

# COMMUNITY SAILING CENTER

# YOUTH CAMP GUIDE

## MISSION

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*Our Mission is to encourage and celebrate the responsible use and long term stewardship of Lake Champlain by fostering educational and recreational opportunities for all members of our community.*

## STAFF

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All of our Sailing Instructors who run each camp are US Sailing Level I Small Boat Certified. All of our waterfront & instructional staff are fully trained and certified by various national sailing & safety standards in order to deliver a high level of quality instruction.

Each staff goes through our own Staff Training that covers: curriculum, behavioral management, cultural competency and more to best prepare staff to run safe and fun camps. [Take a look at our staff page](#) to see who is teaching campers this summer and learn about our Program Staff who design programs and oversee instructors and campers.



## SAFETY & EXPECTATIONS

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Safety is ALWAYS our top priority. Sailing is an exciting and challenging sport with many rewards. As with any sport or on the water activity it does come with some risk. Our staff and safety guidelines are set to eliminate risk.

<b>Weather &amp; Lake Conditions</b>	<p>We use a “Green-Yellow-Red Flag” system to indicate current &amp; anticipated weather conditions on the lake. When wind is above 12 knots (14 miles per hour) or there is the potential for foul weather, instructors exhibit additional caution in their lesson planning based on the skill of their participants. When wind is above 22 knots (25 miles per hour) or there is lightning in the area, all sailing operations are shut down &amp; the waterfront is cleared until conditions are safe.</p>
<b>Cyanobacteria</b>	<p>Cyanobacteria is a naturally forming algae in Lake Champlain and all over the world. Blooms are especially common on hot summer days near the shore. It can be toxic when people and pets drink it or swim in it. Blooms typically last for a day or two and go away after rain or high wind. <a href="#">Learn more about cyanobacteria here.</a></p> <p>Yes, the Lake is safe for swimming when the algae is not in bloom. All of our staff are trained in recognizing cyanobacteria. When cyanobacteria blooms, our staff are vigilant at monitoring it and keeping campers safe. In the event of a bloom, we keep kids out of the water and sail farther offshore away from blooms.</p>
<b>Swimming</b>	<p>While on the docks or boats campers and staff are <b>required</b> to wear Type III life jackets (or higher rated) that we supply. On the first day of camp, all Campers will perform a brief swim assessment so Instructors can understand their comfort level in the water and swimming ability. This swim test is done under the supervision of staff and while wearing life jackets. While you do not need to know how to swim in order to sail, being comfortable on the water means campers are able to focus on sailing and have a better camp experience.</p>
<b>Medications</b>	<p>Our staff are not allowed to administer medications. If your camper has medication they need to keep with them during the camp day please contact the Program Director, John Nagle, to discuss and determine the best course of action for the situation.</p>
<b>First aid</b>	<p>In the event that campers need first aid, all of our staff are First Aid and CPR certified. There are emergency first aid kits with instructors at all times, including on the water. There is also an AED in the CSC lobby.</p>
<b>Head Injury/Minor Concussions</b>	<p>Sailing is a contact sport. Minor head bumps and minor concussions are rare, but can happen due to the boom which swings at or near head height. Any head bump or potential concussion will be handled and treated immediately.</p>
<b>Concussions/probable concussions with loss of consciousness or bleeding</b>	<p>Significant head injuries cannot be treated by CSC staff. CSC staff’s involvement is to monitor for any symptoms that indicate the need for professional medical help. All head injuries will be reported to parents. Parents may be notified immediately by phone or in person at the end of the day, depending on the severity of the collision. Child will only return to activity after primary care Doctor and Parent approval, and will be monitored through the remainder of the program.</p>

# SCHEDULE

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The schedule varies by day and by camp. Below is an example of a day for a Level I camp. All campers have the same schedule for drop off, lunch, and pick up. Campers in Multi Activities will split their day into a morning activity and afternoon activity (e.g., Yoga in the morning before lunch, Sailing in the afternoon after lunch)

9:00 AM Camper Drop Off  
9:15 AM Chalk Talk - Morning Sailing Plan  
9:30 AM Rig Boats  
10:00 AM Sailing!  
11:45 AM Return to Land  
12:00 PM Lunch  
12:45 PM Chalk Talk - Afternoon Sailing Plan  
1:00 PM Sailing!  
3:30 PM Return to Land & De-Rig Boats  
3:45 PM Debrief  
4:00 PM Pick Up

# WHAT TO BRING

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**The CSC needs a [completed liability waiver](#). If you have not completed it and gotten it to us ahead of time, you can bring a completed waiver with you, or arrive a few minutes early to complete it. Forms can be emailed to: [info@communitysailingcenter.org](mailto:info@communitysailingcenter.org).**

The Center will provide a life jacket for every participant. You are welcome to bring your own USCG-approved Type III Personal Flotation Device if you have one. The Sailing Center reserves the right to review and/or refuse the use of all PFDs brought from home.

