



COURAGEOUS SAILING

Summer Youth Program Student Handbook



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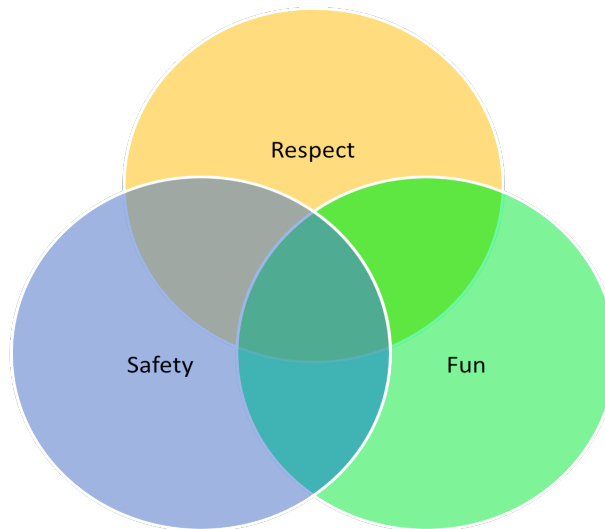
Code of Conduct

Courageous Values & Expectations

We value all Courageous students, staff, and community members, and expect them to treat each other with kindness, respect, tolerance, and compassion. We value our differences and find strength in our diversity of backgrounds, experiences, and points of view.

Youth Program Code of Conduct

All youth program students and staff must behave in accordance with the values and expectations articulated above. Students and staff must work cooperatively together to ensure that all Courageous activities (on water and land) are conducted in a manner that maximizes respect, safety, and fun for everyone involved.



Discipline and Guidance

We believe that discipline and guidance should be consistent and based, as much as possible, upon an understanding of each individual. We also recognize that to maintain a safe and supportive environment for our whole community, certain guidelines and parameters must be clearly articulated and understood.

Courageous program managers reserve the right to dismiss or suspend any student or staff when their behavior interferes with the rights and safety of themselves or others. These behaviors may include but are not limited to the following:

- Weapons of any kind
- Threatening another student or staff or behaving in a threatening manner
- Endangering or purposefully hurting another student or staff
- Bullying
- Hazing
- Harassment
- Inflammatory language
- Sexual misconduct
- Leaving the group without permission
- Stealing
- Purposefully destroying property
- Engaging in inappropriate or illegal behavior.

Each incident is reviewed on a case-by-case basis and consequences are issued at the discretion of Courageous program managers.

Consequences for behavior that is inconsistent with the Courageous code of conduct, but not at the level of warranting suspension or dismissal from the program, may include time-outs, reduction in privileges, discussions with senior staff, and phone calls with parents, as appropriate.

The following consequences are strictly prohibited: corporal punishment, cruel punishment, humiliation or verbal abuse; the denial of food, sleep, restroom privileges or shelter; and any punishment for soiling, wetting, or toilet use.

What to Bring

- Plenty of water in a reusable/refillable bottle with your name on it - at least one 32 oz. bottle
- Bagged lunch in a reusable lunch bag that you can bring along with you. Lunch, provided by Boston Public Schools, is also available to any student who needs it (Important: There is no guarantee that there will be time for mid-day 7-11 trips — you could be out picnicking on a harbor island!! Only students in Step 4 or 5 may take trips to 7-11.)
- Sunscreen! (though we might have a little extra to share if you forget)
- A hat and/or sunglasses. Your eyes are exposed to a lot of light and harsh reflections out on the water, even when it seems cloudy!
- A warm layer like a sweatshirt or waterproof jacket (Sometimes it's cold on the water, even in summer, and you might sail in the rain!)
- A complete change of clothes (just in case you get a little wet)
- A bathing suit and towel
- Closed toed shoes, specifically ones that can get wet for Steps 4 & 5
- A great attitude

Summer Youth Program Progression Overview



NOTE: Because more advanced steps receive more freedom and responsibility, progression is based not only on skill and sailing ability but also age and maturity.

Step 1

Estimated time spent in Step: 1-2 Years

In Step 1, your sailor will get their first taste of sailing at Courageous. They will explore the Boston Harbor, learn the parts of a sailboat and their purpose, and start practicing basic skills that will be important in their future on the water, like rigging/derigging, skippering, and tying knots. Though students will leave the pier with a lot of new knowledge and stories, our main goal is to get every sailor more comfortable and confident while out on the water (and excited to keep sailing!). To reach this goal in a 1-week (4 or 5 day) session, our instructors will teach through a fun, high-energy, game-based approach on stable keelboats, Rhodes 19s. Days may include a field trip out to Spectacle Island, a harbor scavenger hunt, a raucous round of Follow the Leader, and on-land time with plenty of fun, games, and crafts. No prior sailing experience is necessary, though all students must be able to demonstrate a minimum level of swimming competency.

