

# *Bow Mar Jr Sailing*

**Bow Mar Yacht Club**

**Parent  
Handbook  
2026**

*Learning to sail. Building confidence. Creating memories.*

**[www.bowmarjrsailing.com](http://www.bowmarjrsailing.com)**

## Table of Contents

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### Table of Contents

<i>Table of Contents</i> .....	3
<b>Welcome to Bow Mar Jr Sailing</b> .....	<b>4</b>
<i>Program Contacts and Gate Code</i> .....	4
<b>Eligibility &amp; Membership</b> .....	<b>5</b>
<b>Our Classes</b> .....	<b>5</b>
<b>Before Your First Class — Checklist</b> .....	<b>8</b>
<i>The Buddy Test</i> .....	8
<b>What to Bring Every Day</b> .....	<b>10</b>
<i>Safety: Life Jackets, Footwear &amp; Sun Protection</i> .....	10
<b>Weather Policy &amp; Emergency Shelter</b> .....	<b>12</b>
<i>General Weather Approach</i> .....	12
<i>Conditions Monitored</i> .....	12
<i>Emergency Shelter</i> .....	12
<i>Lightning Safety Details</i> .....	13
<i>Cancellations &amp; Schedule Changes</i> .....	13
<b>Drop-Off &amp; Pick-Up</b> .....	<b>14</b>
<i>Conduct &amp; Discipline</i> .....	14
<b>Instructor Qualifications</b> .....	<b>16</b>
<b>Refund Policy</b> .....	<b>17</b>
<b>Frequently Asked Questions</b> .....	<b>17</b>

## Welcome to Bow Mar Jr Sailing

Welcome to the Bow Mar Yacht Club Junior Sailing Program! We are thrilled you have chosen to be part of one of Bow Mar's most treasured summer traditions. Sailing on Bow mMar Lake is a wonderfully unique experience — and there is no better place to start or continue a sailing journey.

Our program is dedicated to creating a comfortable, safe, and genuinely enjoyable experience for every student. Whether your child is stepping into a sailboat for the very first time or refining race-day tactics, they will find a class built just for them.

Jr Sailing not only teaches the sport and its strategy — it builds self-confidence, independence, resilience, teamwork, leadership, and STEM skills that last a lifetime.

### Program Contacts and Gate Code

<b>Jr Sailing Director &amp; Head Instructor</b>	Eva Rossell (eva.rossell@gmail.com)
<b>Jr Sailing Parent Rep</b>	Lacey Books (bowmarjrsailing@gmail.com)
<b>Commodore / BMOI</b>	Sarah Brown Bow Mar Owners, Inc., 5380 Lakeshore Drive, Bow Mar, CO 80123
<b>Program Website</b>	www.bowmarjrsailing.com
<b>Sailing Area Address</b>	5395 Lakeshore Drive, Bow Mar, CO 80123 – South side of the Bow Mar beach
<b>Bow Mar Gate Code</b>	#4511

For general questions, please email [bowmarjrsailing@gmail.com](mailto:bowmarjrsailing@gmail.com). For urgent on-site matters during class, speak directly with Eva or an instructor at the sailing area.

## Eligibility & Membership

All junior sailing students must be full-time residents of the Bow Mar or Bow Mar South neighborhoods or a grandchild of a Bow Mar resident. Bow Mar residents must be current members of BMOI in good standing. Enrollment, liability waivers, and camp registration fees are managed by the BMYC Officers.

- BMOI members (in good standing): registration opens Saturday, March 14 at 10 am
- Bow Mar South members: registration opens Saturday, March 21 at 10 am
- BMOI member grandchildren: registration opens Saturday, March 28 at 10 am

Age ranges are not strictly enforced. If your child is turning older during the summer, they may sail with the older group. If a younger child would be more comfortable in the lower age group, that is perfectly fine too — but it must be approved by Lacey and Eva.

## Our Classes

We offer classes designed to meet a wide range of ages, abilities, and interests. All classes are taught on Bow Mar Lake using our fleet of Feva, Tera and Laser sailboats — boats specifically designed for young sailors with a higher boom, rounded edges, and child/teen-safe construction.

### Little Puffs

<b>Ages</b>	First-year sailors (ages 6-8)
<b>Schedule</b>	Starts June 3
<b>Tuition</b>	\$120
An introductory program for brand-new sailors. The emphasis is on fun and comfort around boats. Sailors wear their life jackets for the entire class (on land, docks and sailing) and do NOT need to pass the Buddy Test. They stay closer to shore.	

