

CYC Junior Sailing Program and Welcome Guide





CYC

+ HSC

Welcome back, CYC sailors!

We're very much looking forward to a fantastic sailing season here at Chester Yacht Club and we hope you are too!

Chester Yacht Club (CYC) is a private yacht club situated on beautiful Mahone Bay with excellent access to the best sailing in Canada. CYC is host to Canada's largest keelboat regatta, Chester Race Week, the much anticipated and highly regarded annual Opti Jam regatta, and is home to robust and internationally respected IOD and Bluenose fleets. We have strived to improve the operation and offerings of our sailing program and are grateful for our incredibly supportive senior membership and sailing community.

For those of you who are new to sailing, the CYC Junior Sailing program models itself on the CANSail program developed by Sail Canada, the national sporting organization for sailing in Canada. They provide us with technical resources, materials and national standards from which we design and deliver our sailing program. All our instructors and coaches have received training and certification based on Sail Canada's national standards and are registered instructors with Sail Canada.

In response to feedback from our members, we have done some fine-tuning to our program for 2018 and, in this booklet, you will find all the necessary information to prepare you and your junior sailor for the summer. We have also included some of our policies (safety, registration, participant expectations, etc.). Please let us know if you feel there is anything that should be added in the future.

Happy sailing!

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Photo: Timothy W. Harris

Our Junior Sailing Program

CYC's Junior Sailing program is focused on providing instruction in a fun, safe and positive environment. Based on CANSail's set of progressive learn to sail standards, we strive to teach practical theory and on-water skills while developing competent sailors with, hopefully, a life long love of the sport. Importantly, we want our sailors to have a safe and unforgettable summer on the beautiful waters of Mahone Bay.

Implemented in 2012, CANSail promotes an active hands-on philosophy to teaching sailing. Material is taught through games and activities, and on water drills and demonstrations. The idea is to get sailors moving and active, and away from lecture style teaching as much as possible. This creates a fun and inclusive atmosphere for both instructors and sailors. All of our instructors and coaches have received training and certification based on Sail Canada's national standards.



CANSail also treats sailing as a sport. As such, there is an increased emphasis on physical literacy and health. Sailors will participate in warm ups and games which should focus on physiological goals.

That said, not all sailors want to race, which we fully support! Sailing should be fun for all athletes, whether they're angling on a start line or participating in an Island Day scavenger hunt. So, all CYC sailors will learn fundamental sailing skills and they will all have F-U-N. Sailors will learn strong technical skills and will play, scrimmage, and have fun in our sport. Let's keep everyone, racer or non-racer, coming back!

CANSail Levels

Wet Feet	Programming specific to ages 5 to 8 in an Optimist dinghy; active start to long-term sailor development pathway
CANSail 1&2	Fundamental skill acquisition in any type of dinghy (single or double-handed); fundamental stage of long-term sailor development pathway
CANSail 3&4	Applied skill acquisition in any type of dinghy (single or double-handed)
CANSail 5&6	Applied skill consolidation in any type of dinghy (single or double-handed)



What kind of boat will I sail?

If you are starting in Wet Feet, you will be sailing in [Optimist dinghies](#). They are safe, fun and sturdy boats in which to learn the basics and also progress to racing, should you wish.

In CANSail 1, sailors will be introduced to a single-handed Opti sailing. Once you move into CANSail 2, you continue your learning in an Opti. Some students, depending on size and desire, can move to [Echos](#). Optimists can be sailed comfortably by people from age 8 to 15. This wide range of sailors is made possible by the different cut of the boat's sail. Due to its inherent stability, robust construction and relatively small sail, the Optimist is often sailed in winds up to 30 knots. Optimists are used for beginners but most sailors continue to race them up to 13 to 14 years of age. The age limit for the class is 15 and recommended sailor weight of a maximum of 120 pounds.

Once you reach CANSail 3/4 or 5/6, you will be sailing in [420's](#) depending on your size and weight (though some sailors continue to race Optis through this level as well). These double-handed boats are great for learning the basics and for racing as well and have a recommended sailor weight maximum of 240 to 280 pounds (combined, two sailors).



Junior Sailing Day-to-Day

We want our CYC sailors to have an exceptional summer on the water. As such, we have a few operational, safety and conduct guidelines outlined below.

Drop off and Pick up

The CYC Junior Sailing program starts everyday with drop off between 8:45 and 9:00 a.m. Rigging will usually start right away! Pick up is at 4:00 p.m. Supervision will not be provided before or after these hours of operation. If your sailor will not be attending due to appointments, illness, etc., please let an instructor know as soon as possible, the morning of, or a day ahead.

What to Bring

Sailors are to bring the below items everyday. Please note that flip flops are not acceptable footwear and all sailors must have closed toe shoes or sailing booties/shoes. The decision to send a sailor out sailing each day will be a decision made by each sailor's coach. If the sailor does not have proper clothing or equipment, including shoes, the coach may decide that he or she should not go out on the water.

