

YCSH Sailing Race Team

This program is designed for advanced sailors who are interested in racing and having fun. In this program, sailors will get the opportunity to attend races at other yacht clubs where they will meet fellow sailors and build relationships with neighboring yacht clubs. During practice, sailors will hone their racing skills including: knowledge of racing rules, sailing terminology, race starts, roll tacks, team racing, and other basic and advanced racing skills. **Advanced Race Team** sailors will be expected to attend Wednesday races, some MAYRA Regattas, and other regional regattas. **Beginning Race Team** sailors will be expected to attend Wednesday races and MAYRA Regattas when possible. Sailors will also be invited to big fleet regattas. Parents will be responsible for transporting the sailor's boat and equipment to and from regattas. Sailors will be responsible for loading/unloading boat and dolly from the trailer and making sure their boat is properly prepared and rigged. Coaches will accompany, but may not drive, sailors to big fleet regattas and some MAYRA regattas to coach them on the water between races. Each sailor will receive a special YCSH Race Team T-shirt.

Prerequisite: Two sessions of intermediate/advanced optimist and/or instructor recommendation, **MUST OWN YOUR OWN BOAT!!!!**

For more information or questions, contact Toria Harr, Race Team Coach at tharr@coa.edu.

YCSH Optimist Safety Inspection Checklist

Regatta: YCSH Wednesday Junior Sailing Race

Date_____

Competitor_____

Club_____

Sail #_____

Fleet: Green White Blue Red

Optimists that race at YCSH events must comply with all of the following requirements:

- **Life Jacket** - USCG approved Type III PFD (non-inflatable), Proper size, and correctly worn.
- **Whistle** - Functional and attached to competitor's life jacket
- **Painter** - The bow line must be all of the following:
 - | At least 8 meters (26'3") long
 - | Buoyant
 - | At least 3/16" in diameter
 - | Securely fastened around the mast step
 - | Tied with a 4-6" bowline at the towing end
 - | Led through a loop of line at the bow, not through the bow drain hole. The painter should also be free of chafe and other knots and have no hardware attached.
- **Mast Tie-Down** - There must be a line or other device that is secure enough so you can lift the boat by the mast without disengaging the mast from the mast step.
- **Air Bags** - Three buoyancy bags made of strong fiber- reinforced material with non-return valves. Each must be properly inflated and secured to the boat.
- **Daggerboard** - Securely attached to the boat with a lanyard.
- **Rudder Catch** - The rudder shall have a retaining device so that it will not become detached from the boat during a capsize.
- **Bailer** - At least one bailer with a minimum capacity of one half gallon; securely attached to the boat with a lanyard.
- **Mainsheet Bridle** - No looser than 100 mm (4 inches) from the boom at any point.
- **Mainsheet Hook** - Covered and/or securely closed. The hook must have no chance of trapping a line that drags across it.
- **Paddle** - Attached to the boat with enough line or shockcord to allow use. (optional)

In addition to the required items above, the following equipment is highly recommended:
Clothing adequate for weather conditions, water bottle, sunscreen, sunglasses, hat, and footwear.

*I have checked this Optimist today and it ___ **DOES** ___ **DOES NOT** comply with the required minimum safety standards (listed above) that are necessary to compete at this event*

Safety Officer_____ Date_____ Time_____