### Adventurers

<b>Ages</b>	Ages 6–8
<b>Schedule</b>	Mondays & Fridays, 8:30–10:00 am   Starts June 1
<b>Tuition</b>	\$240
A fun, active introduction to sailing for our youngest sailors. Kids learn basic boat handling and water confidence. Sailors wear their life jackets for the entire class (on land, docks and sailing) and do NOT need to pass the Buddy Test. They stay closer to shore.	

### Bay Breezers

<b>Ages</b>	Ages 9–10
<b>Schedule</b>	Mondays & Wednesdays, 10:30 am–1:30 pm   Starts June 1
<b>Tuition</b>	\$480
Students develop foundational sailing skills including rigging, points of sail, tacking, and gybing. Buddy Test required before the first class. Please bring a lunch on class days.	

### Bay Cruisers

<b>Ages</b>	Ages 9–10
<b>Schedule</b>	Tuesdays & Thursdays, 2:00–5:00 pm   Starts June 2
<b>Tuition</b>	\$480
Same curriculum as Bay Breezers — offered on a different day/time for scheduling flexibility. Buddy Test required.	

### Lake Voyagers

<b>Ages</b>	Ages 11+
<b>Schedule</b>	Tuesdays & Thursdays, 10:00 am–2:00 pm   Starts June 2
<b>Tuition</b>	\$680
Intermediate sailing building on foundational skills. Students work toward solo sailing confidence, sail trim, and seamanship. Buddy Test required. Please bring a lunch on class days.	

### Lake Explorers

<b>Ages</b>	Ages 11+
<b>Schedule</b>	Mondays & Wednesdays, 1:30–5:00 pm   Starts June 1
<b>Tuition</b>	\$560
Same curriculum as Lake Voyagers on alternate days. Buddy Test required.	

### Advanced Sailors

<b>Ages</b>	Sailors who have passed their Advanced Solo License
<b>Schedule</b>	Wednesdays 5:00–6:30 pm & Fridays 10:00 am–2:00 pm   Starts June 3
<b>Tuition</b>	\$440
Advanced boat handling, racing rules, race starts, mark rounding, and boat-on-boat tactics. Prerequisite: Advanced Solo License. See the Advance Sailors list at <a href="http://www.bowmarjrsailing.com">www.bowmarjrsailing.com</a> .	

### STEM in Sailing

<b>Ages</b>	All ages (add-on to regular class)
<b>Schedule</b>	Fridays, 2:00–4:00 pm   Starts June 5   NEW this year!

<b>Tuition</b>	\$160
Explores the science, technology, engineering, and math behind sailing. Designed as an add-on to any regular class.	

### Learn How to Sail in a Week!

<b>Ages</b>	All beginner levels
<b>Schedule</b>	July 27–31   NEW this year!
<b>Tuition</b>	\$270
An intensive five-day camp covering all the fundamentals of sailing — perfect for families visiting for a week or students who want a focused jump-start.	

### Learn How to Race in a Week!

<b>Ages</b>	Sailors with basic skills
<b>Schedule</b>	July 27–31   NEW this year!
<b>Tuition</b>	\$180
Five days focused entirely on racing — starts, mark rounding, tactics, and rules of racing. Great option for those that want to sail in the Regatta on Saturday, August 1.	

Note: There are two class options for each age group (6–8, 9–10, and 11+). Please choose the one that best fits your schedule. There is only one Advanced Sailors course.

## Before Your First Class — Checklist

- ✔ Sign the liability waiver (emailed to you after registration)
- ✔ Pass the Buddy Test at Bow Mar Beach — if required for your child's class (see below)
- ✔ Gather gear: life jacket, labeled water bottle, sunscreen, appropriate clothing
- ✔ Review this handbook with your child

### The Buddy Test

The Buddy Test is a swim competency check conducted at Bow Mar Beach by the BMOI lifeguard staff. Its purpose is to confirm that sailors have the swimming ability needed to stay safe on the water.

#### Who Needs to Pass?

The Buddy Test is required for students enrolled in:

- Bay Breezers (ages 9–10)
- Bay Cruisers (ages 9–10)
- Lake Voyagers (ages 11+)
- Lake Explorers (ages 11+)
- Advanced Sailors
- Learn How to Sail in a Week / Learn How to Race in a Week

The Buddy Test is NOT required for:

- Little Puffs — sailors wear life jackets for the entire class (land, dock and sailing).
- Adventurers (ages 6–8) — sailors wear life jackets for the entire class (land, dock and sailing).

