

Sail Georgian Bay

Learn to Sail Community Sailing School

Sailor's Handbook and Parent's Guide

Sail Georgian Bay
PO Box 3253
Meaford
Ontario N4L 1A5

Tel: (226) 668 2944

E-mail: sailgeorgianbay@gmail.com

Visit: www.sailgeorgianbay.ca

Table of Contents

Table of Contents	2
Welcome!	3
What to Expect — A Day of Sailing	4
Sailing Safety Policies	5
FAQ • How to Prepare for Your Session	5
What to Bring	5
General Information and Policies	7
Registration and Payment	7
NSF Cheques	7
Receipts	7
Supervision of Sailors after Hours	7
Sailor/Parent LTS Agreement	7
Age Restriction	7
Equipment Usage Policy	7
Sailor's Code of Conduct	8
Expectations of Parents and Guardians	9

Welcome!

Welcome sailors and parents. Meaford harbour offers a great venue for learning to sail. The sheltered inner harbour is perfect for complete beginners. Once more experienced, our students are able to venture out into Georgian Bay accompanied by our coach boats. For those of you who are new to sailing, we have two types of boats. The Laser Pico is for beginner to intermediate students and our more advanced students sail 420 dinghies. Our sailing programs are recognized by Sail Canada the national sport organization for sailing in Canada. In Ontario, Ontario Sailing is responsible for overseeing our CANSail programs. Ontario Sailing provides us with technical resources and mentoring, and certifies all our instructors. Our coaches have received extensive training based on national standards and are all Sail Canada certified. Parents and students can monitor their progress through CANSail online through <https://app.checklick.com/>. All students who obtain a sailing level have their progress registered with Sail Canada.

If you have never sailed before, you will start at our introductory course or CANSail Level 1. CANSail level 1 offers the basics of sailing. After completing Level 1, students are confident and capable of sailing our dinghies by themselves. Students can then advance through levels 2 to 4 that will challenge them with progressively more advanced boat handling and theory in higher performance dinghies. Students progress through Levels 1 and 2 taking about 2 weeks for each level. Levels 3 and 4 require a high level of competence both in the boats and in sailing theory. This usually takes at least 4 to 5 weeks for each level, over several summer seasons.

This booklet has detailed information on our sailing program and policies at Sail Georgian Bay. Please take time to review the information provided here. If you have any questions or concerns regarding any aspect of the sailing program at SGB, please contact any of the board members at the number and email listed below. They will be happy to help you.

You can also find more information on the CANSail program on both the Sail Canada website www.sailing.ca and on the Ontario Sailing Association site www.ontariosailing.ca. We would encourage you to check these out.

Sail Georgian Bay Contact Information

Please call 226-668-2944 or email us at sailgeorgianbay@gmail.com.

Your 2018 Board of Directors:

Jean-Loup Dalle	President
Liesbeth Halbertsma	Secretary
Debra Gilas	Treasurer
Barry Altman	Director
Dina Riddick	Director
Henry Gilas	Director
Allan Crowe	Director
Tom Thwaites	Director

What to Expect — A Day of Sailing...

It is a bright sunny day in July - the air already feels warm. You can tell it will be a hot day as you arrive at Meaford harbour. It's around 8:45 am.

At 9 o'clock the instructors call everyone to the Sailing School. The general game plan for the day's activities is covered. The instructors give a briefing of what to expect for the day's weather – hot, sunny and windy after lunch.

Sailing students gather on the lawn – Our instructors lead the group through some activities for 10-15 minutes (example, soccer, Frisbee, etc.) to get everyone warmed up. These activities and games help everyone get ready to be alert and prepared when on the water. After the activity, students break into groups with their instructors for about 15 to 20 minutes of instruction in sailing theory before sailors are assigned their boats to rig. Everyone gets help getting the boats ready.

It is now about 10am, and they are finished rigging. The instructors show the sailors what they are going to do on the water. After lots of sunscreen is splashed around, the sailors head out to practise some techniques that were introduced.

After lots of fun on the water, the sailors all return for a quick debrief on the morning session before lunch. The instructors give specific feedback to each sailor on skills that they need to work on as well as skills that they are completing successfully.

Lunch will probably start around 12 o'clock!

