

# LONG BEACH YACHT CLUB

## 2023 PARENT/SWIMMER MANUAL

Dear Parents and Guardians,

Our programs and activities provide a positive and fun environment conducive to learning, safety, making friends, and increasing our young member's passion for aquatics that will last a lifetime.

We are all about FUN! Our goal is to have Corinthians learn a sense of leadership, commitment, and sportsmanship that will serve as the foundation for the future of our Club. We aim to provide every Corinthian with meaningful opportunities for building self-confidence, encouraging self-discovery, and ultimately providing positive memories of their summer spent with us at the club.

**Jake Evans**

Director of Aquatics and Youth Activities



Swim Office: (562) 598-9401 x122

E-mail: [Swim@Lbyc.org](mailto:Swim@Lbyc.org)



## TABLE OF CONTENTS

• Juniors Code of Ethics.....	3
• Daily Class Times.....	4
• General Information.....	5-7
• Parent Participation.....	8
• Physician's Release Form (please signed and return).....	9
• Junior Program Rules.....	10
• Personal Property Rules.....	11
• Arrival and Departure Rules.....	12
• Parent/Child Agreement (please sign and return).....	13
• Depiction Release & Assumption of Risk with COVID-19.....	14-15

**Items listed in red must be either signed and returned or scanned and delivered to the Director of Aquatics and Youth Activities on or by the first day of programs start.**

# **LONG BEACH YACHT CLUB**

## **JUNIORS CODE OF ETHICS**

- Treat other persons and their property as you wish them to treat you and your property.
- Respect club property and the personal property of other sailors.
- Whenever you are not at the club remember that you represent LBYC and should always display the Corinthian spirit.
- Be gracious in victory and defeat.
- Be cooperative and respectful of instructors, club members, adults, and peers.





# **DAILY CLASS TIMES**

MONDAY – FRIDAY



All classes will be following the class sessions,

Session 1 (June 19<sup>th</sup> – July 8<sup>th</sup>)

Session 2 (July 10<sup>th</sup>- July 28<sup>th</sup>)

## **Morning Classes**

**Group Swim** Tuesday-Friday

**8am-9am** Beginning swimmers

**Splash Ball Camp**

**9:00 am - 12:00 pm** Tuesday-Friday

**Sea Otters** \* Swimming instruction only Tuesday-Friday

**Monday-Friday | 9:00 am to 12:00 pm** (meet in the Jobson Room)

## **Afternoon Classes**

**Camp Corinthian** \*\*\*Ages 5-12\*\*\*

**Class Hours:** Tuesday-Friday | 12:00 pm to 4:00 pm

### **Things to bring daily**

Sunglasses	Shoes/Sandals	Snack
Sunscreen	Goggles	Backpack
Water Bottle	Towel	Extra clothes

# **GENERAL INFORMATION**

## **COMMUNICATIONS**

Email will be the primary method of communication from the Swim Director to parents and participants throughout the summer program. It is imperative that parents and participants with personal email accounts check their emails daily to stay informed on upcoming events, pertinent information, and requests for support.

## **PARENT/CHILD AGREEMENT**

Every effort is made to acknowledge good behavior and sportsmanship among our junior program participants. The swimmers will have the opportunity to earn rewards for good behavior, sportsmanship, and going above and beyond. Encourage your child to display the true Corinthian spirit at LBYC and away. To ensure that all our juniors are familiar with the rules and expectations, we ask that this manual be thoroughly reviewed with your child. All students enrolled in the summer program must sign an agreement stating that they have reviewed and understand the rules and discipline policies. This must be on file at LBYC before they are eligible to participate.

## **SAFETY AND GEAR**

Safety is the first priority at Long Beach Yacht Club. Adequate footwear should be always worn, it is also strongly recommended that Corinthian participants wear a hat or visor, sunglasses, bring a reusable water bottle, and of course, apply sunscreen every day. Think Safety First and **LABEL EVERYTHING with your name!**

## **GEAR STORAGE**

**Gear may not be stored on the floor in the Regatta Room or Jobson Room.** Large bags or backpacks may be kept on the blue stage and along the glass perimeter fence along the pool deck. Lockers are available inside the bathrooms first come, first served, and must be vacated at the end of the day.

## **SUNSCREEN**

Sunscreen is a necessity. Please apply waterproof sunscreen to your child before arriving to LBYC each day and pack (and label) some for re-application during the day.



## **POOL / BEACH / BATH TOWELS**

Towels will not be provided by LBYC. Please bring a towel each day to use after sailing, swim time, visits to the beach or in the showers after a day on the water.