#### How to Take the Test

Simply visit Bow Mar Beach before the first day of your child's class and let the lifeguards know you are there to pass the Buddy Test for sailing. No appointment is needed.

⚠ The Buddy Test must be completed BEFORE the first day of class.

Students who have not passed will not be permitted to walk on land without a life jacket.

#### What the Test Involves

A certified lifeguard will be present. The test is conducted in the lake — the same body of water where students will be sailing.

It consists of swimming four 50-yard (approximate length) laps without stopping. Two of the laps need to be freestyle. Speed does not matter.

The test assesses the student's comfort and ability in the water. Students who are not yet confident swimmers are encouraged to continue building swimming skills — and in the meantime, may enroll in any class, they just will always wear their life jackets.

## What to Bring Every Day

<b>Required</b>	US Coast Guard-approved life jacket (personal PFD)
<b>Required</b>	Labeled water bottle
<b>Required</b>	Sunscreen — applied BEFORE class
<b>Required</b>	Swimsuit + clothes that can get wet (no jeans or sweatpants; avoid cotton)
<b>Required</b>	Closed-toe shoes — boat shoes, water shoes, or sneakers that can get wet (no sandals, no flip-flops, no black soles)
<b>For lunch classes</b>	Packed lunch if needed
<b>Recommended</b>	Hat and sunglasses
<b>Recommended</b>	Extra set of clothes / towel
<b>Recommended</b>	Light rain jacket or windbreaker
<b>Optional</b>	Personal snack

💡 Label everything — especially water bottles and life jackets.

💡 Shoes must be worn at all times on the dock, on the boats, and during land activities.

## Safety: Life Jackets, Footwear & Sun Protection

### Life Jackets (PFDs)

Every student must wear a US Coast Guard-approved personal flotation device (PFD) at all times while on the dock, in a boat, or in the water. Life jackets must be properly fastened and fitted to the individual's size and weight. It is strongly recommended that a whistle on a lanyard be attached to the PFD. This is regardless of whether they have passed the buddy test or not.

Students are expected to bring their own Coast Guard-approved PFD. If you need guidance on sizing, please contact Eva before the first class.

⚠️ A PFD in unsafe condition (torn straps, broken zipper, waterlogged flotation) must be replaced immediately and may not be used in class.

### Footwear

Closed-toe shoes are always required — on the dock, on the water, and during all land activities. Acceptable footwear includes boat shoes, dinghy boots, water shoes, and sneakers that can get wet.

Open-toe shoes and flip-flops are not permitted. Shoes should not have black soles (they mark boat decks).

### **Sun & Skin Protection**

Colorado's high-altitude sun is intense. Students should arrive with sunscreen already applied. Students are responsible for re-applying their own sunscreen during breaks. Hats and UV-protective sunglasses are strongly encouraged. Coaches and instructors monitor for signs of dehydration — students should drink water regularly throughout class.

## Weather Policy & Emergency Shelter

Colorado weather changes fast — especially on the Front Range. The safety of our sailors is the highest priority. Our instructors monitor weather conditions throughout every class session.


### General Weather Approach

Classes will proceed in light rain, overcast skies, and wind. We sail in most weather conditions — getting a little wet is part of the experience! However, the Head Instructor has sole final authority to suspend on-water activities whenever conditions pose a safety risk. Cancellations for weather — although rare — would be communicated via text and email.

### Conditions Monitored

<b>Lightning / Thunder</b>	All sailors are brought off the water immediately if lightening is within a 10-mile radius. The standard safe-return rule applies: sailors remain off the water for a minimum of 30 minutes after the last lightning strike.
<b>Wind Speed / Gusts</b>	High winds or dangerous gusts will result in sailing being suspended. The Head Instructor assesses wind speed, wave height, and air temperature together.
<b>Hail</b>	All students are moved to the emergency shelter immediately (see below).
<b>Severe Storms</b>	Classes are moved entirely indoors. On-water activities are replaced with land-based instruction, sailing theory, knot-tying, or STEM activities.
<b>Extreme Heat</b>	Increased water breaks, shade rotation, and shortened on-water time may be implemented. Signs of heat illness are taken seriously.
<b>Low Temperature</b>	Classes will be cancelled if the temperature is 50° or below. A text and email will be sent out.
<b>Air Quality</b>	AQI 151-200: Will monitor and limit activity. Above 201 we will cancel classes.

