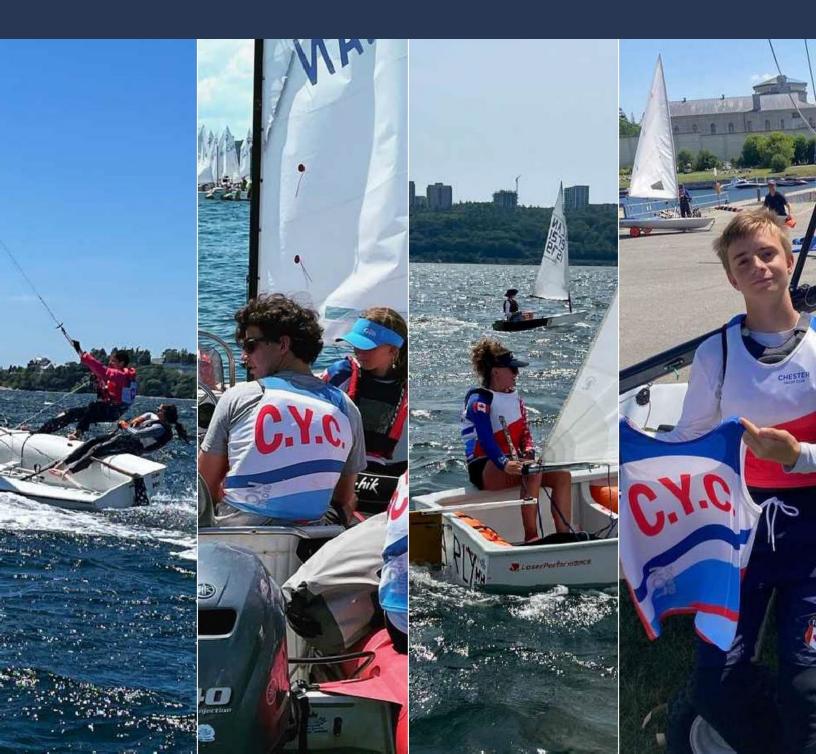


REGATTA HANDBOOK

ALL LEVELS, ALL INTERESTS, ALL CLASSES.





Whether you are a sailor at Chester YC or a parent of a sailor, we are so excited you are involved in our program and with our Race Teams. Learning to compete in regattas adds a whole new level of interest to our wonderful sport. They 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.

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Why Participate in Regattas?

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; develop basic and more advanced sailing skills; encourage family participation; introduce sailboat racing and team racing.

Who is Expected to Participate in Regattas?

Every regatta held in our local "circuit" has a number of options (see below on Green and Open fleets), so sailors at all levels can participate. With just a few special exceptions, all regattas have fleets for Opti, 420, 29er and Laser sailors.

PLEASE NOTE that when you register for Opti Learn to Race, Opti Race Team, 420 Learn to Race, 420 Race Team and/or ILCA Learn to Race, you are committing to participating in all local regattas on our Race Team schedule.



Chester sailors on the Race Team and Learn to Race Team are expected to attend every local regatta on our schedule with their team.

Green fleet is designed as an introductory level of racing. 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) is for everyone else!



2023 Program & Tentative Regatta Dates

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>

Chester YC and STAR 2023 Session Dates

<u>STAR</u>	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	*The way Chester Race Week falls on the 2023 calendar allows
STAR	Sept 16 to Oct 21 @ DYC	us to offer a BONUS WEEK between Session 3 and CRW





Green and Open 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 ILCA and 29er. In cases where there is no 420 Green fleet, 420 sailors should be registered in 420 Open.

Regatta organizers always pay very special attention to the structure of their Opti and 420 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 walk the kids through the days activities
 on and off the water, diagram the race area, provide helpful tips and review basic race rules
- 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
- Encourage on the water learning and allow for coaching and instruction while racing is underway
- Keep races under 30 minutes if possible. Offer on and off-water games as part of the regatta.
- Come ashore for lunch and review the mornings racing and provide more instructional tips
- Don't stay on the water too long and come off the water if the majority of kids are scared
- Races are not scored as the emphasis in 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.

All other Opti and 420 sailors should be registered in Open (or Championship) fleet. All Open sailors will race together on the same course and are scored as an overall fleet. For Opti, 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: Age 13 to 15 years old as of December 31st of the year of the event

Blue fleet: Age of 11 to 13 years of age

White fleet: For sailors that have not reached the age of 11 years old yet



Parent Responsibilities

Your responsibilities as a parent of a sailor on the Race Team are fairly simple but do require clarification especially for newbies. These responsibilities fall into a few categories:

- 1. Proper registration
- 2. Transportation (gear and sailors, both to and from regattas)
- 3. Sustenance (sailors and coaches)
- 4. Safety (gear and general preparation)
- 5. Communication

1. REGISTRATION

We will share the registration link to every regatta in advance. Your sailor needs to be registered AS EARLY AS POSSIBLE for us to determine coaching and asset requirements.

Regatta registration is an additional cost outside of regular program fees with fees ranging from \$50 to \$100 and also vary depending on whether you are registering in a single handed dinghy (Opti or ILCA) or a double-handed boat (29er or 420). Some regatta registration includes a regatta t-shirt and some food like granola bars and fruit in the mornings. Registration for double-handed boats only requires one sailor or parent registers the partnership for the event.

You are responsible for completing all waivers related to the event and some require proof of date of birth. It is helpful to keep a photo of your child's passport, for example, on your phone and theirs to send with registration or for access on site.