No fancy or expensive gear is needed! A PFD, bathing suit, hat and sunscreen is the best starting point. A useful strategy for clothing is layering: the temperature can be very different on land versus on the water and may change during the day. Quick-dry fabrics and a wind-proof outer layer on the upper body is recommended. Clothes will get wet and salt-stained and the seats of pants and shorts have a good chance of getting torn or ripped. Always please pack a spare set of clothes.

- Canadian Coast Guard approved lifejacket or PFD
- Closed toed shoes (no sandals or flip flops) – this will be reinforced!
- Any medications and instructions for use (if required)
- Full change of weather appropriate clothes (and warm clothing options (sweatshirt, fleece, etc.))
- Spray top / rain jacket / foul weather gear, as needed
- Towel



- Water Bottle
- Sunscreen (SPF 30 +)
- Bathing Suit
- Hat
- Sunglasses

We strongly recommend that every item you send with your sailor be clearly and prominently labeled with your family name; items will inevitably get misplaced during the course of the day. If your sailor is taking any medication, please ensure that the LTSD and/or Head Instructor are notified.

Lunch

Please ensure your sailor brings a healthy lunch, a few snacks and a lot of water (in a re-useable water bottle, please!).

Safety

Safety is paramount at CYC. Our coaching staff are all certified for First Aid / CPR, Pleasure Craft Operators Certificate, Coach Boat Safety and Radio Operators Certificate. All coaches are insured through Sail Canada. On the water, coaches carry a Participant Information Form and Emergency Action Plan (EAP) at all times. Each coach boat is equipped with all Transport Canada required safety equipment and an updated first aid kit and a VHF radio. All instructors are required adhere to all Club safety requirements and EAP procedures. Depending upon the severity of the accident or incident, the Club's Emergency Action/Response Plan may be activated.

If an injury is serious, emergency responders may be contacted, a parent or guardian will be notified immediately and the individual may be brought to the local emergency department. An instructor will accompany the sailor to the emergency department and bring their Medical Form. Emergency numbers are posted next to all phones. Sailor Medical Forms are on file in the Sailing Office.

Any injury to a sailor or instructor will be reported in writing on the appropriate Accident/Incident Report Form. The form will be completed by the instructor involved in the incident and the LTSD. Copies will be filed in the Sailing Office on the day of the occurrence and a copy of the report will be retained by the instructors involved. The Accident/Incident Report will establish the facts as they occurred and the actions taken by the staff while dealing with the accident. Procedures for reporting any accident, minor or major, are strictly enforced.





Weather

Sailing is a complex sport to master and it's important that students feel comfortable with their skills and within the boat. It is also important that sailors learn to respect and appreciate the power of the environment in which they sail. Wind, waves and current are some of the aspects that make sailing so exhilarating, but they can be factors that can make sailing quite frightening for the inexperienced sailor.

Maintaining a fun and safe learning environment is our main priority, and as such, when wind speeds exceed 15 knots, it is at the discretion of the instructor to decide whether the Wet Feet and CANSail 1 program will go out on the water. If there is excessive rain, we will also not be going out on the water. On these days, we will play sailing related games as well as provide sailing land lessons, such as what to wear when sailing, tying knots and reading the wind.

Outboard Motor Propeller Guards

An unprotected propeller of an outboard or inboard/outboard motor can cause serious injuries. All CYC coach boats are equipped with "prop guards" to add an important margin of safety for our sailors.

Swimming

CYC is very lucky to be located on beautiful and clean Mahone Bay. Our sailors will, inevitably, hop in "the drink", and swimming off our docks during lunch and at the end of the day is a favourite past time. In order to keep everyone safe, we ask that all sailors abide by the following rules for swimming during Junior Sailing:

- Sailors must be careful to look for any boats or tenders that might be coming or going from the CYC docks and floats
- All jumping must be feet first and there will be no throwing or pushing friends into the water!
- Sailors in Wet Feet and CANSail 1 must wear life jackets/PFDs when swimming and jumping off any dock
- Sailors in CANSail 2 and up will have their swimming ability assessed by the Head Instructor



All students, regardless of age or number of years in a program, are required to take a swim check on the first day of the session. The purpose of the swim check is for students to become accustomed to being in the water with their life jackets on and for instructors to get an idea of the sailor's swimming ability.

Daily Equipment Check and Maintenance

A daily check of all equipment and procedures is in place to fix anything that is broken or compromised. Equipment such as club-owned boats and coach boats will be checked before each class and again at the end of the day. The Boat Maintenance & Incident Log will be used by the Water Operations Supervisor to track the condition of each item, along with its maintenance schedule, and the type of work that was done. If a boat is determined to be unsafe, it will be immediately taken out of service and fixed before it is returned to service. If a piece of equipment is broken, it will be immediately repaired and a maintenance report will be maintained.