Sailing objectives:

- Basic sail trim
- Steering
- Wind awareness
- Parts of the boat
- Tacking
- Jibing

Swim Sail Science

Time spent in Swim Sail Science: 2 Years (only 1 year if student starts Swim Sail Science after completing 4th grade the previous school year)

Swim Sail Science is designed to make learning fun, to support social emotional and academic growth, and to help kids develop the tools they need to succeed in school, work, and life. Swim Sail Science is one of Boston's Summer Learning Academies, a partnership between youth development programs, like Courageous, and Boston Public Schools. It is focused on supporting rising 4th and 5th grade Boston Public School students identified as being vulnerable to the cumulative effects of summer learning loss.

Students in SSS learn to sail and swim; they make progress in math, science, reading, and writing with help from BPS teachers; every student receives daily transportation and meals, all at no cost to their families. No prior sailing or swimming experience is necessary for students to attend. At this time, registration is limited to students who attend the Harvard-Kent, Warren Prescott, Eliot or Orchard Gardens elementary schools.

After two summers, Swim Sail Science students skip ahead to our summer youth program's Step 2, where they will continue learning how to sail while also participating in enrichment activities, like marine science classes, building solar boats, and swimming.

Sailing Objectives:

- Rigging/derigging
- Sail trim
- Steering
- Tacking and jibing
- Upwind sailing
- Downwind sailing
- Safety position
- Docking
- Crew overboard recovery

Step 2

Estimated time spent in Step: 2-3 Years

Step 2 allows beginner sailors to develop fundamental sailing skills with ample instruction and supervision. Like Step 1, Step 2 students will sail in stable keel boats (Rhodes 19s) with an instructor in each boat and a safety boat nearby. With a 3:1 student to instructor ratio in Step 2– one of the best in Boston–our sailors are guaranteed individualized instruction and lots of practice time to hone key skills, like tacking, jibing, rigging, knots, and docking. Students will spend half the day sailing and the other half participating in other activities, including some with partner organizations. These activities give our students the opportunity to gain more in-depth knowledge of the Boston Harbor ecosystem, to understand the science and physics of sailing, and to engage in some fun team building exercises. Activities include marine biology lessons with Save the Harbor Save the Bay and a Courageous environmental educator, navigation classes, boat building with Community Boat Building, rowing with Boston Rowing Center, swimming in the slip, and going to one of the nearby parks for some collaborative games and fun. Each session of Step 2 lasts three weeks, and students typically repeat this Step for two summers. After completing Step 2, students should have the sailing skills and maturity to sail without an instructor aboard.

Sailing objectives:

- Rigging/derigging
- Sail trim
- Tacking and jibing
- Upwind sailing
- Downwind sailing
- Safety position
- Docking
- Crew overboard recovery

Step 3

Estimated time spent in Step: 1-2 Years

During the three-week Step 3 session, students master fundamental sailing skills as they begin to sail more independently in Rhodes 19s. Using the same stable keel boats as in Steps 1 and 2, the goal of Step 3 is to prepare students to rely on themselves and their peers as crew as they sail in Boston Harbor. Students will take on much more responsibility for decision-making and communicating with their crew mates as they build confidence and perfect boat handling skills through a combination of drills, games, and longer-distance sails. Instructors will be always be nearby on a safety boat and will jump on and off the sailboats to provide individual coaching. To complement their full days of sailing on the Rhodes, students will also participate in sailing-related physics and engineering classes, take several trips to Spectacle Island, and have the opportunity to experience some of our larger boats, including but not limited to J80s.

Sailing Objectives :

- Points of sail and sail trim (independent)
- Controlled, accurate boat handling: tacking, jibing, etc. (independent)
- Speed and control (independent)
- Docking (independent)
- Right of way rules (independent)
- Navigation
- Advanced terminology
- Sail shape

Step 4

Estimated time spent in Step: 1-2 Years

Once students have become comfortable and confident enough to sail independently, they move into Step 4. Step 4 introduces students to dinghies-- smaller, faster boats that can capsize. Taught in RS Quests, this class is designed to get sailors comfortable with capsizing and applying their skills to a new boat before moving into the more advanced Lasers and 420s used by Step 5. In addition to diverse activities, games, and drills in these 2-4 person boats (mostly without an instructor). Step 4 students will have the chance to sail to a Boston Harbor Island for an overnight camping trip, which is generally regarded as the highlight of every Step 4 student's session at Courageous. Like in Step 3, students will continue to have weekly hands-on, sailing-related science lessons, and will try their hand at sailing some larger boats including, but not limited to, the J80s.

