

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 emphasizes 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 whom came through the Learn to Sail program. NYC sailors past and present, have sailed the globe and 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 5 years old and completed grade primary.

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 personal floatation device.

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 recorded through Sail Canada web portal.

To log in to see your purchase history and your child's performance please visit <https://northernyachtclub.ca/cansail-login/>

If you need your username or password reset email juniorsail@northernyachtclub.ca with the subject line reading Sail Canada Password Reset.

Our Fleet and Facilities

Thanks to the generous support of our community, the NYC grounds and facilities have recent upgrades. The Junior Sail program raises funds to keep our program and equipment up to date.

The Learn to Sail program currently uses four types of dinghies:

- King Fisher Pram
- International Optimist
- Club 420
- Laser Picos

We keep the emphasis on safe and accessible facilities.

Competitive Racing

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 NYC 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 online for purchase. Enjoy browsing a wide selection of products from a variety of brands that you can then customize with the approved logos and graphics found on the site. Display your pride in fantastic apparel customized entirely by you. Our site lets students, parents, fans, & staff choose from approved merchandise to fit their needs 24/7 with no minimum order quantities.

<https://northernyachtclub.entripyshops.com/>

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.

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

Please contact the Junior Sail Director by email (jsdirector@northernyachtclub.ca) 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.

Daily Routine

- Sailors should be **dropped off and signed in at the front doors of the junior sailing building no earlier than 8:30 am**. Sailors will be greeted by a coach at the door. The coach will direct students to store their belongings and then begin to rig boats onshore or gather up gear for boats that will be rigged on the dock.
- Once boats are rigged and morning lessons are complete, the rest of the morning will be spent on the water, until returning for lunch at noon.
- After lunch, instructors will engage students in sailing-related activities at the junior sailing building or exercise/games at Munro Park. Then afternoon lessons will be completed, and students will go back on the water.
- Sailors will return to shore by 3:30 pm to derig boats and organize gear, before being **picked up and signed out at 4 pm**.
- Please note that sailing is a sport entirely dependent on weather conditions. In the event of poor weather, instructors are prepared with enjoyable, educational, and interactive contingency plans. Activities vary from level to level but may include sailing-related games, crafts, seamanship and knot tying, racing rules/tactics, sailing theory lessons, and sport/fitness activities.

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 before 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 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.

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. [Violation of this nut sensitivity policy must be reported immediately to a Junior Sailing Instructor or the Junior Sail Director \(\[jsdirector@northernyachtclub.ca\]\(mailto:jsdirector@northernyachtclub.ca\)\)](#)

CANSail Registration - Mandatory

There is a mandatory additional \$30.00 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 5 years of age and completed grade primary. 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.