

CYC JUNIOR SAILING

REGATTA SURVIVAL GUIDE



CYC JUNIOR SAILING, CHESTER, NOVA SCOTIA

Hello CYC junior sailors + parents!

Ahhh regattas. We like to call these the icing on the cake of a junior sailors' experience in our junior sailing program. That said, it can be intimidating and even confusing for both sailors *and* parents in understanding the requirements and expectations that accompany attendance at a junior sailing regatta.

We have compiled this guide in the hopes of giving you some helpful information on the 5 Ws of regattas. In this booklet, you will find some of the necessary information to help prepare you and your junior sailor for the events.

Of course, your sailor's coach, our head coach and Learn to Sail Director are always available for any questions or concerns you may have. And, please let us know if you feel there is anything that should be added in the future.

Happy sailing!

#SPEEDHEIGHTFRIENDSHIP

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★ why participate?

Regattas really are the glue that binds our sailors together as a team and also introduces them to friends from other clubs like Lunenburg Yacht Club (LYC), Hubbards Yacht Club (HSC), Shelburne Yacht Club (SYC), Bedford Basin Yacht Club (BBYC), St. Margarets Sailing Club (SMSC), Waeg, Dartmouth Yacht Club (DYC), RNSYS and beyond.

We love regattas as they, quite simply:

- Put smiles on kids' faces
- Provide a safe environment on and off the water
- Keep it fun
- Develop basic sailing skills
- Encourage family participation
- Provide lots of positive feedback
- Introduce sailboat racing and team racing

★ who can participate?

Every regatta held in our local "circuit" has a number of available options, so sailors at all levels are able to participate. With just a few special exceptions, all regattas have fleets for Opti, 420 and Laser sailors.

Green fleet is designed as an introductory level of racing. All regattas in our circuit have an Opti Green fleet and some also have a 420 Green fleet.

Green fleeters can be any age up to fifteen years old. A Green fleet may have skippers who are as young as six and as old as fifteen, but sooner or later they will move into their appropriate fleet. No sailor should remain in Green fleet for more than two years.

It is obvious that when a sailor has developed beyond the green fleet and at that point they should be moved up to Open fleet as soon as possible. The Green fleet is a fundamental stepping stone, with emphasis on learning and mastering skills, sportsmanlike conduct and the racing rules of sailing. The emphasis is on learning rather than winning.

Open fleet (or Championship fleet, as it is sometimes called) is for everyone else!

★ more on Green fleet

Regatta organizers always pay very special attention to the structure of their Green fleet race management as the ultimate goal is to get sailors comfortable with competition. They therefore generally do the following:

- Schedule a Green fleet-only skippers meeting where they will walk the kids through the days activities on and off the water, diagram the race area, course starting sequence, provide helpful racing tips and review basic race rules (2-3).
- Race as close to the yacht club shore as possible. A short sail to the race area is desired and lends itself to parental viewing. It allows a quick return to shore when the wind gets too strong or there is gear failure.
- Schedule the green fleet dock start after the " Open fleet" have left for their race area.
- Encourage on the water learning and allow for coaching and instruction while the racing is underway.
- Keep the races under 30 minutes if possible. Offer on and off-water games with the Opti as part of the regatta. Discretion is given to the race organizers as to how many races are acceptable.
- Start off race 1 with a short windward / leeward as a warm up.
- Come ashore for lunch and review the mornings racing and provide more instructional tips.
- Schedule a reaching race if the winds get strong enough where the majority of boats will upset, and or gybing conditions are dangerous.
- Don't stay on the water too long.
- Come in off the water if the majority of kids are scared.
- Races are not scored as the emphasis is on learning rather than winning.
- Participant awards should be provided with each green fleet sailor recognized. Additional awards may be awarded for sportsmanship/safety (helping fellow sailors), completing all races, using self rescuing techniques, proper use of rules etc.

Your sailors' coach from our program, who they have been sailing with at CYC, will accompany the Green fleet sailors to all regattas and will be on the water (and on land) with the Green fleet team at all times.

★ for all other Opti racers

All other Opti sailors should be registered in Opti "Open" or "Championship" fleet. All Open sailors will race together on the same course and are scored as an overall fleet but sometimes regattas will also, *for scoring purposes only and in addition to the overall scoring*, break them into the Canadian Optimist Dinghy Association fleets: White, Blue and Red fleets.

Red fleet: For sailors that have reached the age of 13 by the first day of scheduled racing at the event and who are not older than 15 years old as of December 31st of the year of the event

Blue fleet: For sailors that have reached the age of 11 by the first day of scheduled racing at the event and are younger than 13 years of age as of the first day of the event

White fleet: For sailors that have not reached the age of 11 years old before the first day of scheduled racing at the event

★ for all other fleets

With the exception of regattas held specifically for one boat design (Opti Jam, for example), all regattas have fleets for Opti and 420 and usually Laser (Radial, 4.7 and full rig).

In cases where there is no 420 Green fleet, 420 sailors should be registered in 420 Open.

typical regatta schedule

The following is an example of a typical schedule for regatta starting on a Friday and concluding Sunday:

Wednesday am: Sailors, coaches *and parents* prepare boats for travel to host yacht club. This includes packing up gear, loading boats on to trailers and car-topping Optis to parents' vehicles (more on requirements of parents on the pages that follow).

