



NORTHERN YACHT CLUB

JUNIOR SAILING 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 of the year enrolled to participate.

Instruction and Certification

WetFeet

Intended for sailors ages 5-8, WetFeet is an opportunity for young sailors to become acquainted with being on the water and to receive a fun introduction to the sport of sailing. Wetfeet takes place over one-week sessions (July – August), Monday through Friday, 9:00am – 4:30pm. **Students must provide their own lunch and an approved PFD.**

Cansail

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 web portal. To login to see purchase history and your child performance <https://app.checklick.com/> if you need your username or password reset email juniorsail@northernyachtclub.ca with subject Sail Canada Password Reset.

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 currently uses three types of dinghies:

- King Fisher Pram
- International Optimist
- Club 420
- Laser Picos will be added to the fleet soon

We keep the emphasis on safe and accessible facilities.

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 on our website. Early registration and 10% discount on session fees is available to members. If you would like to become a member visit <http://www.northernyachtclub.ca> or you can call or email the manager at manager@northernyachtclub.ca or 902-794-9121 for more information.

Junior Sail Apparel

Items are available on a pre-order only basis (*deadline June 1st*) and will be available online <https://nycjuniorsailing.checkclick.com/>

T-shirts – Long Sleeve Shirts - Hoodies

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.

BBQs

Weekly Junior Sail Noon BBQs-Last Friday of the Cansail sessions

Junior Sailing Boat De-Racking & Facility Cleanup

Mid-June usually a Thursday -Junior Sailing Boat De-Racking & Facility Cleanup – 7:00pm-9:00pm. Final details to follow. Regattas Various Dates

Regattas

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 are welcome throughout the year in planning, governing and executing our Junior Sail program.

Please contact the Junior Sail Director by email (jon@astephen.com) 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 0830 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 of one's child/children with appropriate allergy / emergency medication along with specific written instructions for use.
- Sailors are asked to notify their instructor immediately if they feel unwell, 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 or draw string 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, closed toe sandals 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

Normally, children should be dropped off between 8:30 am and 9 am and then picked up between 4 and 4:30 pm. Exceptions can be pre-arranged with your child(ren)'s instructor.

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 tying, racing rules, 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 whatsoever will 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 the Director (jon@astephen.com). Violation of this nut sensitivity policy must be reported immediately to a Junior Sailing Instructor or the Junior Sail Director (jon@astephen.com)

CANSail Registration - Mandatory

There is a mandatory additional \$20.00 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 of the year attending. 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.