



Camp Albemarle Sailing Certification Fact Sheet

Purpose:

To ensure staff are adequately trained to safely lead and supervise sailing activities at Camp Albemarle.

Overview:

The Sailing Certification at Camp Albemarle equips staff with the skills and knowledge necessary to instruct campers in sailing, including safety protocols, equipment handling, and emergency procedures.

Certification Requirements

1. Pre-Requisite Skills:

- Already have or acquire a Lifeguard Certification.
- Familiarity with water safety and rescue techniques.
- Understanding of basic sailing terminology.

2. Course Content:

- **Sailing Theory:**
 - Basic sailing principles (wind direction, sail trimming, tacking, jibing).
 - Parts of the boat and rigging terminology.
 - Navigation rules on the water.
- **On-Water Training:**
 - Rigging and de-rigging a sailboat.
 - Launching and docking procedures.
 - Sailing in different wind conditions.
 - Self-rescue techniques (capsize recovery, man-overboard drills).
- **Safety Protocols:**
 - Use of life jackets and other safety equipment.
 - Weather assessment and decision-making.
 - Emergency response procedures for common sailing incidents.

3. Assessment Criteria:

- Practical assessment on water: demonstrate rigging, launching, basic sailing maneuvers, and emergency responses.
- Written test covering sailing theory, safety protocols, and camp-specific guidelines. Minimum of 80% to pass.
- Lifeguard Swim-Tread-Swim
 - Swim 150 yards using the front crawl, breaststroke or a combination of both.
 1. Swimming on the back or side is not permitted.
 2. Swim goggles are allowed.
 - Maintain position at the surface of the water for 2 minutes by treading water using only your legs.
 - Swim 50 yards using front crawl, breaststroke or a combination of both.

4. Certification Levels:



- **Level 1:** Qualified to assist lead sailing instructors.
- **Level 2:** Certified to independently lead sailing activities.
- **Instructor Level:** Authorized to train other staff for the Sailing Certification.

Renewal and Maintenance

- **Annual Refresher Course:** All certified staff must complete a refresher course at the beginning of each summer.
- **Ongoing Skill Practice:** Regular on-water in-service sessions will be conducted every month
- **Incident Review:** Re-certification may be required if involved in a significant incident or near-miss.

Additional Resources

- **Sailing Manual:** Available per request for more detailed guidance.
- **Mentorship:** New trainees can shadow experienced sailing instructors to gain confidence.

Note: This certification is specific to Camp Albemarle and may not be recognized by other sailing programs.