**Please leave cellular phones and other electronic devices at home. If campers are found with these items, they will be confiscated and returned to a parent/guardian at pick up.**



# PACKING LIST

## What To Bring

- ✓ [Completed Liability Waiver](#) on Day 1
- ✓ Reusable water bottle
- ✓ Bathing suit
- ✓ Towel
- ✓ 2 Healthy snacks
- ✓ Sunscreen
- ✓ Hat
- ✓ Shoes secured at the heel, appropriate for getting wet (old sneakers work well – no flip flops)
- ✓ Sunglasses (optional)-with safety strap!
- ✓ Insulating layer -fleece vest, jacket or sweater
- ✓ Rain jacket or windbreaker
- ✓ Change of clothes and shoes
- ✓ Medications as needed (for allergic reactions, asthma, etc)

## What Not To Bring

- ✗ Knives or sharp tools
- ✗ Electronics (no cell phones, no smart watches, etc)
- ✗ Walkie-Talkies
- ✗ Valuables that can get damaged or stolen
- ✗ Flip-flops or sliders



*The weather in New England, and especially Northern Vermont, is notoriously variable. Please be prepared for conditions that range from 85° F with bright sunshine and no wind, to 48° in a rain squall with 18 knots of wind.*

## CSC LOCATION & PARKING

### Location

The Community Sailing Center is located at 505 Lake St, Burlington, VT. To reach us by car, turn right onto Lake Street and follow it past Waterfront Park. Cross the train tracks and keep right to continue past the skate park. We are located at the end of Lake Street, and our front doors face A\_Dog Skate Park. We're also easy to find by bike or foot on the Burlington Bike Path!

If you would like to arrive by boat please call 802-864-2499 with 15 minutes notice as our docks can be very busy during drop off and pick up.



**ARRIVE BY CAR, BIKE,  
BOAT OR FOOT!**



## Parking

Parking is available along Lake Street in Front of A-Dog Skate Park. Our own gravel lot is easily congested during drop off and pick up. **Please park on Lake St during drop off and pick up and walk into the CSC to minimize traffic.**

## Drop off

When dropping off on the first day of camp, you will need to walk your child into the lobby and check in at the front desk. They will check your forms and tell you where your camper's meeting spot and instructor will be. After day one, campers can head directly to the instructor at the meeting spot at 9am.

Our instructors use the morning to meet and prepare for the day. If you are not registered for Early Drop Off, you will be asked to wait in the lobby until 9am.

## Pick Up

Our camps run right up until 4pm. When picking campers up, you will need to meet the instructor at the pick up location and sign out your camper(s) each day.

If you arrive before 4pm you will be asked to wait in the lobby until 4pm. If you need to pick up your child early, please let the front desk or your camper's instructor know at drop off.

## Early Drop Off (8am - 9am)

Come to camp early and we will start all the fun before camp begins. This can be added to qualifying camps by [registering here](#). (Ages 8 and up).

## Late Pick Up (4pm - 5:30pm)

Stay at camp late to continue the day's fun. This can be added to qualifying camps by [registering here](#). (Ages 8 and up).

# SATURDAY FREE SAIL

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Each Saturday of the summer season from 10am - 1pm, campers ages 8-16 can use our dinghy boats for free! A sailing instructor oversees the safe use of the boats. Join fellow students, meet new friends, and build sailing skills by having fun and spending time on the water.

**Campers must have completed at least one full week of Level I, II, or III during the same summer prior to participating.** They will use the same boats they learned on.