Electronics Policy

We have a 'no electronics' policy and we expect our instructors to lead by example.

This policy is in place for several reasons. Firstly, devices are distracting! The CYC Junior Sailing program strives to encourage sailors to live a fun and active lifestyle. Mobile phones, iPads and iPhones are a distraction during lessons and negatively impact the sailing experience. Second, the building is not secure during the day, and as such we cannot guarantee the safety of such sought-after devices. Finally, sailing is wet! Sailors have the tendency to bring half the ocean in with them when they get in from sailing and such an environment is not ideal for expensive electronic devices.

We have a phone in the building that sailors can use in the event that they need to call their parents or guardians. If you would like your child to have a cell phone during the day, that is of course fine. We simply ask that it is kept in their bag during sailing hours. The program takes no responsibility for any loss or damage of the device. Instructors have permission to put away any devices until the end of the day that are out during the hours of 9 a.m. to 4 p.m.



Parental Support

Parent volunteers are a vital part of the success of our program. We have a number of activities throughout the course of the program that will sometimes require extra help from you, the parents. Things like potlucks, theme days (with costumes!), Isabel's Cup and the junior dance all require a few extra hands or volunteers and we welcome participation from our sailors families.



Regattas

CYC encourages development of excellence in sailing through participation in area regattas. To that end, the Junior Program will support those individuals who wish to attend appropriate junior sailing events. These events include but are not limited to events held at Bedford Basin Yacht Club, St. Margaret's Bay Yacht Club, RNSYS, Opti Jam, Sail East, and the Club 420 Race Circuit.













These regattas are another aspect of our Junior Sailing program that require parental support. The amount of involvement, and the distance of travel, varies by regatta, where sailors will be training at other locations (Bedford, St. Margaret's Bay, LYC, etc.). Carpools are often as fun as the regatta itself (well, maybe not AS fun...but almost) and to make this happen, we need help with coordination and drives.



















The LTSD will decide which regattas, if any, will be feasible to attend based on interest, timing and staffing. The LTSD will ensure that both coaches and parents fully understand the regatta policy and therefore their responsibilities and duties.



Sample CYC Junior Sailing Calendar

We do our best to make learning fun at all levels. The below is an example of summer programming, understanding the actual session plan is subject to change due to regattas, enrollment and other special events such as the Junior Dance, Isabel's Cup and Awards Nights!

	Monday, July 2	Tuesday, July 3	Wednesday, July 4	Thursday, July 5	Friday, July 6
Session 1	 O Canada! Day & Swim Test	 Junior Sailing BBQ (\$)	 Potluck LUNCHEON	 Pizza Day (\$)	 Island Day
	Monday, July 9	Tuesday, July 10	Wednesday, July 11	Thursday, July 12	Friday, July 13
	 Swim Test	 Junior Sailing BBQ (\$)	 Pirate Day	 Pizza Day (\$)	 Island Day
Session 2	Monday, July 16	Tuesday, July 17	Wednesday, July 18	Thursday, July 19	Friday, July 20
	 Swim Test	 Junior Sailing BBQ (\$)	 Potluck LUNCHEON	 Pizza Day (\$)	 Island Day
	Monday, July 23	Tuesday, July 24	Wednesday, July 25	Thursday, July 26	Friday, July 27
		 Junior Sailing BBQ (\$)	 Junior Olympics Day	 Pizza Day (\$)	 Island Day

Session 3	Monday, July 30	Tuesday, July 31	Wednesday, August 1	Thursday, August 2	Friday, August 3
	 Swim Test	 Junior Sailing BBQ (\$)	 OPTI JAM @ CYC!!	 OPTI JAM @ CYC!!	 Island Day
	Monday, August 6	Tuesday, August 7	Wednesday, August 8	Thursday, August 9	Friday, August 10
		 Junior Sailing BBQ (\$)	 Junior Race Week	 Pizza Day (\$)	 Island Day
CHESTER RACE WEEK – NO JUNIOR SAILING					
Session 4	Monday, August 20	Tuesday, August 21	Wednesday, August 22	Thursday, August 23	Friday, August 24
	 Swim Test	 Junior Sailing BBQ (\$)	 Potluck LUNCHEON	 Pizza Day (\$)	 Island Day
	Monday, August 27	Tuesday, August 28	Wednesday, August 29	Thursday, August 30	Friday, August 31
	 Junior Sailing BBQ (\$)	 Rockstar Day	 Pizza Day (\$)	 Island Day	

Theme Days

O Canada!

Happy birthday, Canada! In honour of Canada Day, wear your favorite red and white gear, face paint, and decorate your boat (streamers, balloons, etc.), if you're up for it!

