

# ***JUNIOR SAILING & RACING***

ALL LEVELS, ALL INTERESTS, FROM RECREATIONAL TO COMPETITIVE.  
2023





Welcome to Chester Yacht Club.

We're very much looking forward to a fantastic sailing season for our 2023 Junior Sail & Race program and we hope you are too. Please take the time to thoroughly read through this document outlining our program and what you and your sailor can expect.

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 Chester YC Junior Sail & Race 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.

We provide an experience unmatched by any other club. Our coaching roster is the best in the province and one of the best in the country. We have the highest percentage of sailors named to International (IODA) teams in Canada. Our sailing community as a whole boasts amongst its members the best sailors in the country.

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 note that for all sailors in Opti Learn to Race, Opti Race Team or ILCA/Laser, if you do not have your own Opti or ILCA, **boat charters are MANDATORY**. They are at a cost of \$150 per session and should be added to your cart at registration. Your registration will not be considered complete and your spot not secured unless your registration includes your associated charter.

Please let us know if you feel there is anything that should be added in the future.

Happy sailing!

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## 2023 Program & Tentative Regatta Dates

### Chester YC and STAR 2023 Session Dates

<u>STAR</u> @DYC	April 15 to June 10 @DYC
Early Bird	June 19 to 23
Session 1	June 26 to July 7
Session 2	July 10 to 21
Session 3	July 24 to August 4
BONUS WEEK*	August 7 to 11
Session 4	August 21 to Sept 1
<u>STAR</u> @DYC	Sept 16 to Oct 21 @ DYC

**Registration opens FEBRUARY 1 for all Senior and Family members;** February 8 for Senior member grandparents registering their grands; February 15 for everyone!

\*The way Chester Race Week falls on the 2023 calendar allows us to offer a BONUS WEEK between Session 3 and CRW

Date	Event	Boat class	Location	Session
TBD	Spring Dinghy	Opti, 420, ILCA, 29er	TBD	<u>STAR</u>
July 6 and 7	Opti Jam	Opti	Chester YC (CYC)	Session 1
July 14 to 16	Bay Wind	Opti, 420, ILCA, 29er	St. Margarets SC (SMSC)	Session 2
July 20 to 23	29er Cdn Champs	29er	Kingston YC (KYC) - ONT	Session 2
July 22 and 23	ARK	Opti, 420, ILCA, 29er	Bedford Basin YC (BBYC)	Session 2
August 3 and 4	Sail Fest	Opti, 420, ILCA, 29er	Lunenburg YC (LYC)	Session 3
August 4 to 7	Opti CORK	Opti	Kingston YC (KYC) - ONT	Bonus Week
August 10 and 11	Opti Provincials	Opti	Chester YC (CYC)	Bonus Week
August 24 and 25	Club Champs	Opti, 420, ILCA, 29er	Chester YC (CYC)	Session 4
Sept 30 and Oct 1	2X Provincials	420, 29er	Chester YC (CYC)	STAR
TBD	Fall Dinghy	Opti, 420, ILCA, 29er	TBD	<u>STAR</u>



## The Program

Our program runs from 9:30 a.m. to 4:30 p.m. daily. We do hold lessons on holidays. Please do not send your sailor to lessons if they are not feeling well, no exceptions. Sailors will head off for the day only when their coach has dismissed them. At the end of the day, their coach will conduct a lesson debrief, lead yard clean-up, and also a review of any incidents or damaged equipment.

Any sailors who are okay to walk home by themselves will be allowed to leave once dismissed by their coach at 4:30 p.m. Any sailors who need to be picked up will be supervised until 4:30 p.m. by their coach.

Please note that for all sailors in Opti Learn to Race, Opti Race Team or ILCA/Laser, if you do not have your own Opti or ILCA, **boat charters are MANDATORY**. They are at a cost of \$150 per session and must be added to your cart at registration. Your registration will not be considered complete and your spot not secured unless your registration includes your associated charter.

### **PLEASE READ : Inclement Weather**

Sailing will not be held on days (or mornings, afternoons) when inclement weather is forecasted. Please ensure you have back-up child care or plans in place in case, for days like these.

This means you will receive an email on any days in question with cancellation notice for that day. Or, there may also be days where we try our best and Mother Nature does not cooperate so sailors may be sent home. Parents will be contacted in these instances. We will always do our best to facilitate on-land lessons whenever possible but in some instances, this will simply not be the case.

Examples of inclement weather include fog, heavy wind and heavy rain when safety becomes compromised. There may also be days where conditions are manageable for one team but not another (for example, Opti Race may go out in 20 knots but Wet Feet will not).

**We expect parents and guardians to be fully supportive of these decisions and trust that they are made in the best interests of the sailors.**

As you would have agreed to at registration, we do not issue refunds for days missed due to weather.