Sailing Objectives:

- All skills listed in previous Steps, performed in a dinghy
- Rigging/derigging
- Capsize Recovery
- Boat handling and proper sail trim
- Weight placement
- Right of way rules
- Navigation

Step 5

Estimated time spent in Step: 1-2 Years

Step 5 is the peak of the Step program experience before students are eligible to become Instructors-in-Training. As such, it is designed to be the most technically demanding course in our program, with students learning the basics of racing, applying skills to higher-performance dinghies (420s and Lasers), and using asymmetrical spinnakers aboard the RS Quests. Since students will be sailing singlehanded or with only one crew member, they will have ample opportunity to recognize and rely upon their own abilities, as well as work collaboratively when partnered with a peer. Like in Steps 3 and 4, students will have the opportunity to practice on some of our larger boats, including but not limited to our J80s, and will participate in weekly science classes. Step 5 shares the same privilege as Step 4: sailing to a Boston Harbor Island for an overnight camping trip--a perennial favorite!

Sailing Objectives:

- All skills listed in previous Steps, performed in a 420 and/or Laser
- Rigging/derigging
- Capsize Recovery
- Boat handling and proper sail trim
- Weight placement
- Racing rules and tactics
- Roll tacking
- Asymmetrical spinnaker maneuvers

JP1

Estimated time spent in Step: 2 Years

In Jamaica Pond's Step 1, your sailor will get their first taste of sailing at Courageous. They will explore Jamaica Pond, learn the parts of a sailboat and their purpose, and start practicing basic skills that will be important in their future on the water, like rigging/derigging, steering, and tying knots. Though students will leave the pier with a lot of new knowledge and stories, our main goal is to get every sailor more comfortable and confident while out on the water and excited to keep sailing. To reach this goal in the 1-week (4 or 5 day) session, our instructors will teach through a fun, high-energy, game-based approach aboard Cape Cod Daysailers and RS Ventures. Days may include a scavenger hunt, a raucous round of Follow the Leader, and plenty of fun, games, and crafts during on-land time. No prior sailing experience is necessary, though all students must be able to demonstrate a minimum level of swimming competency.

Sailing Objectives:

- Basic sail trim and points of sail
- Steering
- Wind awareness
- Parts of the boat
- Tacking
- Jibing

JP2

Estimated time spent in Step: 2-3 Years

After students have spent one or two summers at Jamaica Pond in the beginner course, JP1, and have demonstrated the skills and maturity to take on more advanced sailing, they are ready for the Jamaica Pond 2 course. This 2-week course invites more experienced sailors to become confident sailing without an instructor aboard on RS Ventures and Cape Cod Daysailers. Additionally, students will sail RS Quests, which are designed to get sailors comfortable with capsizing and the other basics of sailing in smaller, faster dinghies. Students will build their skills through diverse activities, games, and drills in these 2-4 person boats, in preparation for more advanced Steps in Charlestown.

Sailing Objectives:

- Rigging/derigging (independent)
- Points of sail and sail trim (independent)
- Controlled, accurate boat handling: tacking, jibing, etc. (independent)
- Speed and control (independent)
- Docking (independent)
- Right of way rules (independent)
- Advanced terminology
- Capsize Recovery
- Weight placement
- Asymmetrical spinnaker maneuvers (potentially)
-

UMB1

Estimated time spent in Step: 2 Years

In UMass Boston's Step 1, your sailor will get their first taste of sailing at Courageous. They will explore Dorchester Bay, learn the parts of a sailboat and their purpose, and start practicing basic skills that will be important in their future on the water, like rigging/derigging, steering, and tying knots. Though students will leave the pier with a lot of new knowledge and stories, our main goal is to get every sailor more comfortable and confident while out on the water and excited to keep sailing. To reach this goal in the 1-week (4 or 5 day) session, our instructors will teach through a fun, high-energy, game-based approach aboard stable Rhodes 19s and RS Ventures. Days may include a scavenger hunt, a raucous round of Follow the Leader, and plenty of fun, games, and crafts during on-land time. No prior sailing experience is necessary, though all students must be able to demonstrate a minimum level of swimming competency.

Sailing Objectives:

- Basic sail trim and points of sail
- Steering
- Wind awareness
- Parts of the boat
- Tacking
- Jibing

UMB2

Estimated time spent in Step: 2-3 Years

After students have spent one or two summers at UMass Boston in the beginner UMB1 course or an equivalent beginner course, and have demonstrated the skills and maturity to take on more advanced sailing, they are ready for the UMass Boston 2 course. This 2-week course invites more experienced sailors to become confident sailing without an instructor aboard on RS Ventures and Rodes 19s. Additionally, students will sail RS Quests, which are designed to get sailors comfortable with capsizing and the other basics of sailing in smaller, faster dinghies. Students will build their skills through diverse activities, games, and drills in these 2-4 person boats, in preparation for more advanced Steps in Charlestown.