Junior Sailing BBQ Day

Every Tuesday, CYC Junior Sailing will host a BBQ on the premises, with hamburgers, hot dogs, various salads and treats!

Pizza Day

Who doesn't love pizza?! Local and infamous Big Red's will serve up cheesy, gooey, yummy pizzas for our junior sailors on the premises. Remember to put your order (cheese or pep) in at drop off (9 a.m.)!

Junior Potluck Lunch

The second Wednesday of each session, we have a Junior Sailing potluck. All sailors are encouraged to bring their favorite dish to share with their fellow sailors. Favorites in the past have included homemade mac n' cheese, Caesar salad, pasta salad, chicken wings and, of course, desserts. Please try to avoid food with nuts.

Pirate Day

YAAAARG MATEYS! We encourage sailors to dress as pirates of Mahone Bay, to enjoy a fun theme day celebrating pirates like Billy the Kid, Captain Jack Sparrow and Blackbeard! Our lessons will be pirate themed...we might even have a treasure hunt!

Island Day

Every Friday, pray to the Weather Gods and break out the Jimmy Buffet...it's Island Day! After gearing up and loading the coach boats for a day away from the Clubhouse (water, sunscreen and lots of snacks), we head on an adventure sail to one of the nearby islands. Games will be played on the way and fun WILL be had!





Junior Olympics Day

Each sailor is given a country to represent and is encouraged to dress up in their country's colors. The day will include a mini regatta. After a fun day of racing and games, we head back to the Clubhouse for awards and a special snack from your instructors!

Junior Race Week

Why do the grown-ups get to have all the fun? In honour of Canada's largest keelboat regatta that will be happening the following week out of the Club, the Junior program will hold its very own Junior Race Week, with a regatta that includes a mix of fun and racing (just like the grown-ups!). The day will end with a special surprise treat :).

Rock Star Day

Who is your favorite musician or singer? Come dressed up as them, maybe even bring a prop, and come prepared to belt out your favorite tunes (and dance moves) all day. All lessons are Rock Star themed on these days.



General CYC Junior Program Safety Rules

The following are general safety rules that are to be followed by everyone in the CYC Junior Sailing program. Junior sailors will be asked to sign a copy of the rules and discipline policy, prior to the start of their session.

1. No sailors on docks or floats without supervision and a life jacket/PFD
2. Life jackets/PFDs must be worn and secured at all times when on docks, floats, boats or in the water (by sailors, instructors and coaches)
3. Closed-toe footwear to be worn at all times
4. No running
5. No unsupervised swimming
6. No jumping off boats (except with the permission of the instructors)
7. Respect one another – no hitting, pushing, roughhousing
8. Use respectful language – no swearing, foul, or rude language
9. No littering on land or water
10. Stay with the class unless you have permission from an instructor to leave
11. Sailors must make an effort to sail out and return to docks together/with a buddy
12. Prior to drills, all boats must stay within hailing distance of the safety/coach boat
13. No destruction of Club or private property
14. No smoking, drugs or alcohol
15. Watch fingers and feet between boats, docks and moving parts
16. Club owned boats must be properly returned and put away after use
17. Sailors must make every effort to avoid collisions



CYC Sailor's Code of Conduct

The CYC Sailor's Code of Conduct has been developed to let you, a CYC sailor, know how you are expected to act during your time in the CYC Learn to Sail Program. Appropriate behaviour will allow you to become a well-rounded, self-confident sailor and CYC member. All sailors must respect CYC Rules and Regulations, Sail Canada's Code of Conduct and the NCCP Code of Ethics.

We expect the highest level of sportsmanship, teamwork, fair play, and good behaviour from you. The use of alcohol, drugs, or tobacco of any kind, by any participant, at any time, is strictly prohibited. As a member of this team, you represent CYC, the Junior Sailing program, and your family. Your behaviour, on and off the water, should be to maintain this level of sportsmanship and conduct, and make other sailors proud to be a part of this organization. In order to achieve this, we ask you to:

- Sail for fun and the love of the sport
- Enjoy yourself
- Work hard to improve your skills
- Listen, ask questions and watch others to see how you can better your skills
- Learn teamwork, sportsmanship, discipline, confidence and self-control
- Be a team player
- Appreciate the contribution each person makes
- Learn the rules and play by them
- Always be a good sport and set a positive example for others, particularly younger sailors

CYC does not tolerate any form of bullying, be it based on ability, age, race, sex, gender, sexual orientation, religion or socio-economic status. Non-compliance of this regulation will result in a revision of your registration, possible suspension, and the possibility that you will be asked to leave the program.

As a CYC sailor, you must respect your coaches, your peers, and the members of the Club. Fun and safe learning environments are essential to the CANSail curriculum. Sailing is a difficult sport to master and having a respectful and supportive environment is crucial.