## The Program (cont'd)

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 and Isabel's Cup.

Monday	Tuesday	Wednesday	Thursday	Friday
 Swim Test	 Junior Sailing BBQ (\$)	 <b>Potluck</b> 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!

#### 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.)!

## The Program (cont'd)

### Junior Potluck Lunch

The second Wednesday of each session, we have a Junior Sail & Race 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!

### 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 :)

### What to Bring

**PLEASE NOTE:** For all sailors in Opti Learn to Race, Opti Race Team or ILCA/Laser, if you do not have your own Opti or ILCA, **boat charters are MANDATORY**. They are at a cost of \$150 per session and must be added to your cart at registration. Your registration will not be considered complete and your spot not secured unless your registration includes your associated charter.

Please ensure your sailor comes to lessons with appropriate clothing to keep them warm, dry and protected from the elements. Hypothermia and sunstroke are real concerns.

A few essentials for safety and comfort:

- Lunch and snacks for the day
- Water (a large reusable water bottle...or TWO!)
- Life jacket
- Sunscreen (please apply before arriving and ensure your sailor knows to reapply, and how to reapply)
- Clothes for sailing that can get wet

## The Program (cont'd)

- Change of clothes...times two!
- A towel
- A hat / visor
- 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 top of the line sailing gear just something that will keep your kids warm and dry

Two great tips for gear are Smartwool socks for under booties or shoes (smartest trick in the book and WAY better than any sailing socks you can buy) and gloves (forget about the expensive sailing gloves, hit up Amazon and get a few pairs of these, they are another big sneak: <https://amzn.to/3KpJlfN> or <https://amzn.to/3AsaZcH> or similar)

### Swimming

Chester YC 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 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.

### 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.



## Safety

Safety is paramount at Chester YC. 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.

## General Chester YC Program Safety Rules

The following are general safety rules that are to be followed by everyone in the Chester YC Sailing & Racing 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 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

**Bullying in any shape or form will not be tolerated and is cause for expulsion from our program.**

## Equipment Costs

Important components of our program are the lessons of sportsmanship, awareness (of self and others) and accountability our young sailors learn along the way. Included in this is the responsibility for the gear on loan to them over the course of their session.

At the start of each session, sailors will be assigned their own boat with all the necessary gear that is theirs for that session. The coach will review the condition of the hull and of the gear at the start of each session and again at the conclusion of each session. Repairs for any significant damage beyond expected wear and tear will be invoiced to the sailors parent or guardian or whomever registered the sailor for lessons for an appropriate amount. Lost gear or gear damaged beyond repair will be invoiced for as follows:

<b>Item</b>	<b>Cost</b>	<b>Item</b>	<b>Cost</b>
Opti daggerboard	\$300	c420 daggerboard	\$500
Opti rudder	\$300	c420 rudder	\$500
Opti bailer	\$10	c420 main sail	\$600
Opti praddle	\$10	c420 jib	\$400
Opti windy	\$20	c420 spinnaker	\$450
Opti sail	\$500	c420 mainsheet	\$100
Opti sprit, spar, boom	\$200 each	c420 jib sheet	\$100
Opti mainsheet	\$40	c420 tiller or extension	\$80
Opti mast clamp	\$30	c420 dolly	\$700
Opti tiller or extension	\$50	c420 dolly wheel	\$80
Opti blade bag	\$50	c420 hiking strap	\$60
Opti sail bag	\$30		
Opti air bag	\$50		
Opti dolly	\$200		
Opti dolly wheel	\$60		
Opti sail ties	\$35 per pack		
Opti hiking strap	\$50		
Opti top cover	\$200		
Opti bottom cover	\$300		

Please note, these costs are reduced from retail costs that will still fall to the club. Laser and 29er equipment will be reviewed on an individual basis,

## Regattas

Learning to compete in regattas adds a whole new level of interest to our wonderful sport. Regattas are a chance to practice the fundamental skills you have learned at our club and an opportunity to bond with your teammates and coach and to meet same-aged sailors from other clubs.

Youth regattas tend to be well-run volunteer events that require a great deal of planning and coordination by the hosting yacht club. There are many safety protocols both on and off the water to help keep the sailors safe, such as a required coach boat for each team, on-land check-ins and skipper's meetings.

If you are registered in one of our Race Team or Learn to Race programs, you are considered to be part of our Race Team and are expected to attend all regattas on our local circuit.

**Parents play an enormous support role in this process.** So, when your child joins the Race Team, in some ways so do you. It means arranging your summer schedule to help get the team to and from the regattas safely. Committed parental assignment of duties include towing trailers of boats, getting food for sailors, helping launch the coach boat, and running occasional errands for the coach like heading to the Yacht Shop to find a replacement part. It also requires some additional expenses.