## **ATTENDANCE**

Prompt arrival and consistent attendance are important to the success of the Corinthian summer programs. If your child is going to be absent for a day of camp it is very important that you email the Swim Director at your earliest convenience so that the instructors may reflect this to our check-in/out sheets. The Swim director's email is [swim@lbyc.org](mailto:swim@lbyc.org) and will send a confirmation that I have received your email. **Classes meet regardless of weather and attendance will be taken. If a child is absent, ill, or will be arriving late, please notify the Swim Office.**

## **DISCIPLINE**

It is the intent of LBYC that all those involved will have a safe and enjoyable summer. Our primary purpose is to provide quality instruction in a safe environment. To do so we must maintain discipline and have full compliance with the rules. Failure to comply with the rules will result in the sailor being disciplined. Gross infractions may require suspension or expulsion from the program. Suspensions and expulsions are at the discretion of the Sailing Director and, if necessary, the Youth Advisory Committee. Disciplinary action requiring suspension will include a meeting with the parent(s), the Swimming Director, and the class instructor to determine expectations upon return to the program. Children participating in the summer program that continue to have disciplinary problems – “three strikes” – will be subject to expulsion. Such infractions will be submitted to the Youth Advisory Committee at the discretion of the Swimming Director.

**SWIM TEST** LBYC's program includes daily swimming activities throughout the summer. All students, regardless of age or number of years in the program, will be required to pass a swim test before or on the first day of class. The swim test will be given in the LBYC pool, participants must be able to swim a minimum of 25 yards unassisted.

## **IMMUNIZATION & PHYSICAL RELEASE**

The LBYC Board of Directors has introduced a new policy that will impact your child's participation in our youth programming. Effective immediately LBYC will require proof of current immunizations and a pre-participation physical exam to participate in our youth programs (sailing, swimming, and Corinthian). The



necessary release form is posted on our website as well as in this manual. Please contact your physician's office for assistance. The form must be completed by his/her office and officially signed and stamped. Once complete, please hand deliver the original or scan and e-mail to Youth Activities Director. If you have comments or concerns to share with the Board regarding the new policy, please contact the Commodore.

## **LOST AND FOUND**

All equipment and personal belongings must be put away or taken home after each day of the summer program, items will be held in the Lost and Found located in the storage bins on the back of the pool deck. The fee to retrieve an item from Lost and Found is \$1! Please put your things away properly. We cannot keep track of personal equipment so please be responsible for your own gear. **Remember, label everything!**

## **DROP-OFF AND PICK-UP**

Parents are encouraged to park in the club parking lot and walk their children to the pool area where their instructor will meet them. For the Sea Otter, Camp Corinthian, and swim team parents are required to sign the Sign-in/Sign-out sheet each day at drop-off and pick-up times. Sign-In/Sign-Out sheet will be located on the pool deck outside the Aquatic Directors office. Parents will be responsible for their children before they sign in and after they sign out. After the child is signed in and class begins, we ask that parents allow the instructors take over. Some children have a hard time when mom or dad is there watching and often would rather be with their own parent instead of the instructors. For this reason, we request that parents leave the junior activities areas while the program is in session. Your cooperation is greatly appreciated.



# **PARENT PARTICIPATION**



Parents play a crucial role in any organized youth activity and sailing is no exception. Active participation and communication are encouraged for every parent. All parents are requested to sign up for at least one committee. To continue our tradition of excellence here at LBYC, we need your help! Please contact the Swimming Director to find out where help is needed most.

## **YOUTH ADVISORY COMMITTEE**

The Youth Advisory Committee is a panel of parents working directly with the Swimming Director, club membership, and club management. The committee supports the Junior Swim Department, advises where necessary, and serves to ensure the program is performing and meeting the needs of our junior sailors in the best ways possible. The committee is currently made up of parents with kids enrolled in our programs, led by a Committee Chairman. The Chairman handles the selection of the committee members, so if you are interested in getting more involved with this committee, please contact the Swimming Director to connect with the Chairman.

## **PICTURE DAY**

The group picture will be taken on Wednesday of Week 1 during lunch. Everyone will be getting their Corinthian t-shirts immediately prior to the picture. A few parent volunteers available to help distribute the appropriate sizes to the participants is a big help.

## **ICE CREAM PARTY**

During Camp Corinthian, we will be having an Ice Cream party for our students once during each session. If you are interested in volunteering in this event, please reach out to the Swim director at [swim@lbyc.org](mailto:swim@lbyc.org) and I shall let you know how your participation could be used!





# LONG BEACH YACHT CLUB

## Physician's Release for Youth Activities Participation

Participant Name: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_ Account #: \_\_\_\_\_

☐

Participant has successfully completed a pre-participation physical examination and is found to be healthy to participate fully in vigorous sports activities (i.e. swimming, sailing, running, lifting, etc.). He/she is current on all immunizations in accordance with the AAP guidelines. He/she is eligible to participate in Long Beach Yacht Club youth activities/programs.

☐

Participant has not met the above requirements but will complete them by \_\_\_\_\_ (date) and will then be eligible to participate in Long Beach Yacht Club youth activities/programs.