### Emergency Shelter

 BMYC has a permanent structure at the sailing area rated to withstand winds of 70 mph and hail. In any severe weather event, ALL students will be moved inside this structure immediately. It is large enough to shelter the entire program.

Instructors are trained in emergency response procedures. In a severe weather situation:

1. The Head Instructor calls all boats to shore.
2. All students are escorted directly to the emergency shelter.

3. Parents/guardians are notified as quickly as possible via email and/or text.
4. Students remain in the shelter until conditions are safe or until a parent/guardian picks them up at the end of class.
5. The session resumes with activities when safe.

## Lightning Safety Details

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Bow Mar Lake is an open body of water. If lightening is within 10 miles, the BMOI lifeguards will sound an alarm and clear the water. All sailors are recalled to shore and moved to the shelter. No exceptions. We follow the 30-minute rule: the clock resets with each new lightning strike within 10 miles.

## Cancellations & Schedule Changes

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Classes proceed rain or shine. In cases of severe weather, alternative indoor activities are always provided — class is very rarely cancelled due to weather alone. No refunds are issued for weather-related activity changes.

In the rare event that a class must be cancelled, affected families will be notified promptly via text.

 Weather notifications will be sent via text. Please ensure instructors have babysitter's/caretaker's numbers

If your child misses a class, they are allowed to come to the alternative same-age class that week, but only twice in one summer. This ensures the class sizes stay small enough to adhere to our safety ratios.

## Drop-Off & Pick-Up

The Junior Sailing Program is not able to supervise students before or after scheduled class times. Please drop off and pick up your child on time.

<b>Drop-off</b>	Students should arrive no more than 10 minutes before class begins. Do not drop off earlier — instructors may not yet be at the sailing area.
<b>Pick-up</b>	Please be on time. Students who are not picked up within 15 minutes of the class end time will be supervised by staff, but this affects instructor schedules.
<b>Late pick-up</b>	Repeated late pick-ups will be addressed with the family directly.
<b>Early pick-up</b>	If you need to pick up your child early, please notify Eva in advance at <a href="mailto:bowmarjrsailing@gmail.com">bowmarjrsailing@gmail.com</a> .
<b>Absences</b>	Please notify us as early as possible if your child will miss class — email <a href="mailto:bowmarjrsailing@gmail.com">bowmarjrsailing@gmail.com</a> .
<b>Friends</b>	Due to instructor-to-student ratios and safety standards, students may not bring friends to class who are not enrolled.

## Conduct & Discipline

Bow Mar Jr Sailing is built on respect — for each other, for the boats, and for the water. We expect all students and families to uphold these values.

### Safety Rules — All Students

- No students on the dock without supervision and a life jacket
- Life jackets worn and properly fastened at all times on docks, piers, and boats
- Closed-toe shoes at all times
- No running on the dock
- No swimming except with explicit instructor permission
- No jumping off boats except with explicit instructor permission
- Respect one another — no hitting, pushing, or roughhousing
- Use respectful language — no swearing, rude, or foul language
- No littering on land or water
- Stay with your group unless instructor gives permission to leave
- Sail out and return to docks together or with a buddy
- No destruction of club or private property
- No smoking, drugs, or alcohol
- Watch fingers and feet between boats, docks, and moving parts
- Club-owned boats must be returned and put away properly after use

### Discipline Policy

The following three-step policy applies to all conduct violations:

<b>First Strike</b>	Student is warned by a senior instructor. The incident is noted in the student's file and Eva is notified.
<b>Second Strike</b>	Student is warned again and may be asked to sit out for the rest of the class/day. Parent/guardian is informed and asked to meet with Eva to discuss the incidents and make a plan.
<b>Third Strike</b>	Student is asked to sit out for the rest of the day or the week. Parent/guardian and the BMYC Commodore are both informed. Documented in the student's file.
<b>Continued Abuse</b>	Continued violations will result in dismissal from the program. No fee will be refunded. Parent/guardian and Commodore are notified.

Under no circumstances will an instructor leave the water to manage a discipline issue and leave other sailors unsupervised.

## Instructor Qualifications

The safety and quality of instruction at Bow Mar Jr Sailing is backed by rigorous certification requirements. Our team is carefully selected and trained.

