

SMSC Junior Sail



Parent Guide Book for 2017

5 FOXBERRY HILL RD.
GLEN HAVEN, NOVA SCOTIA
(902)-823-1089

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Welcome

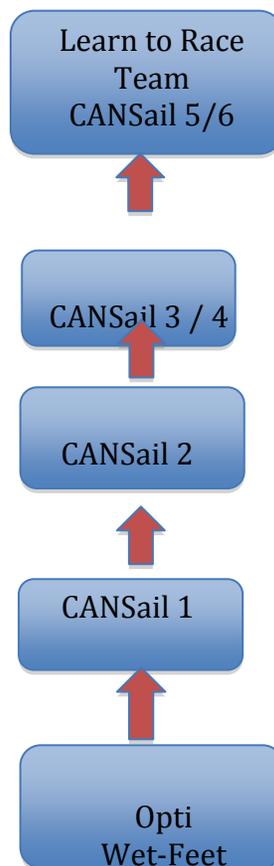
In this booklet you will find all the necessary information to prepare you and your Junior Sailor for the summer, as well as some of our policies. The following are some important contacts for the Junior Sail Program if you ever need to touch base with someone for more information;

Megan Harris – Director Junior Sail
Phone: (902) 820-2130
Email: Megjharris@hotmail.com

Evan Davison-Kolter – Head Instructor
Phone: (647) 294-1560
Email: Evan.kolter96@gmail.com

Club Manager SMSC
Phone: (902)-823-1089
Email: clubmanager@smc.ca

Welcome sailors and parents to St. Margaret Sailing Club! We are very excited for the summer of 2017 and the SMSC Junior Sail Program is ready to go! If you are brand new to sailing or are registering for the first time this is how our different classes are set up;



If you are starting in Opti Wet Feet you will be sailing in Opti Dinghies. They are great little boats and will help anyone learn the basics of sailing. In CANSail 1 you will be getting an introduction to a single handed Opti. Once you get into CANSail 2, you continue your learning in the opti or possibly in a pico with a partner. Once you reach CANSail 3/4 or 5/6 you will be sailing in 420's depending on your size and weight. These double handed boats are great for learning the basics and for racing as well. Our goal at SMSC is to see that everyone gets onto the "Learn to Race Team" and can represent SMSC at local regattas.

CANSail

CANSail was implemented in 2012, and is designed to be a set of progressive learn to sail standards focused on providing sailors with a solid foundation of core skills. It allows sailors to learn and progress in any type of boat and consolidates key skills and solid experiences before adding complex skills.

The CANSail philosophy promotes an active hands-on philosophy to teaching sailing. Material is taught through games and activities, as well as hands on demonstrations and role plays. The idea is to get sailors moving and active, and away from lecture style teaching as much as possible. This creates a fun and inclusive atmosphere for both instructors and sailors. Instructors have fun teaching, and thus sailors have more fun learning. CANSail also treats sailing as a sport. As such, there is an increased emphasis on physical literacy and health. Sailors will participate in warm ups and games which should focus on physiological goals. This emphasis on sailing as a sport, also places a higher emphasis on racing. That said, not all sailors want to race. This is perfectly normal. Not every child who signs up for soccer wants to join the World Cup. That said however, they still learn fundamental soccer skills and they still play soccer for fun. That is the theory behind CANSail as well. Not every sailor will want to race, but they will still learn fundamental sailing skills and they will still play. Sailors will learn strong technical skills and will play, scrimmage, and have fun in our sport. So let's keep everyone, racer or non-racer, coming back!

If you need any program related information please contact Megan Harris, for day-to-day communication during your session please contact Evan Davison-Kolter. A greater focus has been placed on ensuring we have an up to date calendar on our Junior Sail website page. We will have the summer regatta schedule placed online for both July and August so you can see timing or when and where. SMSC has a FACEBOOK PAGE - St Margaret Sailing Club - which has various updates about events and regattas as well as we will be using it as another communication tool this summer. If you want to find out more information about any of the boats we use in our program or about class structure and Sail Canada feel free to browse some of the links below;

[Opti](#)

[Echo](#)

[420](#)

[Sail Canada](#)

About the Club

St. Margaret Sailing Club is having its 60th anniversary this year as the club started with a group of local sailors hosting events out of their back yards. Since then, it has grown to its permanent home located on the shores of French Village Harbour. Even though members have changed over the years and the location has moved, one thing that has always stayed the same, is our beautiful St. Margaret's Bay. Over the years SMSC has been put on the map for competitive sailing after hosting a number of high profile world class regattas such as the 2006 Laser North Americans, 2009 Laser World



Championships, 2011 Canadian Sailing Championships and the 2013 420 North American Championships. Every year SMSC hosts Eastern Canada's largest Regatta "The Bay, The Wind" which

always sees a strong turn out from local sailors.

St. Margaret Sailing Club has a long reputation of successful sailors who are members of our club. Two of the key-founding members of the club's current location, Sandy MacMillan and Glen Dexter are world champion Soling Sailors. Judy Lugar who is another prominent member of the club competed in the Olympics in the 470 Class. At the London 2012 Olympics local SMSC sailor Danielle Dube competed in the Woman's Laser Radial Class.