☐

The participant has not met the above requirements and is not eligible to participate in the Long Beach Yacht Club youth activities/programs.

\_\_\_\_\_

Physician Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Physician's Office Stamp

\*Return hard copy to Youth Activities Director or scan and e-mail to [swim@lbyc.org](mailto:swim@lbyc.org)  
**THIS FORM MUST BE ON FILE WITH THE SWIM DIRECTOR PRIOR TO THE FIRST DAY  
OF THE SUMMER PROGRAM**

# JUNIOR PROGRAM RULES

## GENERAL

1. Swimming at LBYC is a privilege.
2. Arrive on time for class with equipment ready to go.
3. **Junior Sailors are not permitted in the main clubhouse, dining room, kitchen, or parking lot without permission or adult supervision. This includes Flag Members until program is complete for the day.**
4. Please be aware of the House Rules which are part of the Bylaws of LBYC and may be found in the back of the Membership Handbook.
5. Pick up your trash. As you are a part of this club, pride should be taken in its appearance.
6. Registered swimmers only in classes. No guests are permitted during program hours.
7. Parents of enrolled Junior Guests do not have member privileges and may not use the club facility except during Junior Events.
8. Offensive language or actions are not appropriate at any time. Disruptive students will be subject to disciplinary action and may be sent home.
9. No running on club property and no roughhousing on the pool deck, docks, courtyard, Regatta Room, Jobson Room, bathrooms, or rigging area.
10. Food is not permitted in the Regatta Room or Jobson Room at any time.
11. No popcorn or drinks from the snack bar until after program hours.
12. Vandalism will not be tolerated, and participants caught defacing club or other property will be subject to disciplinary action.
13. All Sailors (excluding Sea Otters) must take a swim test. Students with a scheduled swim time must swim each day. A note from the parent is necessary if the student cannot participate in swimming.
14. No riding bikes, roller blades, scooters or skateboards are permitted on club premises. Bikes must be kept in the bike racks only.
15. **When at this yacht club and every other yacht club, conduct yourself in a Corinthian manner.**



## PERSONAL PROPERTY

1. No Video Game Devices, Cell Phones, or Music Players will be allowed during class time. If used during class time, they will be confiscated and must be picked up by a parent. Please leave these valuable items at home. LBYC will not be responsible for the loss of any of these items.
2. **LABEL everything you own** using a permanent marker with your name.
3. Keep track of your equipment and make sure it is properly put away at the end of the day.
4. No child shall have in their possession an open flame or weapon of any kind. Safety knives are permitted for double-handed sailors only and must only be used in a safe and proper fashion. Students caught with any forbidden items will be sent home and further disciplinary action may be taken.
5. Students and their parents are responsible for any damage done to LBYC property or property of another student. Please respect the property of others.
6. "Lost & Found" will be located in the storage bins found on the end of the pool deck near the Aquatics office.



## ARRIVAL & DEPARTURE

1. **DROP-OFF AND PICK-UP:** After the swimmer is dropped off and class begins, parents must vacate the pool area. Parents must pick up and sign out within 15 minutes of the scheduled end of class.
2. **SIGN IN AND SIGN OUT:** We have a sign-in/out policy for the all-Corinthian programs this summer, Sign-in sheet will be located near the aquatic's office. Parents are responsible for their children before they sign in and after they sign out.
3. **LEAVING EARLY:** If a child needs to leave class before the scheduled ending time for any reason, prior notice from a parent must be given to the instructor or Swimming Director at the beginning of the day. Students must never leave class while on the water or out participating in club-sponsored events.



# LONG BEACH YACHT CLUB

## 2023 PARENT/CHILD AGREEMENT

This agreement is required for participation by a child in any activities of the summer program ("Junior Program") of the Long Beach Yacht Club ("Club"). The intent is to acknowledge that the undersigned participating Camp Corinthian child and parent/guardian have read and understand the rules and regulations, safety information and Code of Ethics (collectively the "Rules") attached as a part of this document. The undersigned participating Junior Sailor agrees that by signing this document, he/she agrees to abide by the Rules as outlined, along with any rules pertaining to behavior while at the Club or while representing the Club as a participant of a Junior Program at an event. The parent signing this acknowledgment agrees that they will support the Club's Aquatics and Youth Activities Director, and the coaches in encouraging the Club's Junior program participants to abide by the Rules, demonstrate good sportsmanship, and promote Corinthian Spirit both on and off the water.

Corinthian program participants who do not abide by the Rules will be subject to disciplinary action, which in extreme or repetitive offenses may result in the Junior 's suspension or expulsion from the Summer Program for this or subsequent years. Suspension or expulsion from the program does not entitle the Junior Sailor to a refund of any fees paid to the Club.