As predicted, the wind increases in the afternoon. Students again break into their groups with their instructors and are briefed on the afternoon lesson. Boats are rigged and the sailors take to the water again. Perhaps the wind is too strong for the younger sailors. These sailors may spend time with an instructor working on the knots that they need to know. The lesson is capped off with a knot-tying game. About 3:30pm, the boats are secured for the night, rigging is put away and grounds and boathouse are tidied. There is another quick debriefing and students collect their belongings and chat with their new friends while waiting to be picked up.

The busy day winds to a close at 4pm. The tired and happy sailors head home to rest and get ready for another day of sailing.

Sailing Safety Policies

- 1) CCG approved life jacket or PFD must be worn at all times when on the wharf or near the water.
- 2) Sailors must wear clothing appropriate for weather conditions and have a change of clothing.
- 3) Footwear must be worn at all times. We recommend inexpensive sneakers or water shoes. Sandals are not permitted while sailing or launching boats for safety reasons.
- 4) Waterproof sunscreen is required (SPF 30 or greater).
- 5) UVA + UVB sunglasses and hats or visors are recommended.
- 6) Sailors must be able to swim 15 meters wearing their PFD/lifejacket.
- 7) Wet suits are permitted but not in lieu of PFDs or life jackets.
- 8) All sailors must respect Sail Georgian Bay Program Rules and Regulations.

FAQ - How to Prepare for Your Session

Some questions parents and sailors may have:

Q. — When should I arrive? When can my parents pick me up?

A. — Sailing starts at 9am sharp. It would be wise to try to be there a bit before that. The sailing instructors open up the SGB boat sheds about 8:45 am. Sailing ends at 4pm. Parents and students parking vehicles at the school should park in the main parking lots behind the school not beside the harbour wall and walkway.

Q. — What if I have to leave early one day or will be late another?

A. — This is not a problem, just get your parents to write a short note saying when you'll be absent and give it to your sailing coach at least one day in advance.

Q. — What should I bring to sailing?

A. — This is a good question, here is a sample list of things to bring:

What to Bring:

- ✓ Coast Guard approved life jacket or PFD (personal flotation device). This must fit properly and be in good condition. If it is too large, it isn't safe!
- ✓ Lunch including some fruit and extra drinks in a small cooler or cooler bag.

- ✓ Water, a one-litre container (suggestion: fill it one quarter full and freeze the night before, then in the morning fill to the top and the water stays cool most of the day).
- ✓ Sunscreen, usually SPF 30 — 45 for your body and face.
- ✓ Sunglasses with 100% UVA & UVB protection.
- ✓ A hat or visor with a clip or twine so you can tie it to your PFD and don't lose it.
- ✓ Fast drying, inexpensive sneakers or water shoes (please bring sandals or other shoes that you don't get wet for on shore activities).
- ✓ A large beach towel and bathing suit.
- ✓ At least one complete change of warm clothes including sweatshirts, track pants, windbreaker jacket and rain-gear.
- ✓ A small notepad and pencil.
- ✓ Finally, a bag (backpack or gym bag) that you can fit everything into. If your bag doesn't have a separate spot for wet stuff, pack a couple of extra grocery bags so you can keep your dry stuff dry!

Q. — If I want to, can I go home for lunch?

A. — Yes, but you must get one of your parents to complete a Lunch Sign Out Form or send along a note to the instructor.

Q. — How are sailors evaluated?

A. — Our coaches evaluate sailors daily, on water and on land. Written tests are not required. Evaluation is ongoing, and includes sailing skills, participation and your interaction with other sailors and the coach. Our coaches complete an online Checklick evaluation on each student each week in order to monitor progress and quickly assess student progress for further sessions. Parents will be sent login information for their students Checklick account.

Q. — Is it possible to sign up for one week, or more?

A. — Yes. It is possible to sign up for one week for an "introduction to sailing" however two or more weeks are usually required for new sailors to have a good sailing experience and obtaining sailing levels. Sailors with prior sailing experience may progress through the levels more quickly. Our coaches assess all students individually.

Q. — Is it possible to sign up for additional week(s) in addition to the one(s) on my original registration?

A. — Yes, subject to availability.

Q. — Is there a maximum number of sailors that will be accepted for a session?

A. — Yes. The current program has a maximum of 25 sailors per weekly session depending on the levels offered.

General Information and Policies:

We are not responsible for lost personal items.

