

Ventura Yacht Club requires that students wear their lifejackets at all times on the water, except for when adding or removing clothing layers. Your child's safety is our utmost priority, and this rule is strictly enforced by VYC Coaches.

So, how do you know which lifejacket is right for your kid?

- ✔ To start, VYC recommends kids use a Type III lifejacket, like these ones here →
- ✔ Type III lifejackets are found to work well for dinghy sailors, like your child, and VYC stocks many of these to loan out when needed. They offer fantastic safety for in-harbor and near-shore sailing, while being comfortable and non-obstructive of movement while in a small sailboat like those offered at VYC.



- ✘ Type IV and V lifejackets, like these four here on the right, are not accepted →
- ✘ Designed for larger boat sailing, Type V vests **automatically inflate** in water, and are popular among keelboat and offshore sailors. They are not recommended for dinghy sailors who may more routinely enter the water in the event of a capsize as this will trigger the inflation of the jacket.



When choosing a lifejacket:

→Start with size:

- ✘ Don't assume the lifejacket is perfect just because it can clip or zip around your kid!
- ✔ Your child should be able to lift their arms up **without** the lifejacket slipping over their head.
- ✔ Your child should be able to sit and squat **without** the lifejacket going over their head (too big!) or riding against their chin/neck (too small!).

→Look inside of the lifejacket, it should have an age and/or weight rating, like this →

- ✔ Make sure that the lifejacket covers your child's age and/or weight



Still aren't finding the right one, don't worry! Remember, VYC has lifejackets to borrow to keep your child safe.