You must respect the CYC Sailing Program's equipment and facility. Like hockey, skiing, and cycling, sailing requires equipment that is not inexpensive. CYC is fortunate enough to have an extremely supportive senior club that strives to provide its junior sailors with the best gear and boats so that all sailors have the opportunity to learn the joy of sailing. Similarly, the program's instructors put in significant effort to maintain equipment so that it will last and provide the best sailing available. We ask that you respect the equipment, caring for it as best that you can.

We expect you to:

- Use good language. The use of profanity, obscene language, or obscene gestures is not permitted.
- Respect your instructors, your fellow participants, opponents and officials. The rules of Sail Canada and CYC are to be observed by all.



- Take care of your equipment and treat it like it was your own.
- Unsportsmanlike conduct will not be tolerated. CYC sailors must realize that they represent a tradition of fairness in competition.
- Be on time for sessions. Being late holds up your group and they can't hit the water without you!
- Never participate in any physical or verbal violence or fighting, under any circumstances.

Penalties and Discipline Enforced by CYC

Failure to follow the CYC Sailor Code of Conduct will result in consequences. The CYC disciplinary system works on a three-strike policy.

1. First Strike: The sailor will be warned by an instructor. The strike will be recorded on the sailor's file and the LTSD will be notified.
2. Second Strike: The sailor will be warned by an instructor. The sailor may be asked to sit out for the rest of the class/day. Parent/guardian will be informed and asked to meet with the LTSD to discuss the first and second transgressions and to make a plan to avoid any future misbehavior. The strike and meeting notes will be documented in the sailor's file.
3. Third Strike: The sailor will be asked to sit out for the rest of the day, for the rest of the week or for the remainder of the session, depending on the severity of the incident. Parent/guardian will be informed and asked to meet with the LTSD. The Commodore will also be informed. The strike will be documented in the sailor's file.

Continued abuse of the rules by a sailor participant will result in expulsion from the program. Parent/guardian and the Commodore will be informed. The strike will be documented in the sailor's file. No fee will be refunded.

Expectations of Parents and Guardians

Since CYC sets expectations for our sailors, we feel it only fair that we apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play. We ask you to:

Encourage your child to play by the rules • Make their participation fun • Support their desire to learn to sail • Show a positive attitude toward the CYC LTS program and all of its participants • Emphasize skill development and how they benefit your young athlete • Applaud a good effort in victory and in defeat and enforce the positive points of the sport • Familiarize yourself with your child's LTS program

Additionally, we always welcome feedback from you. We ask that if you have any concerns that you first address your concern(s) with your child's instructor/coach. If you are not satisfied that the issue has been addressed, then please take your concern(s) to the Learn to Sail Director (LTSD).



Junior Sailing Programs

We have outlined in general detail our different program offerings. Where any particular sailor will be placed in terms of class will depend on their pre-requisites, proven skill level and also on other registrants. For our CANSail 1&2 and CANSail 3&4 levels, a variety of dinghies will be used (Opti, Echo, 420), dependent on sailors' age, size, pre-requisites and registration numbers.

Programs, sessions and fees are outlined below. All registration is done through our online Checkclick registration system or via phone with a credit card number. Please refer to our registration policies and guidelines included at the end of this document.

We offer a private boat discount of \$30.00 per session. Sailors who wish to participate in regattas will be required to pay additional fees related to regatta registration and to transportation and other related costs.

"Win the Pin" (Early Bird; all levels)

Get a jump-start on the sailing season with CYC's get-the-rust-off, early bird "Win the Pin" program. A week of everything from basic skills to racing tactics, with a program defined by enrolment and sailor needs/levels. Hit the water early (and for you racers out there, prep for ARK) and set the stage for an awesome summer on the water. Come equipped to sail in virtually any weather – it is Nova Scotia in June after all!

As they saying goes, "You're not winning the start if you're not pushing the line!"



Program Name	Date	Day	Time
Win the Pin (Early Bird)	June 25 to 29, 2018	Mon – Fri	9 a.m. to 4 p.m.



Wet Feet

The Wet Feet program is designed for children six to eight years old with no sailing experience. We introduce children to sailing in a fun and safe environment in our sheltered, protected harbour. Full and half day options are available.

The program begins with approximately two sailors per boat, with the ultimate goal being each sailor able to skipper their boat on their own. The CANSail course curriculum includes a thorough introduction and overview to sailing and boat-handling skills, including rigging, boat parts, points of sail and safety. Our trained and certified instructors are chosen for their exceptional skills working with children.

When weather does not cooperate with us, we will participate in off-water activities such as knots, role-playing, and other sailing related instructional games. The program builds confidence, self-esteem and friends for life.