# WAVES

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The WAVES initiative is an experiential learning initiative for children and adults to enhance their connection to Lake Champlain. We are looking forward to continuing our efforts in ecological education and sustainability this year. Part of this includes minimizing the amount of waste we produce each week. **Please join us in the effort and try to pack snacks and lunches in reusable containers, and with minimal individual packaging.** We also would like to continue to cut down on the amount of disposable cups used at camp – please **send your child to camp with a reusable water bottle each day.**

**More Information on WAVES can be [found on our website here.](#)**

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## CAMPER CODE OF CONDUCT & DISCIPLINE

*All campers attending CSC Youth Camps will be asked to follow all safety guidelines outlined by their supervisor and treat other campers with respect.*

If any camper is unwilling to maintain safe conduct while on Sailing Center grounds, docks or on the water, and demonstrates inability to follow the Code of Conduct, he/she/they will be subject to discipline according to the following steps:

1. Verbal warning from program staff.
2. Discussion with program staff, report to Program Director and documentation of behavior.
3. Notification to parents and documentation of behavior.
4. Parent conference with Program Director and program staff prior to returning to camp.
5. Chronic disciplinary issues cannot be tolerated in a waterfront program. To ensure safety and fairness to all campers and program staff, disciplinary action may include but not be limited to, immediate dismissal from the camp.

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## CURRENT YOUTH CAMP FLEET

Learn more about our fleet and the boats your camper(s) will be sailing on! While each camp has its own curriculum and schedule, plans change based on weather and other factors. Many camps will spend time on a few different boats, especially at advanced levels. Not included below are our paddle-craft: kayaks, canoes, and paddle boards, which are commonly used by Lake Adventure camps and for all campers on no-wind days.

## *Dinghys (Small Sailboats)*

Hartley 10	<ul style="list-style-type: none"> <li>● The Hartley is a very easy to manage entry level dinghy (small sailboat) perfect for younger campers in beginner level camps.</li> <li>● Hartleys are used in all of our 8-10 camps including: Level I (8-10), Lake Adventure (8-10), and any 8-10 multi-activity such as YoGirls or Sail &amp; Paint.</li> <li>● Each Hartley fits 2 campers.</li> </ul>
Collegiate 420	<ul style="list-style-type: none"> <li>● 420s are an internationally popular boat for recreation and racing from youth camps to college racing teams.</li> <li>● These boats are the primary boat used in our entry level camps for 11-15 year olds. Some of the camps that use 420s include: Lake Adventure (11-15), Level I (11-15), and Women in Science &amp; Sailing (11-15). Advanced 12-16 camps such as Level II (12-16), Level III (12-16) also use 420s, as well as other boats.</li> <li>● Each 420 fits 2 campers.</li> </ul>
O'PEN Skiff	<ul style="list-style-type: none"> <li>● Also called the "O'Pen Bic", the skiff is a single-handed racing &amp; training boat. This uniquely designed boat gives younger sailors a dynamic sailing experience of single-handed sailing.</li> <li>● Level II (9-11) sailors spend their first week aboard these boats developing independent sailing skills.</li> <li>● O'pen Skiffs can fit 1 or 2 campers.</li> </ul>
RS Zest	<ul style="list-style-type: none"> <li>● New to our fleet, the RS Zest serves as a transition from the smaller Hartley 10s &amp; O'PEN Skiffs to the larger &amp; more complex 420. The simplicity of the rigging allows new sailors to easily understand the principles of sailing.</li> <li>● You'll find this boat being used by Level II (9-11) sailors in their second week of camp, and by the Fall Middle School sailors as they learn &amp; develop their racing skills.</li> <li>● RS Zests can be rigged for 1 or 2 campers.</li> </ul>
RS Quest	<ul style="list-style-type: none"> <li>● While very similar to a 420, the RS Quest is much more stable with significantly more space &amp; a high beam. The perfect trainer for adults, the Quest is the staple of our Adult Dinghy programming.</li> <li>● You won't see this fleet in our youth camps every day, but you'll find our Level III sailors in these boats learning how to fly dinghy spinnakers. Beginner 11-15 year old campers occasionally use these on high-wind days.</li> <li>● RS Quest fits 2 or 3 campers.</li> </ul>
Laser	<ul style="list-style-type: none"> <li>● The Laser is one of the most popular single-handed dinghies in the world. Mostly popular for its simplicity and durability.</li> <li>● Used by our advanced Laser! (12-16) camp and Level III (12-16) camps.</li> <li>● Each Laser fits 1 camper.</li> </ul>

## *Keelboats (Larger Sailboats)*

Sonar	<ul style="list-style-type: none"> <li>● 23-foot keelboat designed for use as a comfortable keelboat.</li> <li>● Little Guppies (6-7) will spend their entire week aboard our Sonar fleet, Level III sailors will learn how to fly keelboat spinnakers, and many other camps might sail on the Sonars during high wind conditions.</li> <li>● Sonars fit 6 campers and an instructor.</li> </ul>
Blazer	<ul style="list-style-type: none"> <li>● Very similar to a Sonar, with a larger cabin and spinnaker.</li> <li>● The Blazer is sometimes used by the Little Guppies, as well as advanced programming for Level III sailors.</li> <li>● Sonars fit 6 campers and an instructor.</li> </ul>





## CAMP PROGRESSION

All campers come to our camps at varying levels of sailing ability and ages. The progression each camper goes through will be unique to themselves and their goals. Below are three examples of progression. If you would like to talk about your camper and what camps they should take please contact CSC.

