

# Frequently Asked Questions

Who is the camp director?

What forms are needed for camp?

My child needs medication during the camp day, do I need a special form?

What is your instructor to student ratio?

How much time do you spend on the water?

What do you do in the rain?

How old are the students?

Do I need to know how to swim?

What camp should my child take?

What do I need to bring?

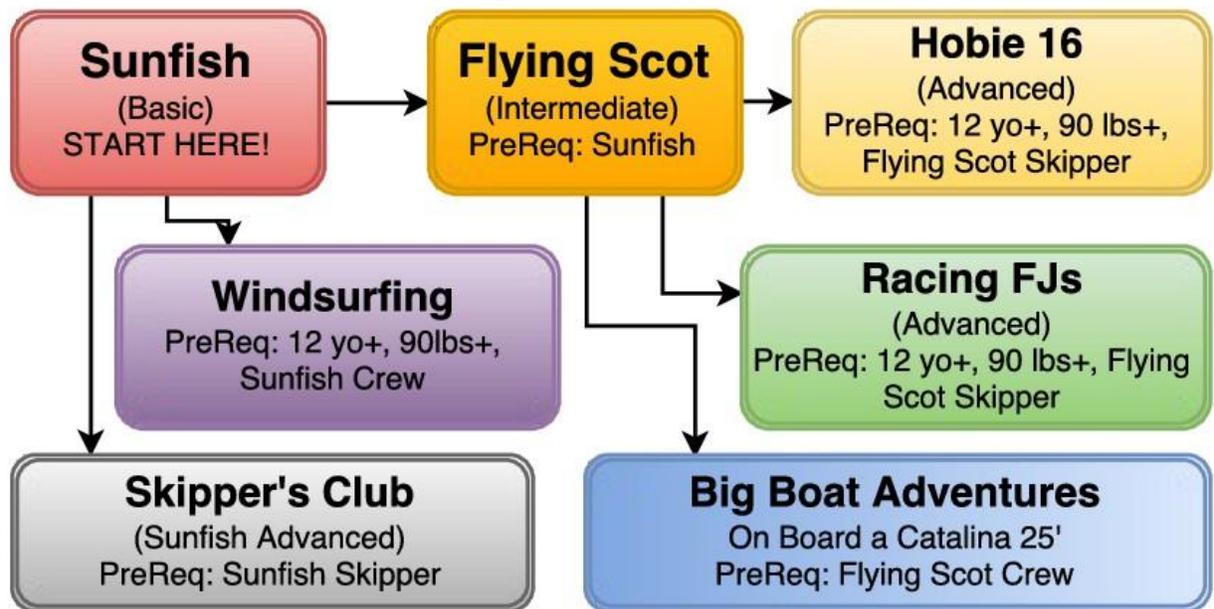
How are instructors trained?

Can I sail with a friend that I signed up for camp with?

I heard there is bus transportation from Maryland to camp- can you tell me more?

What is the typical daily schedule?

What camp should my child take?



**Who is the camp director?** Amy Zang has been running this camp since 1994- she has guided and helped hundreds of campers and staff enjoy the sport of sailing and the Potomac River. Amy is a teacher with a focus in special education, she spent 20 years teaching in Fairfax County and she is currently a mentor teacher and assists in the teacher training program at GMU. Amy also holds her sailing certifications from US Sailing as a level 1 instructor, a level 1 Instructor trainer and a keelboat instructor. She is thrilled to be able to combine her love for sailing, for children and for young adults along with her knowledge and expertise in the field of learning.

**What forms are needed for camp?**

The back and front of the Camper Health Emergency Care [CLICK FOR Camper emergency care FORM](#) form must be turned in the first morning of camp- they can not be emailed in.

**My child needs medication during the camp day, do I need a special form?** Yes, please bring this form [CLICK FOR MEDICATION FORM](#) with the medication in a labeled container-- we recommend a small soft cooler with an ice pack as it gets very hot each day at camp

**What is your instructor to student ratio?** For **sailing camp**, we always have a ratio of at least one instructor for every six students, but usually closer to one to four. Our **adult Flying Scot** courses have at least a one to four ratio, and **keelboat** is one to three.

**How much time do you spend on the water?** We spend as much time on the water as we can because the best way to learn is by doing. Full day courses aim to get two sailing sessions a day of close to two hours.

**What do you do in the rain?** We are monitoring the marine weather and watching the radar all of the time. We are over cautious and call boats in if it appears as a threat might be coming towards our area. If it is just raining, we sail! For **sailing camp**, we are there rain or shine; we play games to cover sailing theory if it is too dangerous to go out. For **adult lessons** we make sure to get everyone enough time on the water, so sometimes we have to re-schedule around storms.

**How old are the students?** Our **youth sailing camp** is for those who will be entering at least third grade; we find this is generally the right maturity level for our active and full day of camp. We do our best to group kids with those of a similar age. **Adult Lessons** are for those sixteen years of age and older.

**Do I need to know how to swim?** The swim requirement is 25 yards unassisted and to tread water for three minutes. We do not perform a swim test, but you do sign the waiver asserting to these abilities. Being comfortable on the water is a requirement to learning.

**What do I need to bring?**

- Water bottle
- Shoes that strap to your feet (no flip-flops or crocs)
- Hat
- Sunscreen
- Sunglasses (all glasses should fit SECURELY or have a strap)
- Rain Jacket
- Towel
- Change of clothes

**How are instructors trained?** Our instructors are all CPR and First Aid certified. They all hold North American Safe Boating Licenses (NASBLA), and they have also completed our 20 hour on -the -water instructor training.

**Can I sail with a friend that I signed up for camp with?** Yes, we allow campers to choose their own partners to sail with and we only interfere if we see that it is not working out well.

**I heard there is bus transportation from Maryland to camp- can you tell me more?**

We have a bus that has one pick up and drop off location- in the parking lot of Congregation Beth El at 8215 Old Georgetown Road, the bus picks up at 8:30 am and returns approximately 4:45pm. The fee is \$85 for the week. The bus typically fills up and an advanced registration is required, contact amy@sharethewind.com.

**What is the typical daily schedule?**

9:15-9:35 Check in

Morning announcements with Amy

Small group land lesson

10:15 rigging the boats

10:30-12:20 Sailing Session on the water

12:30-1:30 Lunch and down time

Small group land lesson

2:00-3:30 Sailing Session on the water

Derigg boats

4:00 bus departs/ parent Pick up