### Eva Rossell — Jr Sailing Director & Head Instructor

Eva has been with Bow Mar Jr Sailing since 2023. She holds:

- US Sailing Small Boat Instructor Level 1 & 2 Certifications
- US Sailing Level 3 Head Instructor Certification
- Current Open Water Lifesaving Certification
- American Red Cross First Aid/CPR Certification
- Boat Safety Certification

### All Instructors

Every instructor on the BMYC Jr Sailing team holds:

- Safe Boating training and state boating training
- CPR and First Aid Certification
- Concussion training
- Swimming ability at Red Cross Level 5 or equivalent
- Current background check

Instructors are encouraged to pursue US Sailing Level 1 certification. All staff are hired with the goal of building capable and responsible individuals who can grow into greater responsibility in future seasons.



Our boats are new Feva and Tera sailboats — purpose-built for young sailors.

They feature a higher boom, all rounded edges, and child/teen-safe design.

## Refund Policy

Our junior sailing program is highly sought after, and spots fill up quickly. To ensure fairness and maximum participation, the following policy applies:

<b>Full Refund</b>	Cancellations on or before April 1 (60+ days before program start)
<b>25% Refund</b>	Cancellations between April 2 and May 22 (10–59 days before start)
<b>No Refund</b>	Cancellations on or after May 23 (less than 10 days before start)
<b>Transfers</b>	Registration may NOT be transferred to another individual.
<b>Weather</b>	No refunds for weather-related changes to class activities. Classes are never simply cancelled — indoor alternatives are always provided.
<b>Session Cancellation</b>	If BMYC cancels an entire 8-week session, affected families will be notified and refund options communicated.
<b>Exceptions</b>	Documented family emergencies or medical situations will be considered on a case-by-case basis.

## Frequently Asked Questions

### Does my child have to pass the Buddy Test?

Only if they are enrolled in the 9–10, 11+, or Advanced Sailing classes. Students in Little Puffs and Adventurers (ages 6–8) wear their life jackets throughout class – on land, on the dock and sailing - and do not need to pass the Buddy Test. If your child is 9 years old or older, knows how to swim, and has passed the “Buddy Test” provided by the lifeguards at the Bow Mar Beach, they are still required to wear a lifejacket while on the dock and sailing. If your child is 9 years or older and has NOT passed the “Buddy Test” provided by the lifeguards at the Bow Mar Beach, they will be required to wear a lifejacket for the duration of the class on land, on the dock, and sailing.

### Are the age limits firm?

No. If your child is turning the next age during the summer, they may sail with the older group. If your child is hesitant about sailing or would be more comfortable in a younger group, that is also fine — just discuss it with Eva before registering to get permission.

### What happens if it rains or there is bad weather?

Classes proceed in light rain. In severe weather — lightning, hail, or dangerous wind — all sailors are immediately moved to our permanent structure on site, which is rated to withstand 70 mph winds and hail and can shelter the entire program. Land-based sailing instruction continues inside. No class is ever simply cancelled due to weather.

### What boats do the kids sail?

Students sail Feva and Tera dinghies — purpose-built sailboats for young sailors. They feature a higher boom, all rounded edges, and safe design characteristics specific to junior sailing programs.

### **How qualified are the instructors?**

Eva Rossell holds US Sailing Level 4 Certification — representing extensive sailing and safety training. All instructors hold Safe Boating, CPR, First Aid, and concussion certifications, can swim at Red Cross Level 5, and are background checked.

### **Can my child bring a friend who is not enrolled?**

No. Due to instructor-to-student ratios and safety requirements, only enrolled students may participate in class.

### **Is sailing a safe sport?**

Yes — when conducted with proper safety protocols. Life jackets are required at all times on the water. Instructors are First Aid and CPR certified. Boats are modern and designed for safe junior sailing. Weather is actively monitored and emergency protocols are in place. Safety is the foundation of everything we do.

### **My child is nervous about being on the water. Is that okay?**

Absolutely. Our instructors are experienced at working with nervous or first-time sailors. The Little Puffs and Adventurers classes are especially designed to build comfort gradually — with lots of games and encouragement. If you have specific concerns, please reach out to Eva before class starts.

### **How do I contact the program?**

Email: [bowmarjrsailing@gmail.com](mailto:bowmarjrsailing@gmail.com) | Website: [www.bowmarjrsailing.com](http://www.bowmarjrsailing.com)

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