

YMCA Camp Pepin Sailing Camp Summary

Welcome to Sailing Camp!

YMCA Camp Pepin believes that its camp experiences should be designed to enhance the YMCA's mission of building healthy spirit, mind, and body. It is our belief that giving campers the opportunity to participate in unique activities in the beauty of natural creation encourages them to learn new skills, accept new challenges, and develop confidence in themselves and others. It is our belief that offering experiences that are both physically and mentally challenging will help campers to grow in stature and in maturity. It is also our belief that offering a variety of activities where campers can succeed as individuals or as part of a team influences them to grow into well-rounded contributors to society.

With Camp Pepin's location on the beautiful Lake Pepin of the Mississippi River, Sailing Camp was a natural fit for the summer camps program. It introduces participants to one of the "silent sports," or outdoor activities that can be enjoyed without the need for a motor. Sailing campers will develop a basic understanding of sailing equipment, procedures for rigging a sailboat, and techniques for maneuvering a sailboat. They will also learn how to "read" the weather and the water so that they may appropriately plan their boating excursions onto the lake. Sailing campers should be prepared to take on their reasonable share of responsibilities in terms of rigging boats and caring for equipment.

Overview

Sailing Camp is designed as an introduction to sailing for those with either little or no sailing experience. The skills performed will include properly identifying and using sailing equipment, rigging and de-rigging a sailboat, tacking and maneuvering, demonstrating water safety procedures, and storing sailing equipment properly. The culmination of the camp will be a 2-hour ride on Lake Pepin aboard the 31' sloop, *Messenger*, which is harbored at the marina in Pepin, Wisconsin.

What to Bring

Please refer to the items listed on the Bring-Along List in the *Summer Planning Guide*.

Arrival and Departure Times

Sailing campers should arrive at Camp Pepin on Sunday between 2:00-3:00pm (along with all of the other campers). Parents and Guardians will pick-up Sailing campers and their belongings from Camp Pepin on Friday after the 4:00pm Closing Ceremony (which parents, family, and friends are invited to).

Accommodations

All nights will be spent in cabins at Camp Pepin.

Lead Instructor

At Camp Pepin, the lead instructor for Sailing Camp will be the Boating Director, who will be assisted by another lifeguard. On board the *Messenger*, the lead instruction will be shared by camp's Boating Director (assisted by a lifeguard) and by Captain David Sheridan (owner and operator of the *Messenger*) of On-Deck Seminars and Charters in Pepin, Wisconsin.

Supervision

Minimally, the Boating Director and 1 lifeguard will supervise the 6 campers during the session.

Transportation

The Boating Director will drive the campers to the marina in Pepin, Wisconsin, from camp. Participants will travel by 15-passenger vans, which undergo a thorough professional mechanical inspection prior to each summer camp season, and which undergo a written vehicular inspection prior to each excursion. Camp Pepin staff members participate in a driver training session that is specific to handling 15-passenger vans with trailers, and must demonstrate specific road skills and maneuvering competency before being added to the camp's vehicular insurance and being approved to drive a camp vehicle. All passengers are required to wear seatbelts any time their vehicle is in motion.

Meals

All meals will be served in the Dining Hall at the regular meal times.

Itinerary

Monday-Thursday

9:15-12:15 Sailing lessons at the Camp Pepin waterfront.

Friday

9:30 Depart Camp Pepin
9:45 Arrive at the marina in Pepin, Wisconsin, where the *Messenger* is harbored
10:00 Sailing trip on Lake Pepin aboard the *Messenger*
12:15 Depart the marina
12:30 Arrive at Camp Pepin for lunch

Inclement Weather

If the weather becomes too severe for sailing activities to occur, campers and their staff members will follow the established severe weather guidelines and seek shelter in the location where they are being instructed.

Emergency Care

The Boating Director and the assisting lifeguard are minimally certified in Red Cross First Aid, CPR, and Lifeguarding. An emergency kit and health forms will accompany all staff and campers on off-site trips. Local EMS services are available at Camp Pepin and medical facilities are available in Red Wing, MN, at Fairview Red Wing Medical Center and in Wabasha, MN, at St. Elizabeth's Medical Center (both within 10-15 miles of an area where the campers will be sailing).

Location

Sailing Camp will mainly be held at Camp Pepin except for a scheduled off-site excursion aboard the *Messenger*, harbored at the marina in Pepin, Wisconsin.