Boats: Opti and Echo

Ages: 6-8 years old

Pre-requisites: None required

Program Name	Date	Day	Time
Wet Feet Session 1 (AM)	July 2 to July 13, 2018	Mon – Fri	9 a.m. to 12 p.m.
Wet Feet Session 1 (PM)	July 2 to July 13, 2018	Mon – Fri	1 p.m. to 4 p.m.
Wet Feet Session 2 (AM)	July 16 to July 27, 2018	Mon – Fri	9 a.m. to 12 p.m.
Wet Feet Session 2 (PM)	July 16 to July 27, 2018	Mon – Fri	1 p.m. to 4 p.m.
Wet Feet Session 3 (AM)	July 30 to August 10, 2018	Mon – Fri	9 a.m. to 12 p.m.
Wet Feet Session 3 (PM)	July 30 to August 10, 2018	Mon – Fri	1 p.m. to 4 p.m.
Wet Feet Session 4 (AM)	August 20 to August 31, 2018	Mon – Fri	9 a.m. to 12 p.m.
Wet Feet Session 4 (PM)	August 20 to August 31, 2018	Mon – Fri	1 p.m. to 4 p.m.



CANSail 1&2

The CYC Basic Sailing CANSail 1&2 program is the foundation for sailors with basic sailing experience. The focus of this class is to get out on the water, become more familiar with boats and sailing terminology, to continue to develop fundamental sailing techniques, and of course, have fun!

The program primarily uses Optis and Echos, a double-handed sloop boat that allows for interaction among sailors and a fun learning environment. Classes will be divided according to dinghy. Successful completion of this class will allow sailors to move into CYC's Advanced Sailing program, CANSail 3&4.

Boats: Opti and Echo

Ages: 8-16 years old

Pre-requisites: None required for CANSail 1

Program Name	Date	Day	Time
CANSail 1&2 Session 1	July 2 to July 13, 2018	Mon – Fri	9 a.m. to 4 p.m.
CANSail 1&2 Session 2	July 16 to July 27, 2018	Mon – Fri	9 a.m. to 4 p.m.
CANSail 1&2 Session 3	July 30 to August 10, 2018	Mon – Fri	9 a.m. to 4 p.m.
CANSail 1&2 Session 4	August 20 to August 31, 2018	Mon – Fri	9 a.m. to 4 p.m.

CANSail 3&4

The Advanced CANSail 3&4 program builds on the boat-handling skills acquired in Basic Sailing. Sailors at this level participate in either an Opti or a 420 dinghy. Classes will be divided according to dinghy. The fundamental boat-handling skills learned in the 420 boats are refined as sailors begin to learn further advanced techniques. Opti racing skills are refined. Sailors in both dinghy classes will learn more about the effects of sail shape on speed as well as boat maintenance.

Boats: Opti and 420

Ages: 8-16 years old

Pre-requisites: CANSail 2



Program Name	Date	Day	Time
CANSail 3&4 Session 1	July 2 to July 13, 2018	Mon – Fri	9 a.m. to 4 p.m.
CANSail 3&4 Session 2	July 16 to July 27, 2018	Mon – Fri	9 a.m. to 4 p.m.
CANSail 3&4 Session 3	July 30 to August 10, 2018	Mon – Fri	9 a.m. to 4 p.m.
CANSail 3&4 Session 4	August 20 to August 31, 2018	Mon – Fri	9 a.m. to 4 p.m.



Regattas and Racing

CYC also strives to introduce interested sailors to the world of competitive dinghy racing. As enrollment supports, classes and/or instruction is offered in the Opti and 420 boats and can include and accommodate sailors from a beginner racing level to higher calibre racers. Teams may train and compete in regattas throughout Nova Scotia; teams are taught by experienced coaches.

Tentative 2018 regatta dates are as follows:

Regatta	Date	Location
ARK	Saturday, July 7 and Sunday July, 8	Bedford Basin Yacht Club (BBYC)
Bay Wind	Friday, July 20 to Sunday, July 22	St. Margaret's Bay Sailing Club (SMSC)
Sail East	Thursday, July 26 and Friday, July 27	Lunenburg Yacht Club (LYC)
Sail Fest	Saturday, July 28 and Sunday, July 29	Lunenburg Yacht Club (LYC)
Opti Jam	Wednesday, August 1 and Thursday, August 2	Chester Yacht Club (CYC)



Registration Policy

CYC is committed to the satisfaction of all our members enrolling in our Club programming. Participants registering and wishing to withdraw or transfer from a Junior Sailing program must refer and agree to the following policies:

1. All membership fees or other outstanding amounts must be paid in full to register for any Junior Sailing program.
2. Registration fees must be paid in full at the time of enrolment. Enrolment is accepted on a first-come, first-served basis and no spot will be held for any amount of time without payment. Partial payments or deposits will not be accepted to hold a spot.
3. All registrations are non-refundable unless:
 - a. A program or session is cancelled by CYC
 - b. A participant cannot participate due to medical reasons substantiated by a medical note from a doctor
4. We use Checklick online software for all program registrations. Junior Sailing fees can also be paid over the phone via credit card or in person at the Club.
5. If a session is full, a waitlist option is available. There is no charge for a waitlist registration. If a position becomes available, the member will be contacted by the LTSD and given 48 hours to enrol. If the 48 hours pass without payment, the spot will be offered to the next member on the waitlist.
6. Prices for programs and sessions are subject to change.
7. CYC reserves the right to cancel programs or sessions if a minimum registration number is not obtained prior to the start date. In this case, a full refund will be issued.
8. Cancellation and transfers: A notice of cancellation or transfer must be received a minimum of seven (7) days prior to the start date of the session for a full program credit. Any cancellations or transfers received within six (6) days of the session start date will receive a credit for the full amount, less an administrative fee of 25% of the session fee.



Forms

One of the improvements we have made to our program is that all our Junior Sailing program registration has been moved online!

Please visit our website to register. In the event that you cannot access the system, we have included a paper version of our registration form at the end of this document.

In addition to completion of the online registration form, the below forms (copies of which follow) must be read, understood, signed and returned to the LTSD before the start of the sailor's session. A paper version of the registration form is also included for those who need to register in person.

Form Name
Rules & Discipline Policy (Signature Form)
Junior Program Waiver (and AV Image Release)
Medical Form & Release
Lunch Release
Junior Sailing Master Registration Form (please use our online registration system, but in the event that you cannot)



CYC Junior Sailing Program Rules and Discipline Policy

1. No sailors on docks or floats without supervision and a life jacket/PFD
2. Life jackets/PFDs must be worn and secured at all times on docks, floats, boats or in the water (by sailors, instructors and coaches)
3. Closed-toe footwear to be worn at all times
4. No running
5. No unsupervised swimming
6. No jumping off boats (except with the permission of the instructors)
7. Respect one another – no hitting, pushing, roughhousing
8. Use respectful language – no swearing, foul, or rude language
9. No littering on land or water
10. Stay with the class unless you have permission from an instructor to leave
11. All sailors must make an effort to sail out and return to docks together or with a buddy
12. Prior to drills, all boats must stay within hailing distance of the safety/coach boat
13. No destruction of Club or private property
14. No smoking, drugs or alcohol
15. Watch fingers and feet between boats, docks and moving parts
16. Club owned boats must be properly returned and put away after use
17. Sailors must make every effort to avoid collisions

Discipline Policy

Failure to follow the CYC Sailor Code of Conduct will result in consequences. The CYC disciplinary system works on a three-strike policy.

1. **First Strike:** The sailor will be warned by an instructor. The strike will be recorded on the sailor's file and the LTSD will be notified.
2. **Second Strike:** The sailor will be warned by an instructor. The sailor may be asked to sit out for the rest of the class/day. Parent/guardian will be informed and asked to meet with the LTSD to discuss the first and second transgressions and to make a plan to avoid any future misbehavior. The strike and meeting notes will be documented in the sailor's file.
3. **Third Strike:** The sailor will be asked to sit out for the rest of the day, for the rest of the week or for the remainder of the session, depending on the severity of the incident. Parent/guardian will be informed and asked to meet with the LTSD. The Commodore will also be informed. The strike will be documented in the sailor's file.



CYC Junior Sailing Program Waiver

We, the undersigned, being an applicant for admission to the Chester Yacht Club Junior Sailing program, and as a parent/guardian of the applicant, do hereby acknowledge that participation in the Junior Sailing program poses certain inherent risks which cannot be avoided and acknowledge that we are accepting those risks.

In consideration of the acceptance of applicant's application, we release and forever discharge Chester Yacht Club, its officers, its board of directors, its Junior Sailing program employees and volunteers, their servants, agents, and employees, from any claim for property damage, injury or death arising out of or during the course of any participation in the Junior Sailing program.

We represent that we have and will maintain sufficient coverage under our homeowner's or tenant's liability insurance policy for any negligent acts of applicant in his/her pursuance of program activities.

We further certify that, to the best of our knowledge, the applicant is in good physical condition and suffers from no physical, emotional or mental impairment, which would adversely affect his/her ability to safely participate in sailing activities.

I give permission to photograph my child, and the perpetual and non-exclusive right to use my child's image in communications produced by the CYC and others in support of the Junior Sailing program. I waive any right to inspect or approve the finished communications. I understand and agree that there will be no monetary compensation for such use.