Sailing Objectives:

- Rigging/derigging (independent)
- Points of sail and sail trim (independent)
- Controlled, accurate boat handling: tacking, jibing, etc. (independent)
- Speed and control (independent)
- Docking (independent)
- Right of way rules (independent)
- Advanced terminology
- Capsize Recovery
- Weight placement

Instructor-in-Training Program

The culmination of all our Steps is the Instructor-in-Training program, where superb sailors learn to be instructors. During this 7-week program our to-be-instructors will perfect their own sailing skills, learn techniques for sharing their skills and knowledge with young students, and tricks to managing a group of students. After two weeks together of sailing practice and team building, the first and second year IITs will be split into two groups:

First Year IITs:

For those who are in their first year of instructor training, the two weeks following on-the-water practice with the 2nd Years will be filled with continued on-the-water work in Rhodes 19s, along with on-land instruction practice. These extra two weeks prepare our IITs to take on instructing first time sailors in Step 1 for two one-week sessions, giving them hands-on experience in a safe, heavily supported environment. The last full week of the first year IIT's summer will include assisting with Swim Sail Science showcase and field trip, shadowing other Steps, and getting an opportunity to take in an overview of the summer program. First years will also be required to attend MLK workshops on given Fridays from 9am to noon, where they will learn about financial literacy and job preparedness.

Second Year IITs:

Our more experienced IITs will begin a rotation in the Steps To Lead program starting the week after the combined IIT training. Every IIT will spend one day a week with SSS, Step 2, Step 3, Step 4, and at Jamaica Pond in order to get a broader view of the Youth Program and gain some experience with different Steps, boats, and age groups. Our 2nd year IITs will be overseen by an IIT trainer and Site Director, but their day-to-day role within each Step will be dictated by the Step's head instructor or head team leader.

SYP Chart to Independence

Privileges that come with each Step:

	On the water	On land
IITs	<ul style="list-style-type: none"> · Shadow instructors and instruct independently · Sail in wind up to 30 kts · Access to all CSC boats during program day, · usage of spinnaker 	<ul style="list-style-type: none"> · Engage/supervise students · Participate in staff orientation · Part of EAP · Camping (multi-day)
Step 5	<ul style="list-style-type: none"> · High performance dinghies & large cruising/sportboats w/ spinnaker · Sail in heavier weather, up to 20 kts · Race against other local sailing centers 	<ul style="list-style-type: none"> · Free time during lunch · Camping · Go to 7-11 w/ parent permission slip · Leave group in pairs
Step 4	<ul style="list-style-type: none"> · Learn to sail dinghies · Learn to capsize (Quest w/ 3 kids-- option of instructor in boat for the first time.) 	<ul style="list-style-type: none"> · Camping · Free time during lunch · Go to 7-11 w/ parent permission slip · Leave group in pairs
Step 3	<ul style="list-style-type: none"> · Skipper/sail w/o instructor · Lifejacket Test--jump in with a life jacket, then tread water and swim around (with waterfront certified lifeguard present) to test level of comfort in water 	<ul style="list-style-type: none"> · Leave group in pairs, no farther than porta-potties, in front of the boathouse, after checking in with instructor · Limited structure during lunch
Step 2	<ul style="list-style-type: none"> · Learn to skipper w/instructor in boat · Spectacle Island 	<ul style="list-style-type: none"> · Leave group with an instructor · Structured lunch
Step 1/SSS	<ul style="list-style-type: none"> · Learn to steer a boat and trim sail w/instructor in boat 	<ul style="list-style-type: none"> · Leave group with an instructor · Structured lunch (instructor led/engaged activity)

What happens after the summer?

Notification of next step eligible:

- Parents will receive an email in September from the Youth Program Director letting them know what Step students are eligible for the following year.
- Students in Step 2 and up will receive a growth letter from instructors identifying what they are doing well and what they could work on.
- Parents will receive a reminder email of the step their student is eligible for in February before the lottery opens.

Following year application:

- IIT application process will open in December, apply online through the Courageous website. Hiring decisions are sent at the beginning of April.
- Course dates and fees will be updated in December of every year on our website.
- Lottery registration will open from the beginning of March to middle of March every year with, course enrollments sent out at the beginning of April.
- Returning students are given preference in the lottery over new students and, usually, returning students have no issues getting into a course, though exceptions are possible.
- Siblings of returning students also have preference in our lottery over new applicants.

Support Services:

Courageous offers the following services, free of charge, for students who need them:

- School bus transportation
- Meals
- Paper registration forms, if digital forms are a barrier to participation
- Swim lessons through the Swim Sail Science program
- Continued swim lessons in beginner Step 2 class and/or during the spring, for Swim Sail Science alumni who need more practice before they can pass a swim test.