and always err on the side of caution. Storms can form quickly in the hot summer months, so we utilize radars, maps, and an on-site weather radio to track and monitor any severe conditions. All camp participants will be taken to the classroom (which acts as a below-ground storm shelter) for the duration.

Unfortunately, there may be some instances when fair sailing conditions are not met throughout the entire camp day. On these days we will often play indoor games, give classroom instruction, or watch movies that are appropriate for the age level. No refunds will be provided for cold, windy, or stormy days.

Behavior and Discipline Policies and Procedures

General Procedures: Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make the Arlington Heights Park District programs safe and enjoyable for all. Furthermore, sailing presents scenarios that necessitate strict compliance of important rules and procedures. The safety of campers and counselors is at the heart of these guidelines. Additional rules may be developed and integrated as deemed necessary by the staff. The expectations will be clearly communicated to all participants on the first day of camp. The general rules are as follows:

Participants shall:

- **Show respect to all peers (other campers) and staff. This includes following all directions given by the staff.**
- **Refrain from using abusive, foul, or threatening language.**
- **Abstain from causing intentional bodily harm to self, staff, or other participants.**
- **Show respect to equipment, supplies, and the facility. Boats and boat parts are particularly expensive and must be treated properly.**

If a child is acting inappropriately, the problem will be discussed and attempts to modify and eliminate the behavior will be made. If the behavior continues, a conduct report will be filed.

Conduct Report:

Conduct Reports are formal written documents. A Report is written by staff and will be discussed with the parent/guardian of the child, and a copy of the report will be provided. The camp coordinator will be notified and facilitate further action if necessary. If inappropriate behavior continues and a report has been filed, the child may be suspended or permanently removed from the camp program.