

Practice Rules

On Shore:

- Arrive on time. Come prepared to practice.
- Sign in on the attendance sheet in the clubhouse.
- Dress for sailing as soon as you arrive (before rigging!)
- Keep all your gear stowed in bags and all bags stowed on or under front bench (do not use tables or chairs for gear stowage!)
- No cell phones, iPods etc. at all. Cell phones must be turned off and stowed in gear bags prior to start of practice.
- No running, jumping, or pushing on the docks or in the clubhouse.
- Everyone helps rig boats. If you don't rig, you don't sail.
- Everyone helps unrig boats. Do not leave the boat dock until all boats have been put away (including covers and tie-downs).
- Leave the clubhouse cleaner than you found it. Pick up after yourself and remove all your gear when you leave.
- Sign out on the attendance sheet.
- Notify a coach or parent volunteer if you are unable to make it to practice. If you don't come to practice, you don't sail in regattas.

Important! If you come to practice you are expected to stay on-site and participate in the practice activities for the duration of the practice session. Do not leave the club premises until you have been excused by the coaches. If you need to leave practice early, you must inform a coach or parent and sign out before leaving.

On the water:

- Always wear PFD and shoes when in boats.
- Always obey coach's commands and instructions immediately.
- Stay close to the coach boat between drills. Do not sail away from the group at any time.
- Sail by the rules at all times, including during and between drills.
- When boats hit, somebody must do circles (one if you take your own penalty; two or more if a coach has to tell you).
- Stay with the boat in a capsize. Wave your hands above your head if you need assistance.
- If three or more boats are capsized, everyone will be directed to head for the dock.
- Any sailor failing to comply with the rules will be sent off the water for remainder of practice.

Practice Schedule:

- Arrive on time (3:30-4:00 pm)
- Dress for sailing
- Rig your boat (all 4 members of team)
- Sail boat to main dock and report to clubhouse for skipper's meeting
- On the water for first drill at 4:20
- 1st rotation: 4:20-4:40 (A on the water, B in chalk talk)
- 2nd rotation: 4:40-5:00 (B on the water, A in chalk talk)
- 3rd rotation: 5:00-5:20 (A on the water, B in chalk talk)
- 4th rotation: 5:20-5:40 (B on the water, A in chalk talk)
- Return to docks, de-rig and cover boats (all help!)
- Report to clubhouse for short debrief
- Excused at 6 pm (6:30 after Daylight Savings Time begins)