



Nantasket Nor'easters High School Sailing Team

2018 Team and Venue Guidelines

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Assistants: Brian Stanley;
Captains: Matthew Dickey CHS 2018; Zander Arnold CHS 2018

Sail Nantasket and Hull Yacht Club have generously offered the sailing team the use of their boats and facilities. Without them, we would have no place to sail. It is up to every sailor, parent and coach that we make sure our hosts continue to let us use their facilities.

Please park only in designated areas and leave space for emergency vehicles to easily enter and leave the facility. Take trash home with you.

1. Sailors are not to be at a facility without a responsible adult.
2. Sailors, coaches and parents must wear life jackets with a whistle attached when on a sailboat, the floats or safety boat. Sailors must wear either wet suits or dry suits. Dry suits are preferred. No exceptions!
3. **The use of helmets while practicing and racing are mandatory.**
4. No sailor is to use the safety boats or the sailboats without an adult present. The coach needs to acknowledge that it is OK to practice or race prior to the event. A marine radio needs to be on at least one safety boat for communication to shore. A cell phone should be on at least one of the safety boats.
5. Check the weather and wind forecast prior to leaving the dock. No one sails if small craft warnings are flying or if an imminent storm is forecast unless authorized by the coach.
6. Make sure safety boats are equipped with the proper gear and are full of gas and oil before use. Anyone operating a safety boat must be familiar with the location of the anchor, life jackets, flares, air horn, wire/cable cutters, fire extinguisher and other safety related equipment.
7. A first aid kit should be on at least one of the safety boats – know where it is.
8. Make sure the 420s have bailers, plugs and any other necessary gear before leaving the dock.
9. At least one safety boat needs to be on the water before anyone sails off the dock. There is no sailing without a safety boat on the water.
10. Sail in the Allerton Harbor anchorage unless it is cleared by a coach, captain or race manager to go further out.
11. If one safety boat is on the water and one sailboat has capsized, everyone else heads to the dock. If two or more safety boats are on the water and two sailboats capsize, then everyone else heads to the dock.

12. The priority of the safety boats is to get capsized sailors out of the water first, then help the sailboat. If a sailor in the water is out of reach due to tide issues, throw a fender, life jacket, or cushion with a line tied to it with the other end fastened to the boat.
13. Safety boats, the coach and the race manager will communicate with marine radios or walkie-talkies.
14. Inspect the sailboats each race/day prior to use, and report any parts or areas that need to be repaired or replaced. Don't sail the boat if it needs repairs that would cause further damage if not repaired. The same inspection is to be done at the end of each race/day. Report maintenance needs to the coach or a captain.
15. At the end of the day, **make sure the sailboats are tied securely** and that the safety boats are fastened securely to the moorings. The coach/safety boats should not be left tied to the docks overnight.
16. The sails, rudders and tillers should be returned to the shed at the end of the day. Sails should be cleaned if they get mud on them.
17. If the 420s are to be towed, the boats are to be towed with a skipper in them steering and with the sails down.
18. The sailboats need to be gently landed side to the dock. Head on landings are prohibited unless there is someone on the dock that can safely fend off.
19. No swimming off any of the shore facilities or off of the boats.
20. When at Hull Yacht Club, or any other sailing venue, no sailor is to leave the premises without first signing out with the coach.
21. Please make sure no one is left alone at Hull Yacht Club waiting for a ride home.
22. When we host sailors from another school, it is each sailor and parent's responsibility that the visitors feel welcome, are made aware of these guidelines, and that they are adhered to.
23. HS Sailors must adhere to all HS rules regarding: the use of drugs and alcohol, hazing, etc. Any violations may result in suspension from the team and high school. Furthermore, the use of any foul language while practicing or racing is prohibited.
24. Creating a disturbance or excessive noise when leaving the parking lots in cars may lead to a team suspension.
25. **If it is determined that a sailor behaved recklessly and caused damage to the facility, the 420s or the motor boats, the sailor(s) at fault will be held liable for all costs related to the damage incurred – at home and at away events.**