Example 1 (starting at age 7)	Example 2 (Starting at age 10)	Example 3 (starting at age 12)
<u>Age - Camp</u>	<u>Age - Camp</u>	<u>Age - Camp</u>
7 - Little Guppies (6-7)	10 - Lake Adventure (8-10)	12 - Level I (11-15)
8 - YoGirls (8-10)	11 - Level I (11-15)	13 - Level II (12-16)
9 - Level I (8-10)	12 - Level II (12-16)	14 - Level III (12-16)
10 - Level II (9-11)	13 - Level II (12-16)	15 - Advanced Laser (12-16)
11 - Level II (9-11)	14 - Level III (12-16)	16 - Junior Instructor (15-18)
12 - Level II (12-16)	15 - Junior Instructor (15-18) &	
13 - Level III (12-16)	Advanced 420 (12-16)	
14 - Advanced Laser (12-16)		
15 - Junior Instructor (15-18)		

Outside of the summer, we also have Fall & Spring Programs for Middle and High Schoolers. While this time on the water allows sailors to grow their skills and confidence, it is not a supplement for any levels.

[Read more about our camps and in depth descriptions here.](#)

## SCHOLARSHIPS

## McConnell Scholarship

This scholarship means everyone can afford to play on the lake.

Mike McConnell's love for the lake inspired the scholarship fund in his name to support access to Lake Champlain for anyone in our community regardless of age, ability, race, religion, or economic circumstances.



## Diversity Access Initiative Scholarship

Since 2021 the CSC's is proudly pioneering the initiative to provide campers between 11-15 who identify as BIPOC a 100% fully paid and supported summer camp experience. Through this initiative we aim to create new summer opportunities and recreation options for kids who come from diverse communities and families.



[More information on scholarships can be found on our website here.](#)

## FREQUENTLY ASKED QUESTIONS

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- *What is your Federal Tax ID?*
  - Our Federal Tax ID # is 03-0342594.
- *Can I do anything at the CSC during camp? Can I learn to sail?*
  - Yes! We have lots of activities at the CSC that adults can be involved in. Including but not limited to: renting a kayak, taking private lessons, or one of our adult learn to sail classes. Learn more about our [adult programs here](#).
- *Can I take pictures of campers sailing or see them sailing?*
  - Yes! Campers go on adventures all around Burlington Bay so the easiest way to get pictures or see them in action is to watch them launching or returning to the dock. Because there is a lot of activity on the dock during this time, we ask parents to watch from our new Dana Pier or the neighboring Waterfront Fishing Pier. Ask at the front desk for a good time and a good place to spot campers.
  - We also ask that if you are taking photos of the campers, please only take photos of your camper(s), unless you have consent from the other camper's families.
- *Can my camper leave on their own?*
  - If your camper can dismiss themselves, please fill out [this linked form](#) and bring it with you on the first day of camp.
- *The camper's aunt/ babysitter/ neighbor/ trusted adult need to pick up my camper.*
  - If you want to authorize any other adults to pick up your campers please fill out [this linked form](#) and bring it with you on the first day of camp or the morning of said pick up.
- *Do you have opportunities in the off season?*
  - Yes, we offer Spring and Fall programs for Middle and High School sailors. [Learn more here](#).
- *What do you do on rainy/thundering or too windy days?*
  - We go sailing rain or shine! **If there is thunder or lightning, all of the water activity pauses, and campers come off boats and the docks.** On high wind days our instructors will give campers rides on boats or use one of our larger Keelboats. Our instructors have lots of off-the-water activities to keep campers engaged, including games, knot tying, sailing tactics, and more! Lots of fun can be had off-the-water and as soon as it's safe we return to on-the-water activities.
- *What if my camper is sick or can't make it to camp?*
  - If your camper is unable to make it to camp, please call the CSC at 802-864-2499.

# Contact

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## Lake Champlain Community Sailing Center

*Lake Access. Life Lessons. For All.*

 505 Lake St, Burlington, VT 05401

 802-864-2499

 [info@communitysailingcenter.org](mailto:info@communitysailingcenter.org)

 [communitysailingcenter.org](http://communitysailingcenter.org)