



NYC
JUNIOR SAIL
HANDBOOK



Welcome to the NYC!

The Northern Yacht Club offers a top notch, fun filled Learn to Sail program for children and youth during the summer months of July and August. The program places an emphasis on safety, fun, and friendship while also providing the children with a lifetime of memories.

When you become a member of the NYC, you join a long legacy of sailors many of who came through the Learn to Sail program. NYC sailors past and present, have sailed the globe, competed in national, international and world-class events.

Where to Start

If you are new to sailing or joining us again, we have a program to fit your skills and abilities. Children must be at least 8 years old by December 31, 2017 to participate.

Students with no prior formal junior sailing instruction must register for at least two consecutive weeks of instruction.

Instruction and Certification

Instruction is provided by Sail Canada certified instructors in CANSail 1 to CANSail 4 levels. Each sailor progresses at their own pace as we keep the emphasis on fun and safety. This can take a summer or multiple seasons, depending on the sailor.

When a sailor meets the outcomes of a CANSail level, the sailor will receive a CANSail certification. A sailor's progress will be recording through Sail Canada webportal.

Our Fleet and Facilities

Thanks to the generous support of our community, the NYC grounds and facilities have recently been renovated. As a registered non-profit, the Junior Sail program raises funds to keep our program and equipment up to date.

The Learn to Sail program uses three types of dinghies:

- King Fisher Pram
- International Optimist
- Club 420

We keep the emphasis on safe and accessible facilities. .

Learn to Sail Program Schedule

NYC Learn to Sail sessions consist of two-week sessions running Monday to Friday. A one-week session for returning students is available leading up to Baddeck Regatta.

Session 1 (2 weeks)

July 3 – 14, Monday to Friday; 9:00am-4:00pm \$232.00

Session 2 (2 weeks)

July 17 - 28, Monday to Friday; 9:00am-4:00pm \$232.00

Session 3 (1 week – *not available to first time sailors*)

July 31 - Aug 4, Monday to Thursday; 8:30am-4:30pm \$116.00

Session 4 (2 weeks)

August 14 - 25, Monday to Friday; 9:00am-4:00pm \$232.00

Closing August 25 (All sailors, all sessions – details to follow)

Each Friday of the two week sessions and the Thursday of the one week session, the program hosts a fun day, during which the sailors participate in barbeques, sailing and swimming.

Competitive Racing

Our program has a highly skilled race team that has competed in major regattas across the country. Watch for the latest news on what's happening on the race scene. If you are interested in joining the race team, talk to your NYC instructor.

Learn to Sail Registration

Registration for the Learn to Sail Program will be held at the following dates/times:

- NYC Members Only – Wednesday May 31 from 6:00pm-7:00pm
- Open Registration - Wednesday, May 31 from 7:00pm-9:00pm
- Online Registration – Available June 1 – <https://nycjuniorsailing.checkclick.com>

Where: main floor of the Northern Yacht Club.

Junior Sail Apparel

Each year the young minds from the Junior Sail program create a unique sailing theme design for custom ordered t-shirts and hoodies. Soon to be released, you may want to speak now for you Jr. Sail swag, these items are available on a pre-order only basis:

- T-shirts (\$TBD each)
- Hoodies (\$TBD each)

Items are available in youth and adult sizes. Order now!

Fundraising and Volunteering

The NYC Junior Sail program is run by volunteers would not be possible if not for the efforts of parents, guardians and families. Please sign up for activities throughout the year so that we can continue to build the program and keep our young sailors on the water.

Weekly

Weekly Junior Sail Noon BBQs – Fridays July and August

June 15 - Thursday

Junior Sailing Facility Cleanup – 7:00pm-9:00pm on Thursday June 15, 2017. Final details to follow.

Regattas Various Dates

Regatta organizers, chaperones, drivers and equipment handlers. Events vary and include local and overnight travel. More information to follow.

Parent/Guardian Support Committee

Parents, guardians and sailors of all interests are encouraged to the join support committee. Your leadership, time and talent is welcome throughout the year in planning, governing and executing our Junior Sail program.

Please to contact Richard Devoe by [email](#) or leave a message at the club (902-794-9121). As the Junior Sailing program is extremely important to our youth, the yacht club and the community, your assistance is needed and appreciated.

Safety Guidelines

The following is a list of safety guidelines that sailors must adhere to when participating in our Learn to Sail programs:

- Every day sailors must sign-in and sign-out with an NYC Instructor upon arrival and prior to departure.
- Between 0900 and 1600, sailors may not leave supervision of their instructor without approval from their parent / guardian.
- Sailors must always wear appropriately sized, Transport Canada approved lifejacket or PFD when on or near water (includes docks, ramps, tenders, etc.).
- Sailors may not leave the dock and /or launch ramp before their instructor is on the water.
- Sailors must remain within eyesight of their instructor at all times when on the water.
- Sailors must notify a Learn to Sail instructor in advance of any potentially harmful medical condition(s). If applicable, please provide the instructor with appropriate allergy / emergency medication.
- Sailors are asked to notify their instructor immediately if they become injured or feel unsafe.

Required Gear

During all NYC Junior Sail activities, sailors are exposed to salt water, sun wind and rain. To keep sailors safe, comfortable and having fun, we require that each sailor bring the following every day to the program:

- Sailors must always wear appropriately sized, Transport Canada approved lifejacket or PFD when on or near water (includes docks, ramps, tenders, etc.).
- Sun hat or baseball cap (snug fit recommended due to wind)
- Sunglasses
- Sunscreen
- Water bottle
- Lunch and snacks (adhering to NYC Junior Sail Nut Sensitivity Policy)
- Swim suit and towel
- Footwear: sneakers or sailing-specific “dinghy boots”
- Good-weather clothing: use a “layering” strategy because the temperature can be very different on land versus on the water, and may change during the day.

