



CYC JUNIOR PROGRAM RULES & COVID POLICIES

The CYC Junior Safety Rules are to be followed by sailors in the CYC Junior Sailing Program.

COVID-19 Specific CYC Junior Rules for Classes and Club Usage

1. Daily Health Screening: Each child will be verbally screened each morning for COVID-19 symptoms before he/she is allowed to enter the property. Health screening will take place at the CYC hedge.
2. Do NOT come to camp if you are knowingly ill. NO exceptions.
3. Keep your hands and feet to yourself at all times. No hugs, handshakes or high-fives in 2020, please.
4. Juniors must arrive wearing a face covering (mask, buff, or other face covering)
5. Face coverings must be worn on CYC grounds when not with your class (though we recommend wearing it as often as possible), in the restroom, when asked by a coach/staff member, and when less than 6' from another sailor, coach, or person (on land) who is not in your class.
6. Face coverings should NOT be worn while sailing unless advised otherwise by a coach, instructor or marine official.
7. Juniors must maintain social distancing of 6+ feet when possible when not in his/her class and/or when asked by a coach/staff
8. Juniors must stay with their assigned class/group and not mingle with other classes or groups. We are separating each group to meet requirements set by the State.
9. Juniors must check-in with coach upon arrival at the CYC hedge for class for daily screening and to confirm face covering
10. Upon arrival, Juniors must wash hands for 20+ seconds with soap, or sanitize hands with alcohol-based hand sanitizer.
11. Juniors must wash hands for 20+ seconds with soap, or sanitize hands with alcohol-based hand sanitizer after sailing/playing, before eating, and before departing
12. Juniors are not allowed to order drinks from the bar.
13. The CYC Junior Room will be closed to all but staff for the summer.
14. Personal gear must stay in backpacks, which will remain outside in a designated location for each class. (Sailors should arrive dressed and ready for sailing.)
15. Any gear left behind will be disposed of after 24 hours. There will be NO lost and found this year.



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16. Juniors must have and bring their own life jackets daily.
 - a. If a sailor does not own a life jacket, they may borrow one from CYC Jr Sailing. It will be assigned for the entirety of his/her class session. Life jackets must be cleaned and disinfected between users. ([Safe Boating Life-Jacket Cleaning COVID-19 procedure](#)).
17. CYC life jackets may NOT be used unless the life jacket has been confirmed to have been cleaned.
18. All CYC Club Rules & Program Safety Rules also apply (see below)

CYC Junior Sailing Rules & Program Safety Rules

1. All juniors must wear a lifejacket when on the water in a sailboat, kayak, paddle board, or anything that floats
2. All juniors must wear a lifejacket at all times on boats and docks during Sailing Class
3. Juniors must wear a life jacket when swimming – this applies to those who are in all-day classes and swim during lunch.
4. CYC is designated a marina. Marinas are no swim zones. Any swimming done by juniors must be in the vicinity of the pram dock near the ladder, or off the boat ramp, and not past the pier.
5. Respect one another – no hitting, pushing, roughhousing
6. Respect the property of your fellow sailors, instructors, Club Members and the Club grounds, boats, property.
7. Closed toe shoes must be worn at all times when on the pier, docks and launching/returning using the boat ramp.
8. All participants will be respectful of themselves and others at all times.
9. No running on the pier or the docks
10. No climbing up the fire escape staircase for the apartments on the side of CYC Clubhouse
11. No swearing, foul, or rude language
12. No bullying
13. No littering on land or water
14. Pick-up after yourself (trash, personal gear, lifejackets)



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15. No destruction of Club or private property
16. No smoking, drugs or under-age drinking
- 17. No cell phone usage during lessons.** Sailors can 'check their phones' in with staff to be put away if a parent wants. Contact Meg Myles or your sailors' instructor.
18. Bikes must be parked in the bike racks
19. Attendance – inform the coach or instructor if your sailor will not be attending class or is being picked up early or arriving late
20. Junior Sailing Class Specific Rules:
 - a. Stay with class unless you have permission from an instructor to leave
 - b. No swimming without instructor permission during class
 - c. Must wear proper footwear during class (e.g, closed-toed shoes)

CYC Junior Discipline Approach. CYC uses a positive approach to discipline. Positive reinforcement is encouraged and sets a positive tone for all children in the program. The children and instructors are expected to respect each other, the instructors, the members, the club and all equipment and boats. The CYC Rules must be followed by all sailors and instructors. If there is an issue or major rule violation, the JR Discipline Policy Applies.

CYC Junior Discipline Policy. The rules and discipline policy apply to all juniors and staff. Violations include, but are not limited to, breaking these CYC junior rules, inappropriate language, destruction of property, bullying, and physical/verbal abuse of another student, member, or staff.

- **First Violation of Rules:** The offender will be spoken to by coach or instructor. Head Instructor will be notified.
- **Second Violation of Rules:** The program director will speak to the offender. The parents will also be informed. The offender may be asked to sit out from classes the rest of the day. A record of the event will be logged.
- **Third Violation of Rules:** The offender will be suspended for one day. Parents will be informed. A record of the event will be logged.
- **Continued Abuse of Rules:** Parents will be notified and the offender may be expelled from the program/club for the remainder of the season. SHYC Executive Committee will be informed. (Program fees will not be refunded).
- **Violations of COVID-19 Rules:** Juniors who cannot follow specific COVID-19 rules will be asked not to return after two violations. No refunds will be given.