



# Welcome to First Sail at LSYC

Offered on select Saturdays at 2:30 pm  
Jun 23, Jul 7, Jul 24, Aug 4, and Aug 18 2018

## **What is the First Sail Experience?**

First Sail is a nationwide initiative developed by US Sailing with support from sailing schools, community sailing centers, yacht clubs, and other sailing industry organizations around the United States. The goal of First Sail is to educate the public on the benefits of sailing as a fun and exciting recreational activity for people of all ages and abilities and to connect them with opportunities to get involved.

The First Sail Experience is a two-hour lesson offered to anyone through a growing list of First Sail Locations comprised of community sailing centers, sailing schools, and yacht clubs around the country (including LSYC).

This unique opportunity offers beginners an introduction to sailing in a casual setting and is designed to provide a memorable experience that will motivate newcomers to continue sailing.

Participants will get out on the water with an instructor in a sailboat provided by the First Sail location (LSYC). The First Sail Experience features basic hands-on learning on board a sailboat that will cover topics such as: how a sailboat works; parts of a sailboat; points of sail; and important safety guidelines.

Additionally, all First Sail participants will have access to Chapter 1 of Basic Keelboat Online, a US Sailing online training course designed to prepare beginners for their first time on the water.

## **What happens on my First Sail?**

Check in at the club house at 2:30 pm. We'll get you fitted for a life jacket, assign you to a boat and instructor, and do a safety orientation. Then we'll take the boat out on the lake where we'll show you how to raise and trim the sails, how to "come about" and "gybe", how to steer the boat, and as many tips and tricks as we have time for. We'll come back in after about two hours and show you how to tie up the boat.

## **What does it cost?**

\$20 per person per session. Cash or Check payable to LSYC due on arrival.

## **How do I sign up?**

Email [FirstSail@LSYC.info](mailto:FirstSail@LSYC.info). Include your name(s) and the date you wish to participate. Include a phone number where we can contact you in case we need to reschedule. You should receive a confirmation email within 48 hrs.

## **Can my children participate?**

Children must weigh 50 lbs. and be accompanied by a parent or responsible guardian. Realistically, while we expect to have fun, this is a learning experience and not just a boat ride. Children should be mature enough to participate in the operation of the boat, and not distract from the learning experience for the adult parent or guardian.

## **How many of my friends and family can go with me?**

Because this is a learning experience, we limit it to four passengers per boat. We do have several boats and instructors available.

## **Can I do First Sail more than once?**

We call it First Sail, but you are welcome to take more than one First Sail. Of course, if you find you enjoy it that much, you might want to take formal sailing lessons, or meet some of our members that are often looking for extra crew in club races.

## **What about the weather?**

We want this to be an enjoyable experience, so if the weather is not good, we will reschedule. We will only sail with winds between 5 and 15 knots. We will not sail if the waves are over 3 feet, and we will not sail in a small craft advisory. But please come down for your sail unless we contact you to cancel/reschedule. It is often difficult to tell what lake conditions are from land-based weather forecasts.

## **What if I get seasick?**

If you are really uncomfortable when we get out on the water, we can head back in early.

If you are worried about sea sickness, consider over-the-counter medication for motion sickness (check with your doctor first). The key is to take the medication before you get on the boat. Some people also have luck with pressure point wrist bands such as "SeaBands". Almost everyone can get sea sick sometimes. The usual advice is to make sure you are not sleep deprived, not dehydrated and not on an empty or full stomach, and avoid heavy, greasy foods for lunch that day.

## **How can I prepare to get the most out of this experience?**

While not required, it is highly recommended that you take advantage of US Sailing's offer to provide Chapter 1 of Basic Keelboat Online for free. Go to <https://www.boaterexam.com/sailing/basickeelboat/>. You'll need to create an account to sign in. The first chapter is free, and you do not need to pay for the course unless you decide to continue with the full on-line course. Chapter 1 will teach you some of the basic terminology and concepts, putting you in a better position to learn on your First Sail.

## **What should I wear?**

Wear comfortable, loose-fitting clothes. It is often warmer or cooler on the lake than on land, so layers including a light windbreaker jacket are a good idea. Shoes are required and must have non-marking soles. Athletic shoes are a good choice. Do NOT wear sandals or flip flops!

The sun reflected off the water can be brighter than on land, so sunscreen is a good idea as well.

Eyeglasses, sunglasses, and hats have a way of falling overboard, so make sure you have straps to keep them on your head.

Wallets, keys, and cell phones have a way of working out of pockets and falling overboard. Please have minimal items in your pockets; a place will be provided to stow these safely below.

We will provide you with a life jacket that must be worn at all times on the boat.