

Sailing Class Information

Getting to the Marina Aquatic Center :

We have limited parking so please allow extra time to park offsite see www.marinaaquaticcenter.org/Directions/index.htm

What to Bring for Class

**The goal is for you to be comfortable and warm even if you get wet.
Be prepared to get wet!**

Shoes

The object is to keep you from slipping and falling on the wet deck and from jamming your soggy toes on something hard (Ouch!) — wear closed-toed shoes with a light colored non-slip sole. No Sandals! The light color is because you don't want to leave black scuff marks on the deck of the boat. The best shoes are ones that are specially designed for boating like Docksiders®, Topsiders® or other similar brands. But don't rush out and buy a new pair just for sailing class. Keds® or Converse All Stars® and other similar types of shoes can work in a pinch. Shoes to avoid are very expensive ones (they will get wet!), sandals (protect your toes! Sorry Teva®!), shoes with hard soles (slippery!) or shoes like hiking boots or cross trainers and such that are designed for traction in mud and grass (but not smooth, slippery boat decks!) – the last examples are also the kind of shoes that tend to mark up the deck of the boats (you don't want to be scrubbing the deck!).

Clothing

The object is to be warm and comfortable on the water because it won't be fun if you are cold! Keep in mind that you are likely to get wet and might even get soaked! Bring a dry change of clothes to leave in the locker room to change into. **Remember that even when it is warm in land it can be 20 degrees cooler here on the water!** Shorts or long pants are ok but even if you think it will be plenty warm be prepared for it to be colder too!. The best fabric is one that dries quickly or wicks the water away or keeps you warm even when wet, avoid cotton if you can. It is always a good idea to bring a light jacket/windbreaker because it can get cooler out on the water. Avoid wearing jeans (try walking around in soaking wet jeans — in the outdoor industry, jeans and a t-shirt are referred to as a “suicide suit” since they do nothing to keep you warm once they're wet.). Sweatshirts can also be a problem on the water for the same reason. Synthetic fleeces are generally much better at keeping you warm even when wet.

For the more advanced boats like the Laser and RS Vision **we strongly recommend that everyone wear wetsuits on all but the warmest days.** We have wetsuits at the MAC for your use or you can use your own if you want. These are very wet boats and you can get cold pretty quickly. Once you are cold, your brisk, exhilarating sail can become a “hate mission”! For the cooler days, we also recommend that everyone wear a windbreaker or spray top over their wetsuit to give them more protection from the wind-chill.

Sailing gloves can be very useful to help protect your hands and keep them warm. Add some sailing boots and neoprene socks and you can stay quite toasty in even the wettest and wildest conditions Southern California has to offer!

Miscellaneous

Protect yourself from Sun Burn. Wear a hat, sunscreen and sun glasses. Use a Croakie® or some other similar device to keep your glasses on your head! (an old shoelace and/or rubber bands are an inexpensive way to be retro geek-chic and hang onto your specs).

Bring a towel with your change of clothes(you will be doing capsized recovery the first day) and a padlock to secure your gear in the locker. Bring a bottle of water to keep from getting thirsty – you can really get dehydrated quickly out on the water.

Review the Sailing Manual in advance so you will already have an idea of the material that is being covered in class.

The Sailing Manual is available online as a PDF file.

Be well rested for your class. Small boat sailing can be physically demanding when the wind picks up!

What Not to Bring

Leave anything particularly valuable like expensive jewelry on shore, preferably home. **Flotation is inversely proportional to value!** Leave your electronics on shore. Cell phones and pagers rarely survive a sailing trip in a small boat.

Remember, be prepared to get wet!

Be prepared to have Fun!

Refunds or Transfers:

Please contact mac@recreation.ucla.edu or call 310-823-0048

Refund requests received at least 3 weekdays prior to the first class meeting(Wednesday before by 12noon)are eligible for a 90% refund or 100% transfer towards another class in the same quarter. **There are no refunds or transfers after this point.**

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting. Refund check processing requires 4 to 6 weeks.

Swimming Proficiency

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water.

If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours.

Coast Guard approved personal flotation devices are provided by the Center and are required to be worn during the following activities:

- sailing
- canoeing
- kayaking
- monohull sailing
- catamaran sailing
- at the instructor's or dockmaster's discretion

Lif jackets are also available upon request for rowers and windsurfers during rentals and lessons.

Important Please Read

- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.
- For example, you might slip and fall; you might be struck by a part of a boat; your boat may capsize and/or you might be thrown overboard into cold water; or you might be injured in a collision if your boat hits another boat, or runs into an obstruction or the shore.
- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You will be asked to sign a release on the first day of your course, stating that you are watersafe (see swimming proficiency statement) and understand the risks involved in boating.

[**www.recreation.ucla.edu/mac**](http://www.recreation.ucla.edu/mac) 