Travel to host yacht club

Wednesday pm: Sailors rig their boats at host yacht club and will most likely, depending on time, hit the water for a quick lesson and to familiarize themselves with their new surroundings.

Parents pick up sailors at host yacht club, usually at 4 p.m. (typical end of day)

Thursday am: Parents drive sailors to host yacht club for 9 a.m. for a day of training (no racing).

Thursday pm: Parents pick up sailors at host yacht club, usually at 4 p.m. (typical end of day)

Friday am: RACE DAY. Parents driver sailors to host yacht club for approximately 8/830 am. Sailors should arrive with all required waivers signed and registration completed online. Sailors must check-in at registration desk to confirm their sail number.

Friday pm: Parents pick up sailors at host yacht club, usually at 4 p.m. (typical end of day). Please note there are often delays at end of day so be prepared to wait!

Saturday am/pm and Sunday am: Repeat as per Friday, minus registration and check in requirements.

Sunday pm: Racing ends early to allow for awards and loading of trailers. *Parents are required to help transport boats, coach boats and gear.*

lunch

Send your sailor with lunch every day.

We ask that sailors come prepared to have lunch on the property every day of a regatta and have snacks and water to go in their coaches coach boat.

Please pack lunches accordingly - so, lunch bags (preferably waterproof - even an XL Ziploc bag labeled with your sailor's name works), ice packs, water bottles, etc.

provisioning the coach boat

Coordinate and organize with the parents within your child's CYC group (Opti Race, 420, Green, etc.) to provision the coach boat EACH MORNING.

This includes water and snacks for the coach boat and lunch for the coach every day (Subway, PB&J - it doesn't need to be fancy!)

If you do not have the opportunity to coordinate as a group, please take it upon yourself to send some extra food and water for your sailor's coach.

HOT TIP: As an example, for Opti Race, some of the parents have the sailors and coaches Subway order saved in their phone. Whoever is the point person for carpool on any particular day is responsible for getting the Subway lunches and extra drinks for the group and the coach.

Again, it can be as simple as a bologna sandwich but please toss something extra in for the coach at least.

other things to bring

Please send your sailor with everything they would typically come to lessons with.

Additionally, please check with the coach in advance to see if your sailor requires any additional gear, whether it be clothing or boat-related.

★ expectations of coaches

Your sailors' coach will accompany them, and their teammates, to every regatta. They will be responsible for your sailor on-water and on-land, just as they would be at CYC. Their job is to ensure the safety and joy of all participants and to act as ambassadors for our yacht club.

★ expectations of sailors

The only thing we require is approval of your sailor's coach that they are ready for Green or Open and that they bring a killer attitude (and sunscreen and water!).

★ expectations of parents

Regattas cannot happen without parent's help. We expect that **every parent** will, over the course of a regatta, lend a hand to help with the following more significant tasks. Even lending your car with a hitch is a help. Without assistance, sailors may not be able to participate. Required roles for parents include:

REQUIRED ROLE

Trailing boats to and from regattas (420s + coach boats, pre-loaded on trailers)

Car-topping of Optis to and from (coach will secure on Opti to your car top for you)

Delivery of gear (foils, sails, masts, airbags, lines, etc.) to and from

Transportation of sailors to and from

Assistance loading and un-loading gear and boats from cars and trailer upon arrival and departure

REQUIRED GEAR

Car/SUV/truck with trailer hitch

Any car with roof racks or large SUV

Any vehicle (or boat depending on location)

Any vehicle (or boat depending on location)

Two feet and a heartbeat!

Obviously this requires a lot of advance planning and understanding by parents that they cannot unfortunately expect the coaches to be doing all of the coordinating and transporting.

As such, we expect all parents to connect with their sailors' coach and the Head Coach in advance to plan for the above. **Please reach out with any questions at all related to this.**

hot tips

Familiarize yourself with the sailors in your child's group and befriend their parents. Get their phone numbers and/or emails. Carpools are a saving grace and you can also ask for updates on pick-up times, progress, etc.

Check the weather, especially the marine forecast. Apps like Wind Finder are great. They will help your sailor know what gear to bring and what they might expect on the water in terms of weather.

Register online as early as possible. Due to COVID, there are limits on the number of participants.

Send lots of snacks, water and sunscreen!

Make sure your sailor reads the Notice of Race (NOR). This can be found on the regatta website (of whichever regatta they are participating in)

Get LOTS of sleep. Just the excitement and stimulation from a regatta is enough to crash a kid after one day!

Follow our Facebook and Instagram pages for pictures and updates!

safety rules

Our CYC junior sailing safety rules apply at ALL regattas:

- 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 safety/coach boat
- 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 properly returned and put away after use
- Sailors must make every effort to avoid collisions

code of conduct

Our CYC junior sailing and Sail Canada Code of Conduct applies at ALL regattas:

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.

THANK YOU!

★ anchors away!

Head coach Hannah is be available to answer questions at any time and 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).

We are excited to have a great summer on the water in Chester!

Best regards,



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