

# Handbook

## ***Welcome to the Northern Yacht Club (NYC) Junior Sailing Program!***

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.

If you are new to sailing or joining us again, we have a program to fit your skills and abilities.

## ***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. Children must be at least 5 years old and completed grade primary.

### **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](mailto: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 Sailing Program raises funds to keep our program and equipment up to date. We keep the emphasis on safe and accessible facilities.

The Junior Sailing Program currently uses four types of dinghies:

1. King Fisher Pram
2. International Optimist
3. Club 420
4. Laser Picos

### ***Registration***

Registration for the Junior Sailing Program will be held on our website. Early registration and a 10% discount on session fees are available to NYC members. Registration is on a first-come-first-served basis. At the time of registration, the health card for each child is required.

If you would like to become a member visit: <http://www.northernyachtclub.ca>. Or you email [juniorsail@northernyachtclub.ca](mailto:juniorsail@northernyachtclub.ca) or call 902-794-9121 for more information.

### ***CANSail Registration – Mandatory***

In addition to registration fees, there is a mandatory \$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.

### ***Daily Routine***

Sailors should be **dropped off and signed in at the front doors of the junior sailing program building no earlier than 8:30 a.m.\*** 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 program 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 4:00 p.m.\***

**\*Earlier drop off or later pickup may be provided upon request and approval. For further information, please contact [juniorsail@northernyachtclub.ca](mailto:juniorsail@northernyachtclub.ca)**

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 Junior Sailing Program:

- Every day sailors must sign-in upon arrival and sign-out before departure.
- Between 8:30 a.m. and 4:00 p.m., sailors must not leave the 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 must not leave the dock and/or launch ramp before their instructor is on the water.
- Sailors must always remain within eyesight of their instructor when on the water.
- Sailors must notify an instructor in advance of any potentially harmful medical condition(s).
  - \*\*If applicable, please provide the instructor 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 Junior Sailing Program activities, sailors are exposed to salt water, sun wind and rain. 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. We strongly recommend that each item be clearly and prominently labeled with your family name since items will inevitably get misplaced during the day.

To keep sailors safe, comfortable, and having fun, we require that each sailor bring the following items 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
- Swimsuit 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.

- Foul-weather clothing: a standard rain jacket and rain pants. Wet suits are recommended, but not required.
- Always pack a spare set of clothes!
- Allergy medication and instructions for use (if required).
- Lunch and snacks (**adhering to NYC Junior Sailing Program Nut Sensitivity Policy**)

- **Nut Sensitivity Policy**

Some children have severe allergic reactions to nuts and the Junior Sailing 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 and remind them not to share consumables with other junior sailors.

Violation of this nut sensitivity policy must be reported immediately to a Junior Sailing Instructor or the Junior Sail Director.

If you have any questions about this policy, please contact [juniorsail@northernyachtclub.ca](mailto:juniorsail@northernyachtclub.ca)

### ***Competitive Racing & Regattas***

Watch for the latest news on what's happening on the race scene. Volunteers for regatta organizers, chaperones, drivers, equipment handlers are often needed. Events vary and can include local and overnight travel.

If you are interested in joining the race team or volunteering, talk to a Junior Sailing Instructor or email [juniorsail@northernyachtclub.ca](mailto:juniorsail@northernyachtclub.ca)

### ***Fundraising/Volunteering & the Parent/Guardian Support Committee***

The Junior Sailing Program is run by volunteers and would not be possible if not for the efforts of parents, guardians, and families. Parents, guardians, and sailors of all interests are encouraged to join the Parent/Guardian Support Committee. As the Junior Sailing Program

is extremely important to our youth, the yacht club, and the community, your leadership, time, and talent are welcome throughout the year in planning, governing, and executing our Junior Sailing Program. Please sign up for activities so that we can continue to build the program and keep our young sailors on the water.

If you are interested in volunteering or joining the committee, please contact by email [juniorsail@northernyachtclub.ca](mailto:juniorsail@northernyachtclub.ca) or leave a message at the club (902-794-9121).

### ***Junior Sailing Program 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.

Our site lets students, parents, fans, & staff choose from approved merchandise to fit their needs 24/7 with no minimum order quantities. Items are available in youth and adult sizes. Display your pride in fantastic apparel customized entirely by you!

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

### ***Junior Sailing Program Boat De-Racking & Facility Cleanup***

Mid-June each year there will be a Junior Sailing Program 'Boat De-Racking & Facility Cleanup'. More details to follow.