



CYC *2021*
JUNIOR
SAILING

CHESTER YACHT CLUB, CHESTER, NOVA SCOTIA

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. As we did last summer, we continue to 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.

A parent MUST come with their sailor on the first day of the session and bring a signed copy of the two COVID waivers attached to this email.

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

★ how does COVID-19 impact the program?

We continue to have in place the same procedures as last summer to protect our sailors, coaches, and community. 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. Coaches will disinfect each boat that the end of each day.

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 times

Our program runs from 9 a.m. to 4 p.m. daily. We DO hold lessons on holidays. DO NOT send your sailor to lessons if they are not feeling well - no exceptions!

★ inclement weather

Sailing lessons will not be held on days in which inclement weather is forecasted. This means you will receive an email by 8 a.m. on any days in question with cancellation notice for that day. Sometimes, this decision will be made at another point during the day and you will either receive an email from the Head Coach or notice at the club. 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.

OVERVIEW

★ inclement weather (cont'd)

Making the decision to call an inclement weather day is a very tough one, on everyone. Unreliable Maritime forecasts are difficult as are the corresponding safety issues that we weigh carefully when deciding to call an inclement weather day. However, we **MUST** rely on the forecasts as safety is our primary concern, always. And those safety concerns not only relate to on-water but the off-water safety of our sailors as well.

There are many factors that go into making an inclement weather day decision. We large groups of sailors at a wide range of levels and ages, we cannot accommodate lessons on the porch, which is not protected from the rain and wind in any event. The clubhouse (interior) is not open until 11 am and asks that we do not have it filled with sailors during inclement weather days. One summer, we had a coach dislocate his shoulder when we decided to proceed in the rain. Having 80+ kids on the property, of all ages, with wet wood, ramps, docks and stairs, tends to create a lot of goofiness that almost always results in an injury or three. Those are just a couple of the many challenges we face.

All clubs across the province deal with similar issues. It is indeed frustrating at times and it is not perfect but we go into this with open eyes as we know we are at the mercy of the weather gods.

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.

2021 WHAT'S IN A DAY

drop-off

Do not send your sailor to sailing if they are feeling unwell! A coach will be on hand at both entrances to answer any questions every day and on the first day of the session take waiver forms.

We ask that when sailors enter the shed to drop their gear, they do so and move on to their group's location on the property, to reduce congestion in the area.

pick-up

All sailors will need to leave the property after their group is done for the day. This allows our coaches the time to do daily disinfection of gear and to prepare for the next day.

Any sailors who are okay to walk home by themselves will be allowed to leave once dismissed by their coach at 4:00 p.m. Any sailors who need to be picked up will be supervised by their coach until they are picked up.

lunch

Send your sailor with lunch every day.

We ask that sailors come prepared to have lunch on the property every day as some days lunch will be on water or on-island, to reduce traffic on the CYC property and ensure we maintain social distancing as well as possible.

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.

2021 WHAT'S IN A DAY

★ what else to bring

A few essentials for safety and comfort:

- Water - a large reusable water bottle...or TWO!
- Life jacket
- Sunscreen - please apply before coming to sailing and ensure your sailor knows to reapply, and how 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 windproof and waterproof, it doesn't need to be fancy just something that will keep your kids warm and dry
- Lunch and snacks for on the water

★ during the day

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. 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.

To promote physical distancing, sailors will often eat their lunches on-water or at one of the many islands that are easily accessible in the area.

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 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.

SAFETY

keeping you 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.

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 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.

- 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

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 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.

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

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
- Familiarize yourself with your child's LTS program

ELECTRONICS

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,



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