

JUNIOR SAILING & RACING

ALL LEVELS, ALL INTERESTS, FROM RECREATIONAL TO COMPETITIVE.
2024





Welcome to Chester Yacht Club.

We are really looking forward to a fantastic sailing season for our 2024 Junior Sail & Race program and hope you are too. Please take the time to thoroughly read 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 are always improving the operation and offerings of our sailing program and are grateful for our incredibly supportive 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 addition to learning the fundamentals of sailing, advancing their technical knowledge and boat handling skills, sailors will have a tremendous opportunity to learn about the importance of looking after their boat and equipment, gain skills in leadership, team work and sportsmanship.

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.

Looking forward to seeing you at the Club!

Jen Fraser

Learn to Sail Director

learntosail@gmail.com

902-471-6590

Table of Contents

2024 Program & Tentative Regatta Dates	3
The Program	4
Inclement Weather	
What to Expect / Theme Days	
What to Bring	
Swimming	
Daily Equipment Check & Maintenance	
Safety	8
General Chester YC Program Safety Rules	9
Equipment Costs	10
Regattas	11
Responsibilities: Sailor, Coach & Parent	12
Discipline Procedures	15

2024 Program & Regatta Dates

Chester YC Session Dates

Session 1	July 1 to 12
Session 2	July 15 to 26
Session 3	July 29 to August 9
Session 4	August 19 to 30

Date	Event	Boat Class	Location	Session
July 16	Isabel's Cup	Bluenose	Chester YC (CYC)	Session 2
July 20,21	Bay Wind	Opti, 420, ILCA, 29er	St. Margarets SC (SMSC)	Session 2
July 26	Junior Sailing Fund Raiser		Chester YC (CYC)	Session 2
July 27,28	Ark	Opti, 420, ILCA, 29er	Bedford Basin YC (BBYC)	Session 2
Aug 8,9	SailFest	Opti, 420, ILCA, 29er	Lunenburg YC (LYC)	Session 3
Aug 21, 22	OptiJam	Opti	Chester YC (CYC)	Session 4
Aug 28	Jr Sailing Awards Ceremony		Chester YC (CYC)	Session 4
TBD	Opti Provincials	Opti	TBD	
TBD	420/ILCA Provincials	420/ILCA	TBD	
TBD	Cork		TBD	

The Program

Our program runs from 9:30 a.m. to 4:30 p.m. daily and the program on holidays.

At the beginning of each new session, please check in with a coach when dropping off your sailor. A welcome and orientation will be done at the beginning to welcome sailors, introduce the coaches, review the program, safety rules, code of conduct and activities planned for the session. Sailors will divide into their classes and meet their new team mates and begin the CanSail training program.

If you would like to meet your sailor's coach to advise them on any particulars concerning your sailor, or to learn about their development, please ask a coach, head coach or the LTS Director. We will make sure we direct you to the most appropriate individual to address your concern. It is extremely helpful at the beginning to be informed about any allergies, learning or behaviour concerns. Help us help your sailor have a great experience.

If your sailor is not feeling well, please do not send your sailor to lessons. At the end of each day, their coach will conduct a lesson debrief, lead yard clean-up, and also a review of any incidents or damaged equipment. Sailors must check in with their coach to be dismissed for the day. 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 READ : Inclement Weather

As we have all witnessed, our area have been experiencing severe 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 and threat of lightning and thunder storms 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.

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 Isabel's Cup, Jr Fund Raiser, Junior Sailing Awards Ceremony (new this year!).

Other fun events throughout the session include:

Swim Tests will be done at the beginning of each session to ensure sailors are comfortable in the water. This will be supervised by their coach with all necessary safety gear on hand.



Swim Test

Thursday night is BBQ night at CYC. This is a great opportunity to meet other members of the sailing community. Come as a member or member guest.



Junior Sailing BBQ (\$)

Come dressed as a pirate and win a prize for the best pirate and participate in pirate games. This event will run once at each session. Date to be confirmed and communicated on the first day of session.



Pirate Day

Pizza day is every Friday. Sailors bring money for pizza and place orders with their coach.



Pizza Day (\$)

Weather permitting, island days will also be scheduled and communicated with sailors. Great fun for sailors to sail to quaker, hike to the lighthouse and play beach games.



Island Day

On the last Friday of each session, an awards ceremony will be held to award sailors with their CanSail certificates as well as fun awards including: most improved, sportsmanship, and leadership award.



Happy birthday, Canada! In honour of Canada Day, wear your favourite red and white gear, face paint, and decorate your boat (streamers, balloons, etc.)

The Program (cont'd)

What to Bring

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
- 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.

More on sailing gear

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.

Two great tips for gear are Smartwool socks for under booties or shoes (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: <https://amzn.to/3KpJfN> 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 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. 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. 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.

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 occur, 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
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- 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 the 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 sailor's 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:

Item	Cost	Item	Cost
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 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 Advanced programs, and you are interested in racing, you qualify to be part of the Race Team. For the 420 Advanced Program, your commitment to racing will be confirmed at the beginning of the season, and you 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. A racing team committee including parents of racers will meet with the LTS Director and Head Coach to organize the season's of regattas and appoint a parent on duty for each regatta to help ensure each regatta runs smoothly. Being a racing parent, 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. Please reach out to the LTS Director to learn more about how you can help.

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 a CYC sailor know how they are expected to act during their time in the CYC Sail Training & Racing Program. Appropriate behaviour will allow them 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: Come to sailing with a great attitude. We expect sailors to do their very best to represent themselves, their family and their club.

Manners: Communicate with good manners using "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 lunch or for the day if the yard is messy and/or has garbage on the ground. This is called sportsmanship and we strive to demonstrate this at the club and at regattas at all times.

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 our sailors. 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.

- Provides an evaluation on sailors' skill development
- 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:

- At the beginning of the session, share information on your sailors' allergies or behavioural concerns
- 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 LTS Director 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 LTS Director. 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!

Jen
Learn to Sail Director
Learntosail.cyc@gmail.com
902-471-6590