- Quick-dry fabrics and a wind-proof outer layer on the upper body is recommended. Clothes will get wet and salt stained most days, and the seats of pants and shorts have a good chance of getting torn or ripped. Always pack a spare set of clothes.
- Foul-weather clothing: a standard rain jacket and rain pants.
- Wet suits are recommended, but not required.
- Allergy medication and instructions for use (if required).

We strongly recommend that each item be clearly and prominently labeled with your family name since items will inevitably get misplaced during the course of the day

The decision to send a sailor out sailing each day will be a decision made by each sailor's coach. If the sailor does not have proper clothing or equipment, the coach may decide that he or she should not go out on the water.

Daily Routine

Please note that sailing is a sport entirely dependent upon weather. In the event of poor weather conditions, our instructors are prepared with enjoyable, educational and interactive contingency plans. Activities vary from level to level, but may include: sailing crafts and sailing related games, seamanship and knot typing, racing rule, tactics and sailing theory lessons, fitness and sport activities.

Nut Sensitivity Policy

Some children have severe allergic reactions to nuts and the NYC Junior Sail program asks that you become familiar with the **nut sensitivity policy**.

Under **no circumstances** should any of the following products be associated with junior sail activities:

- nuts or foods containing nuts
- nut derivatives or foods containing nut derivatives
- substitutes **including but not limited** to peanut butter substitutes of any kind for any of these banned foods
- any food that has been in contact with any of the above banned items

Parents and guardians must discuss this nut sensitivity policy with their junior sailors.

Please remind your children not to share consumables with other junior sailors. If you have any questions about this policy, please contact Ed Barre (edbarre@ns.sympatico.ca).

**Any violation of this nut sensitivity policy must be reported immediately to a
Junior Sailing Instructor or the Junior Sail Director (Richard Devoe –
juniorsail@northernyachtclub.ca)**



2017 Northern Yacht Club
Junior Sailing Registration & Declaration

Session 1___ 2___ 3___ 4___

Student Name: _____

Birthdate: _____ Age: _____ Able to swim: yes no

CanSail #: _____ First time student: yes no

NS Health #: _____

Parent/Guardian(s) Name: _____

Emergency Contact Information:

Name: _____ Phone 1: _____ Phone 2: _____

Name: _____ Phone 1: _____ Phone 2: _____

Name: _____ Phone 1: _____ Phone 2: _____

Student's Medical Conditions/Allergies:

Sailor's Email: _____

Parent's Email: _____

Sailing Level Achieved to date:

Beginner ___ CANSail 1 ___ CANSail 2 ___ CANSail 3 ___ CANSail 4 ___

Terms & Conditions:

I understand that a program of this nature contains an element of hazard and, in this respect; I accept the full responsibility for the presence of the participant, myself, and/or family members in this course or program and release and fully indemnify the Northern Yacht Club Junior Sailing Association (NYCJSA) and Northern Yacht Club (NYC), of any and all liability associated with our attendance at the NYCJSA or while engaged in

NYCJSA supported activities at another location. The undersigned, hereby releases and indemnifies NYCJSA and NYC, their officers, directors, members, servants, agents, instructors, coaches, and volunteers and each of them, of and from all claims, damages or causes of action the undersigned or child or family member may have, arising or resulting in any way from the participation of the applicant in the program whether caused by the negligence of those persons hereby released or otherwise. I agree to be held responsible for any damage to club equipment or property caused by the careless, reckless or willful conduct of family members or myself.

I will ensure that the student is supplied with rubber-soled foot wear and DOT approved lifejacket or a DOT approved PFD that he or she will wear as instructed. I agree to abide by the rules and regulations of the NYCJSA.

I agree that photos and video may be taken of myself and/or children under my guardianship and used at NYC for the purpose of teaching; in NYC's brochures and publications, NYC's website, Facebook Page, and other online media, for the purpose of marketing. I agree that I and/or children under my guardianship may be photographed or filmed by the media and the images used in local or national newspapers, televised news programs and sailing magazines and that full names are required to accompany pictures, sailing reports, etc.

I have read, understood and agree to the Terms & Conditions above.

Signature of parent/guardian

date

NYC Learn to Sail Program 2017

Registration – per child

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Please note: there is no sailing during the Friday of this week to allow for boats to be transported to Baddeck for Regatta Week. Hours for the four days during this week are extended to ensure the same number of training hours during the week. This session is not available for first time participants in the Junior Sail program.

Session 4 (2 weeks)

August 14 - 25, Monday to Friday; 9:00am-4:00pm \$232.00

Closing August 25 All sailors, all sessions Details to follow

Baddeck Regatta All sailors are encouraged to participate!

August 7-11: anyone taking junior sail lessons in sessions 1, 2 or 3 at NYC in summer 2017 is welcome to participate. Sign up details will be announced at a later date

Family Discount

If there are 3 or more children from one family being registered, the weekly fee will be reduced by \$10 per child (2 weeks = \$20 per child).

CANSail Registration - Mandatory

There is a mandatory additional \$48 fee per child for CANSail registration and SailCanada/ Sail Nova Scotia membership. This fee is a one-time fee per season and applies regardless of the number of weeks each child is registered during the summer.

Each registrant must be at least 8 years of age by December 31, 2017. Students who have never had sailing lessons must register for a minimum of two weeks, with no splitting of weeks over sessions. All others may register for sessions as desired, as space permits, on a first-come-first-served basis.

At the time of registration, the health card for each child registering must be presented.

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Thursday June 15

Junior Sailing Facility Cleanup – 7:00pm-9:00pm on Thursday June 15, 2017. Final details to follow.

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