

CYC
JULY
sailing
FOR

CHESTER YACHT CLUB

WELCOME

Welcome CYC junior sailors + parents!

We're very much looking forward to a fantastic sailing season here at Chester Yacht Club and we hope you are too! Please take the time to thoroughly read through this document outlining the new procedures we have put in place.

Chester Yacht Club (CYC) is a private yacht club situated on beautiful Mahone Bay with excellent access to the best sailing in Canada. 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 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!

#SPEEDHEIGHTFRIENDSHIP



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OVERVIEW

★ our junior 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 a 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!



WHAT BOAT WILL I SAIL?

★ opti, 420 RAD, 420 and laser programs

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 420 RADs or 420s.

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 or Laser (4.7, radial or full rig) depending on your size and weight (though some sailors continue to race Optis through this level as well). 420s are double-handed boats, 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). Lasers are single-handed dinghies.



WHAT'S IN A DAY

★ general overview

As you know, the program runs with a few new guidelines due to the COVID-19 pandemic. We have procedures in place to protect the safety of our sailors, coaches and community. Please review this document carefully and contact us with any questions whatsoever.

At the beginning of each session, sailors will be assigned their own boat with all the needed gear that is theirs for the session. They should not touch any other sailors' gear. In addition, a coach will disinfect each boat that the end of each day.

A parent **MUST** come with their sailor on the first day of the session and bring a signed copy of the program waivers.

Please discuss physical distancing with your sailors. It is expected that every sailor who attends this summer will understand physical distancing guidelines and will follow them when on the CYC property. Coaches will be making every effort to ensure physical distancing however, it is the responsibility of families to ensure that your sailors understand physical distancing.

★ start time

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.

DO NOT come to sailing if: your sailor is not feeling well - no exceptions; if you have travelled from outside of Nova Scotia within the last 14 days; if there is inclement weather (please see note below on inclement weather).

WHAT'S IN A DAY

★ lunch

Please send your sailor with lunch every day.

Sailors will often eat their lunches on-water or at one of the many islands that are easily accessible in the area. We ask that sailors come prepared to have lunch on the property, or on an island, every day.

Please pack lunches accordingly (they will go in a coach boat every day) - so, lunch bags (preferably waterproof - even an XL Ziploc bag labeled with your sailor's name works), ice packs, water bottles, etc.



★ what else to bring

A few essentials for safety and comfort:

- A filled reusable water bottle or two
- Life jacket
- Sunscreen - please apply before coming to sailing and ensure your sailor knows to reapply
- Clothes for sailing that can get wet
- Change of clothes ...times two!
- A towel
- Closed toed shoes that can get wet!!
IMPORTANT!!! These don't need to be sailing boots these can even be an old pair of running shoes
- Rain gear, something wind and waterproof. It doesn't need to be top of the line sailing gear just something that will keep your kids warm and dry
- Lunch and snacks for on the water!



WHAT'S IN A DAY

★ during the day

Boat equipment.

At the beginning of each session, sailors will be assigned their own boat with all the needed gear that is theirs for the session. They should not touch any other sailors' gear. In addition, a coach will disinfect each boat that the end of each day.

Bathrooms.

Sailors will continue to have access to the bathrooms in the CYC club house. Coaches will review the rules that are in place for the CYC bathrooms with their sailors and sailors are expected to follow these rules. When sailors use and wait for the bathroom they should respect physical distancing guidelines.

Training groups.

Sailors will be divided into training groups based on skill level (as always) and these groups will have limited interaction with each other during the day. Groups have their own designated areas on the property and they will have their own times to launch their boats.

★ what if it rains?

Sailing lessons might not be held on days in which inclement weather is forecasted. This will most likely impact the Wet Feet groups. This means you will receive an email by 8 a.m. on any days in question with cancellation notice for that day. This determination will be made by the Head Coach and the Learn to Sail Director on a day by day, and session-by-session basis.

Examples of inclement weather include heavy wind and heavy rain, when we cannot accommodate large numbers of sailors inside the clubhouse for on-land lessons.

Please ensure you have back-up child care or plans in place. Your child cannot come to CYC if their group is cancelled for that particular day.

REGATTAS

★ when, where and how

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.

Regattas are NOT exclusive events! Participants range from first-time sailors (who participate in a special Green Fleet, run by professionals and incorporating a lot of teaching as well) to the experts, in all fleets and boats.

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.



SAFETY

★ keeping your sailor safe

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.

★ 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.

SAFETY

★ general CYC junior program safety rules

The following are general safety rules that are to be followed by everyone in the program:

- No sailors on docks or floats without supervision and a life jacket/PFD
- 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)
- Closed-toe footwear to be worn at all times
- No running
- No unsupervised swimming
- No jumping off boats (except with the permission of the instructors)
- Respect one another - no hitting, pushing, roughhousing
- Use respectful language - no swearing, foul, or rude language
- No littering on land or water
- Stay with the class unless you have permission from an instructor to leave
- Sailors must make an effort to sail out and return to docks together/with a buddy
- Prior to drills, all boats must stay within hailing distance of the coach boat
- No destruction of Club or private property
- No smoking, drugs or alcohol
- Watch fingers and feet between boats, docks and moving parts
- Sailors must make every effort to avoid collisions



SAFETY

★ 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 + 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.

CODE OF CONDUCT

★ 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 teamwork, sportsmanship, fair play and good behaviour from you. The use of alcohol, drugs, or tobacco of any kind, including vaporizers, 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.

CODE OF CONDUCT

★ discipline

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

- **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.
- **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 misbehaviour. The strike and meeting notes will be documented in the sailor's file.
- **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

Parents and guardians, we also need your help for our program to succeed. By setting a good example, 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
- Familiarize yourself with your child's LTS program



ELECTRONICS POLICY

★ phones etc.

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.



SAMPLE 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, enrolment and other special events such as the Junior Dance, Isabel's Cup and Awards Nights!

Monday	Tuesday	Wednesday	Thursday	Friday
 Swim Test	 Junior Sailing BBQ (\$)	 Potluck LUNCHEON	 Pizza Day (\$)	 Island Day
Monday	Tuesday	Wednesday	Thursday	Friday
 Junior Olympics Day	 Junior Sailing BBQ (\$)	 Pirate Day	 Pizza Day (\$)	 Island Day

★ theme days

O Canada!

Happy birthday, Canada! In honour of Canada Day, wear your favourite 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!

...continued

SAMPLE CALENDAR

★ theme days

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 favourite 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

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 :)

THANK YOU

★ anchors away!

The head coach will be available to answer questions each day in the morning during drop-off and in the afternoon during pickup or can be reached by email at chesterjuniorsailing@gmail.com.

Learn to Sail Director Christine Santimaw is also available at any time via phone or email (christine@santimaw.ca or 902-401-8239).

You can also check out our website for more information. And our Facebook page for reminders, photos and more!

<https://chesteryachtclub.ca/junior-sailing/>
<https://www.facebook.com/CYCjuniorSail/>

We are excited to meet you and your sailor(s) and to have a great summer on the water in Chester!

Best regards,

Christine

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