Some regattas will require you to be a member of the Canadian Optimist Dinghy Association (CODA) and/or Sail Canada (i.e. have a CANSail number).

To join CODA: https://www.optican.org/membership/join-renew-membership/
To acquire a CANSail #: <a href="https://members.sailing.ca/index.php?action="https://members.sailing.ca/index.php.ca/ind



You will be asked to add the name of the club under which you are registering.

Please register as Chester YC.

Not CYC; not Chester Yacht Club. Please register as Chester YC.



Parent Responsibilities (cont'd)

2. TRANSPORTATION

We expect that every parent will, over the course of a regatta, lend a hand to help with the following more significant tasks. If you are unable for some reason to participate in pre- and post-regatta prep and transportation, 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	REQUIRED GEAR
Trailering 420s and coach boats to and from regattas (pre-loaded on trailers)	Car/SUV/truck with trailer hitch
Car-topping of Optis to and from (coach will secure on Opti to your car top for you)	Any car with roof racks or large SUV
Delivery of gear (dollies, foils, sails, masts, airbags, lines, etc.) to and from	Any vehicle (or boat depending on location)
Daily transportation of sailors to and from	Any vehicle (or boat depending on location)
Assistance loading and un-loading gear and boats from cars and trailer upon arrival and departure	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 in advance to plan for the above.

Please reach out with any questions at all related to this.



Parent Responsibilities (cont'd)

3. FOOD (SUSTENANCE)

While some regattas may offer lunch with registration, please send your sailor with lunch, snacks and water every day. Please also pack lunches accordingly - so, food in a lunch bag (preferably waterproof - even an XL Ziploc bag labeled with your sailor's name works), ice packs, water bottles, etc.

Parents are also responsible for coordinating with other parents to provision the coach boat the morning of every regatta. This includes water, lunch and snacks for the coach every day. 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.

TIP: As an example, some parents have the sailors and coaches Subway orders 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. It can be as simple as a bologna sandwich but please toss something extra in for the coach at least.

4. SAFETY

Please send your sailor with everything they would typically come to lessons with, understanding they will be onsite at a club that is not their home club for long days. Additionally, please check with the coach in advance to see if your sailor requires any additional gear. Safety also means your sailor has all of the required and necessary boat gear, which we always ensure they are equipped with. This said, parents are responsible for the costs of replacement of damaged and lost gear.

5. COMMUNICATION

In order for the season to run like a well-oiled machine (positive thinking works wonders:), communication is key. While we encourage the sailors to take ownership of their season, parents ultimately drive the bus on family planning and schedules. So, in advance of the season - which is why we share the calendar and expectations early - please ensure you have communicated any events that you may have a conflict with.

Additionally, we will create a WhatsApp group for all parents for communication purposes: schedules, transportation and real-time updates from regattas like pick-up times, snack planning, photo sharing and so on.



Sailor Responsibilities

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 teammates, and respecting their coach are very basic expectations. The use of foul language directed towards teammates and other competitors and behaviour otherwise deemed detrimental to team culture will be dealt with as soon as possible, resulting in consequences ranging anywhere from a coach-athlete meeting to a suspension from training for a prescribed period of time. A team requires TEAM PLAY, and while we may compete against each other in regattas, there is zero tolerance for unsportsmanlike behaviours and attitudes. On that note...

1. ATTITUDE

It better be good. We get it - no one likes losing. BUT everyone has been there. It's just part of the process. So take from it what you can, learn for next time and do it with a smile and a laugh. Trust us, you're going to be having fun no matter what the results.

This said, we expect you to do your personal very best to represent yourself and our club.

2. MANNERS

Please and thank you at all times. Help a teammate out if they need a hand, on-water and onland. Keep the yard tidy. No one may leave for the launch or for the day if the Chester area in the boat park 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.

3. 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 at all times. This also means reading the Notice of Race (NOR) in advance. This can be found on the regatta website of whichever regatta they are participating in.



Coach Responsibilities

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 Chester YC. Their job is to ensure the safety and joy of all participants and to act as ambassadors for our yacht club.

Additionally, the coach:

- · Outlines a confirmed regatta schedule.
- When necessary, determines best fit sailing partners.
- 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.
- Works with parent drivers to coordinate trailering needs, equipment and vehicles.
- 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.
- Provides guidance to the team members on maintenance, repair and replacement their boats and gear and assisting in proactively identifying gear needs.
- Organizes equipment for the regattas: first aid kit, safety equipment for coach boat, tool kit.
- · Ensures on-water safety at all times.
- · Coaches all sailors equally.
- Reads/understands sailing instructions and reviews these with sailors.
- Briefings, on-water coaching and de-briefing each day.
- Assists sailors in addressing protest situations and other race-related issues.
- Communicates and work directly with sailors on team 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.



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). **Parents are expected to help transport gear and/or boats.**

Travel to host yacht club

Wednesday pm: Sailors and parents unload boats, cars and trailers. 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.*



Tips & Reminders

Above all, this is supposed to be fun. If driving isn't your thing, there are many other ways to volunteer such as arranging carpools, meals and/or team and coach snacks, etc.

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.

Keep your sense of humour when things go awry; chances are something probably will.

Ask the coach if there is anything you can do to help.

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) and the Sailing Instructions (SIs). These 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 Chester YC 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 Chester YC 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 Chester YC, the Sail Training 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

Chester YC 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.