Registration & Payment

- It is the intent of the SGB Learn to Sail Program that all sailors be treated fairly. The following requirements are intended to promote an equal opportunity for all applicants:
- All school openings will be filled on a first-come-first-served basis.
- We encourage parents and students to register for our courses online, through our website. We are now also able to accept credit card payments through our online registration page.
- If you are unable to register through the website please contact us and we can send you paper registration forms or you can download the form from the website.
- Unfortunately if you must cancel, we can issue a refund only if we are given up to 7 days before the starting date of each course. A \$50 administration fee will be deducted. **No refunds will be made due to poor weather conditions.**

NSF Cheques

All cheques returned for non-sufficient funds will be subject to a \$40.00 processing fee.

Receipts

The fees paid for Learn to Sail Programs may qualify for income tax reductions. Receipts will be emailed with your registration confirmation.

Supervision of Sailors after Hours

Regular sessions in the Learn to Sail Program run daily from 9am to 4pm. Any participant remaining after hours will not be supervised by SGB staff and shall be the sole responsibility of their parent or guardian.

Sailor/Parent LTS Agreement

In an effort to provide a superior Learn to Sail Program, we require that both sailors and parents have read and understand all the information contained in this handbook and agree to comply with the requirements set forth herein.

Age Restriction

Sailors must be 8 years of age or older to participate in the sailing program at SGB.

Equipment Usage Policy

Our coaches will conduct Boat Inspections on a regular basis. If a sailor is aware of any items on the boats or equipment that is not in proper working condition, the sailors should notify their instructor immediately. This is so repairs can be made in a timely manner and our boats can remain both safe and fun to sail.

Sailor's Code of Conduct

The Sailor's Code of Conduct has been developed to let you, the sailors, know how our coaches expect you to act during your time in our Learn to Sail Program. Appropriate behaviour will allow you to become well-rounded, self-confident sailors. The SGB Learn to Sail Program expects the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of the sailing program, you represent Sail Georgian Bay, our program, and your family. Your behaviour, both on or off the water, should maintain this level of sportsmanship and conduct, and make other sailors proud to be a part of this program.

In order to achieve our Code of Conduct, we ask that you follow these guidelines:

- 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 - get along with your teammates.
- Appreciate the contribution each person makes to the team.
- Learn the rules, and play by them. Always be a good sport and set a positive example for others, particularly the younger sailors.

We expect you to:

- Use good language; the use of profanity, obscene language, or obscene gestures is not permitted.
- Respect your coaches and your fellow participants. The rules of the Canadian Yachting Association and SGB are to be observed by all. Absolutely no unsportsmanlike conduct will be tolerated.
- Be on time for sessions.
- If you do not follow the Sailor's Code of Conduct, depending on the severity and the regularity of the violation, the following steps will be taken:

- 1) Sailor suspended for 1 day
- 2) Sailor suspended for the balance of the week
- 3) Sailor suspended for the summer

Please understand that the enforcement of this policy is to encourage commitment by the sailor to his/her teammates and the SGB Learn to Sail program.

Expectations of Parents and Guardians

Since Sail Georgian Bay sets expectations for their Learn to Sail participants, we feel it only fair that we apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play.

We ask you to:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make their participation fun. Support their desire to learn to sail.
- Show a positive attitude toward the Sail Georgian Bay LTS program and all of its participants.
- Emphasize skill development and how they benefit your young athlete.
- Applaud a good effort in victory and in defeat and enforce the positive points of the sport.
- Familiarize yourself with the materials required for your child's participation in the LTS program

Additionally, we always welcome feedback from you. We ask that if you have any concerns that you follow this chain of command:

- Address your concern(s) with your child's instructor/coach. If you are not satisfied that the issue has been addressed then please take your concern(s) to the Learn to Sail Director. Following these guidelines promotes respect and trust within our program and its staff. Thank you.

Thank you for taking time to read this manual. We are non-profit and are run by a volunteer board of directors with help from parent and community volunteers and donors. If you would like to help out in any way please contact us. We appreciate any time or financial assistance you can give!