It is further understood that any Junior program participant suspended for more than one day, may only return to the Club after his/her parents have met with the Aquatics and Youth Activities Director and the Junior's coach to discuss the conditions and expectations upon their return to the program.

### Junior Corinthian

### Parent/Guardian

---

Name

---

Name

---

Signature

---

Signature

---

Date

---

Date

**THIS FORM MUST BE ON FILE WITH THE SWIM DIRECTOR PRIOR TO THE FIRST DAY OF  
THE SUMMER PROGRAM**

## **Long Beach Yacht Club - Depiction Release & Assumption of Risk**

### **DEPICTION RELEASE AND ASSUMPTION OF RISK**

1. Long Beach Yacht Club ("LBYC") is the lessee and operator of a facility located at 6201 East Appian Way, Long Beach, CA 90803 (the "Facility"). The Facility includes a swimming pool and surrounding deck (the "Pool") located on the Facility premises. LBYC is also the owner, lessor, and/or operator of the Motor Yacht "Loynes," U.S. Official Number 1075632, together with various rigid inflatable boats, tenders, sailboats, and dinghies (collectively the "LBYC Boats").

2. LBYC is a facilitator of the event described below (the "Program"). The undersigned individual (the "Participant") wishes to participate in the Program, which may include the use of the Pool and certain other areas of the Facility and the use of certain equipment by the Participant, including but not limited to LBYC Boats, at the Facility, in and adjacent to the Pool, aboard one or more LBYC Boats and/or at various remote locations. The Participant wishes to enter into this Release of Liability ("Release") to allow for Participant's participation in the Program. If the Participant is a minor, a parent or legal guardian must sign on the minor's behalf, and thereby be considered with the child as the Participant for the purposes of this Release. The Program may be conducted by, or in cooperation with, one or more other third-party organizations that are not a party to this Release.

3. In consideration of LBYC allowing Participant to access the locations and boats and activities associated with participation in the Program, such access being hereby acknowledged as valuable and sufficient consideration for the release provided herein, and in consideration of the recitals made above, Participant represents and agrees as follows:

#### **RELEASE AND ASSUMPTION OF RISK BY PROGRAM PARTICIPANTS**

I, the undersigned Participant (or parent or legal guardian of the participant) in the Program described below understand and agree that activities associated with participation in the Program are vigorous and can involve severe cardiovascular stress. I understand that all of the risks associated with participation in the Program cannot be foreseen, but they may arise from various sources, including but not limited to activities in the Pool, walking or unadvised running on wet and slippery surfaces, participation in water sports or activities that exceed my capabilities or the capabilities of my minor child, and/or the possible reckless conduct of other participants, any or all of which may lead to serious injury or death.

I further understand that the Program may include social segments which may involve the consumption of food, refreshments, and alcoholic beverages, all of which also may involve an element of risk, from interaction with other individuals involved in the Program, or from transportation to or from the location of the Program, or from the food or refreshments consumed. Further, the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local health agencies recommend social distancing and have prohibited the congregation of groups of people. LBYC has put in place preventative

measures pursuant to recommendations of federal, state, and/or local public health officials. However, LBYC cannot guarantee that you, your family, or your guests will not become infected with COVID-19. Visiting LBYC could increase your risk of contracting COVID-19, which in turn may result in personal injury, illness, permanent disability, or death. I understand that the Program may be subject to delays and other inconveniences and that no representations or guarantees are made as to the objectives or results of the Program. Notwithstanding these and other elements of risk and inconvenience, I wish to participate in the Program or allow my minor child to participate in the Program because of my (or our) interest in the subject matter of the Program and in the activities that I expect to enjoy during the Program. Therefore, in consideration of LBYC allowing me and/or my minor child to access the Pool and certain other areas of the Facility to participate in the Program, I hereby agree to accept any and all risks associated with the Program with the knowledge of the dangers and risks involved.

I, of and or myself and/or minor child participating in the Program, and my heirs, assigns, and agents, hereby release LBYC together with its directors, elected and appointed flag officers, staff commodores, members, employees, attorneys, and agents., and agree to defend and indemnify them and hold them harmless, from any and all disputes, actions, claims, demands, liabilities, judgments, and attorney's fees, which are related to or arising directly or indirectly from the activities associated with the Program, including, without limitation, those due to the negligence, fault or other act or omission of LBYC. In further consideration of the foregoing, I hereby grant to LBYC the exclusive right to take and use photographs and/or digital images of me and/or my minor child for use in LBYC publications, news releases, and/or educational materials in printed or electronic media and I waive any property interest that I may have in such materials. I understand that my name and identity may be revealed with the image(s).

**Child Printed Name** \_\_\_\_\_

**Parent Printed Name** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**THIS FORM MUST BE ON FILE WITH THE SWIM DIRECTOR PRIOR TO THE FIRST DAY OF THE SUMMER PROGRAM**