But it's not all work! Like our racing sailors, racing parents often bond with each other during the regattas, hanging out on shore or on a spectator boat. Some parents set up laptops and get work done while the sailors are out. It's whatever works for you.

Ultimately, the race team only works when the sailors and coach are supported by the parents. And, with that, we are committed to reviewing what the upcoming racing season will entail. We strongly encourage you to get involved this summer to help make this one of the best summers that you and your child will experience.

We have created a comprehensive document for our Race Team and regatta-curious sailors. Please request your copy if you would like to learn more about what regatta participation entails from a sailor and parent perspective.

## Responsibilities: Sailor, Coach & Parent

We see sailing as simply a conduit to learning certain life-skills that will benefit our sailors long-term. As such, there are a number of expectations for them as well.

Overall, at all times, Chester YC sailors are expected to maintain a certain level of decorum. Sailing by the rules, respecting their friends and other participants, and respecting their coach are very basic expectations. Behaviour deemed detrimental to program culture will be dealt with as soon as possible, resulting in consequences. There is zero tolerance for unsportsmanlike behaviours and attitudes. On that note, we see the following as the very basic starting points for participants in the CYC program:

### **Chester YC Junior Code of Conduct**

The Chester YC 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 Sail Training & Racing 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. Additionally:

**Attitude:** It must be good. We expect you to do your very best to represent yourself, your family and our club.

**Manners:** Please and thank you at all times. Help a teammate out if they need a hand, on-water and on-land. Keep the yard tidy. No one may leave for the launch or for the day if the yard is messy and/or has garbage on the ground. This is called sportsmanship and we strive to be the best examples of this of any club around.

**Awareness:** This means a lot of things related to being aware of yourself and of your surroundings, on and off the water. This means, for example, wearing sunscreen, drinking water, and obeying the Rules of Racing and our club rules at all times.



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 Sail Training & Racing 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.**

### **Coach Responsibilities**

Your sailors' coach will be responsible for your sailor on-water and on-land. Their job is to ensure the safety and joy of all participants and to act as ambassadors for our yacht club.

Additionally, the coach:

- Comes prepared each day with an engaging and fun lesson plan.
- Ensures on-water safety at all times.
- Coaches all sailors equally.
- Determines best-fit sailing partners.
- If required, outlines a confirmed regatta schedule.
- Provides guidance to their sailors on maintenance, repair and replacement their boats and gear and assisting in proactively identifying gear needs.
- Briefings, on-water coaching and de-briefing each day.

- Communicates and works directly with sailors on conflict or behavioural issues in order to identify solutions.
- Communicates with parents/guardians on the same when deemed serious and/or necessary.
- Identifies a parent volunteer(s) to assist them as they deem necessary.
- Understands that parents too have responsibilities outside of their child's sailing and is gracious for their help. They respond to parents and sailors in a timely manner.
- For regattas, works with parent drivers to coordinate trailering needs, equipment and vehicles. assist them as they deem necessary; coordinates and directs the loading of boats and equipment on the trailers; assembles and packs spare boat parts that might be needed; conducts the final check of all trailers prior to departure to ensure all boats and equipment are safely loaded and secured; organizes equipment for the regattas: first aid kit, safety equipment for coach boat, tool kit; reads/understands sailing instructions and reviews these with sailors; assists sailors in addressing protest situations and other race-related issues.

### **Parent/Guardian Responsibilities**

Since Chester YC 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 Sail Training & Racing Program and all of its participants
- Emphasize skill development and how they benefit your young athlete
- Familiarize yourself with your child's program

If your sailor plans on participating in regattas, you will be expected to volunteer. We have created a comprehensive document for our Race Team and regatta-curious sailors. Please request your copy if you would like to learn more about what regatta participation entails from a sailor and parent perspective.

## Discipline Procedure

Failure to follow the Chester YC 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 a coach. The strike will be recorded on the sailor's file and the LTSD will be notified.
- Second Strike: The sailor will be warned by a coach. The sailor may be asked to sit out for the rest of the class/day. Parent/guardian will be informed and a plan made 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 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.



We are grateful you have chosen Chester as your program of choice. We are a strong junior community - a family - and welcome everyone no matter their goals or interests. Ultimately, we strive to create a life-long passion for the sport of sailing and, so far have achieved that as our coaches are all alumni and our alumni continue to sail in Chester and around the world in a wide variety of boats and fleets, from cruising to competing.

While you are part of our program (and you will always be considered to be part of our family whether you are registered or not), please know the head coach, your sailor's coach and/or the program director are always available to answer questions at all.

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

<https://chesteryachtclub.ca/junior-sailing/>

<https://www.facebook.com/CYCjuniorSail/>

<https://www.instagram.com/chesterycjuniorsailing/>

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

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