Student Name: _____

Date Parent/Guardian Name Parent/Guardian Signature



CYC Junior Sailing Medical Form and Release

Sailor Name _____

Health Card Number _____

Date of Birth _____ Sex _____ Height _____ Weight _____

Date of last tetanus shot _____

Please list any past medical problems _____

Surgical history _____

Current medications taken _____

Food allergies _____

Other allergies (including bees, jelly fish) _____

Restrictions on physical activity _____

Learning issues _____

Additional comments/information _____

Physician's Name _____ Physician's Telephone _____



Emergency Contacts (at least one should be local):

1. _____
Parent/Guardian Relationship Phone
2. _____
Parent/Guardian Relationship Phone
3. _____
Other Contact Relationship Phone
4. _____
Other Contact Relationship Phone

I, _____, (Parent/Guardian) authorize the program organizers or their employees to sanction emergency treatment if none of the student's emergency contacts or Parent/Guardians can be reached at the time of an emergency.

Parent/Guardian Signature

Date



CYC Junior Sailing Lunch Release

For reasons of safety, we require written permission for any sailor to leave the CYC premises for lunch.

Please be advised that the CYC and its employees cannot be held responsible for the safety of your children once they have left the CYC grounds. Sailors are required to inform instructors when they wish to leave for lunch. An instructor or Junior Sailing volunteer will be at the club during the lunch hour.

I, _____, give permission for _____ to leave the CYC grounds for lunch. In doing so, I realize that CYC and its employees cannot be held responsible for my child's well being during his/her absence.

Sailor's Parent or Legal Guardian Signature

Date



CYC Junior Sailing Master Registration Form

(* One Master Form (below) must be completed per sailor but only one Registration Chart (next page) need be completed per family.)

Sailor's Name _____

Date of Birth _____ Age _____

Parent/Guardian #1 _____ Relationship to Sailor _____

Parent/Guardian email _____ Parent cell/phone _____

Parent/Guardian #2 _____ Relationship to Sailor _____

Parent/Guardian email _____ Parent cell/phone _____

Sibling(s) in the program? If so, name(s) _____

Primary mailing address _____

Are you a CYC member (Y/N and category)? _____

Last CANSail level awarded (circle/highlight): Wet Feet CANSail 1 CANSail 2 CANSail 3 CANSail 4 CANSail 5

CANSail level registering for in 2018: Wet Feet CANSail 1 CANSail 2 CANSail 3 CANSail 4 CANSail 5

Will you bring your own boat to the program (\$30 per session discount) (Y/N)? _____



Program Name	Date	Day	Time	Fee	Quantity	Amount
Win the Pin (Early Bird)	June 25 to 29, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 225.00		
Wet Feet Session 1 (AM)	July 2 to July 13, 2018	Mon – Fri	9 a.m. to 12 p.m.	\$ 250.00		
Wet Feet Session 1 (PM)	July 2 to July 13, 2018	Mon – Fri	1 p.m. to 4 p.m.	\$ 250.00		
CANSail 1&2 Session 1	July 2 to July 13, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
CANSail 3&4 Session 1	July 2 to July 13, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
Wet Feet Session 2 (AM)	July 16 to July 27, 2018	Mon – Fri	9 a.m. to 12 p.m.	\$ 250.00		
Wet Feet Session 2 (PM)	July 16 to July 27, 2018	Mon – Fri	1 p.m. to 4 p.m.	\$ 250.00		
CANSail 1&2 Session 2	July 16 to July 27, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
CANSail 3&4 Session 2	July 16 to July 27, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
Wet Feet Session 3 (AM)	July 30 to August 10, 2018	Mon – Fri	9 a.m. to 12 p.m.	\$ 250.00		
Wet Feet Session 3 (PM)	July 30 to August 10, 2018	Mon – Fri	1 p.m. to 4 p.m.	\$ 250.00		
CANSail 1&2 Session 3	July 30 to August 10, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
CANSail 3&4 Session 3	July 30 to August 10, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
Wet Feet Session 4 (AM)	August 20 to August 31, 2018	Mon – Fri	9 a.m. to 12 p.m.	\$ 250.00		
Wet Feet Session 4 (PM)	August 20 to August 31, 2018	Mon – Fri	1 p.m. to 4 p.m.	\$ 250.00		
CANSail 1&2 Session 4	August 20 to August 31, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
CANSail 3&4 Session 4	August 20 to August 31, 2018	Mon – Fri	9 a.m. to 4 p.m.	\$ 450.00		
				Private Boat Discount (- \$30/session)		
				Non-CYC Member Fee (once per season; +\$54 for Juniors 15 and under; \$82.80 for Juniors 16-18)		
				Subtotal		
				HST (add 15%)		
				Sail NS Fee (once per season, \$15 per sailor)		
				TOTAL DUE		

Payment Method (circle) Visa Mastercard Cheque (made out to Chester Yacht Club)

Visa/Mastercard # (mandatory for damage deposit) _____

Cardholder name _____ **Expiry Date** (oo/oo) _____ **CVN** _____