If you would like more information about St. Margaret Sailing Club; what services we offer, how to become a member or to find out about numerous volunteer activities please check us out online at SMSC.ca. Or to see pictures of our events or our Junior Sail program you can follow us on Facebook.

Club Hours (Summer) – not finalized yet but approximate
 Wednesday – Thursday: 12:00 – 6:00
 Friday – Sunday: 12:00 – 8:00
 Phone: (902)-823-1089

Junior Sail Day to Day

Drop off and Pick up

The Junior Sail Program starts everyday with drop off between 8:30 AM and 9:00 AM and pick up is from 4:00 PM to 4:30 PM. Parents also have the opportunity to sign up for “Early Drop Off and Late Pick Up” which extends these hours to 8:00 AM for drop off and 4:00 PM to 5:00 PM at a cost of \$90.00 per week. Anyone found to be abusing this service would be automatically charged.

Lunch Program

When dropping off your Junior Sailor on the first day of each two-week session, parents have the opportunity to sign up for our SMSC Lunch Program. The program also provides free drinking water for any sailor who brings his or her water bottle. We want every sailor to bring a water bottle as they can become dehydrated spending the whole day outside.

What to Bring

Sailors are to bring the following items to Junior Sail everyday;

- Canadian Coast Guard Approved lifejacket or PFD
- Closed Toe Shoes for sailing (No sandals or Flip Flops) and sneakers for games
- Allergy medication and instructions for use (if required)
- 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.
- Full change of clothes - shorts, T-shirt/long sleeve shirts
- Rain Jacket/pants – fleece is warm and takes the chill away
- Towel
- Water Bottle
- Sunscreen (SPF 30 +)
- Bathing Suit
- Hat
- Sunglasses



- Wetsuit – MEC, costco very affordable sailing attire for kids
- Lunch (if not part of the lunch program)
- 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.

Novice Sailors

<u>Sunny Days</u>	<u>Rainy Days</u>	<u>Windy Days</u>
<ul style="list-style-type: none"> • T-Shirt or Long Sleeved Shirt • Shorts, Board shorts are best. • Hat • Sunglasses • Bathing Suit • Sun Screen • Closed-Toed Shoes (Crocks are fine) • Towel • Extra set of shirt and shorts • Running Shoes 	<ul style="list-style-type: none"> • Splash Pants • Splash Jacket • Sweater (Fleece is best) • Warm Pants, preferably not cotton or jean. • Hat • Sunglasses • Bathing Suit • Sun Screen • Closed-Toed Shoes • Towel • Second change of warm clothes • Running Shoes 	<ul style="list-style-type: none"> • Splash Pants • Splash Jacket • Sweater (Fleece is best) • Warm Pants, preferably not cotton or jean. • Hat • Sunglasses • Bathing Suit • Sun Screen • Closed-Toed Shoes • Towel • Second change of warm clothes • Running Shoes

Racers

<u>Sunny Days</u>	<u>Rainy Days</u>	<u>Windy Days</u>
<ul style="list-style-type: none"> • Rash Guard T-shirt or long sleeves • Hiking Pants or Skiff Pants • Sailing Booties • Sunglasses • Hat • Sunscreen and Zinc • Towel • Exercise clothes, including running shoes 	<ul style="list-style-type: none"> • Wet Suit • Rash Guard • Hiking Pants • Neoprene Socks • Gloves • Hat or Touque • Sailing Booties • Splash Jacket • Sunscreen • Towel • Change of Warm Clothes • Exercise Clothes, including running shoes 	<ul style="list-style-type: none"> • Wet Suit • Rash Guard • Hiking Pants • Neoprene Socks • Gloves • Hat or Touque • Sailing Booties • Splash Jacket • Sunscreen • Towel • Change of Warm Clothes • Exercise Clothes, including running shoes

Cubby holes are available for sailors to keep their stuff together throughout the day. We ask that sailors keep any Ipods or cell phones at home as items can go missing or most likely get wet!

Safety

Safety is paramount to SMSC. Our coaching staff are all certified for the following: First Aid / CPR, Pleasure Craft Operators Certificate, Coach Boat Safety and Radio Operators Certificate. Coaches carry a Participant Information Form and Emergency Action Plan (EAP) at all times on the water. Each coach boat is equipped with all Transport Canada required safety equipment and an updated first aid kit and a VHF radio. Coaches are trained and equipped to activate our EAP whenever necessary.

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

- Every day sailors must check-in with their coach upon arrival and check-out prior to departure. Between 9am and 4 pm sailors stay with their respective coaching staff unless told to do otherwise by Head Instructor.
- Sailor must always wear appropriately sized, Transport Canada approved lifejacket or PFD when on or near water.
- Sailors may not leave the dock and/or launch ramp before their instructor is on the water.

- Sailors must remain within eyesight of their coach at all times when on the water.
- Sailors must notify the Head Coach in advance of any potentially harmful medical condition(s). If applicable please provide the Head Instructor with appropriate allergy/emergency medication.
- Sailors are asked to notify their coach immediately if they become injured or feel unsafe.

Swimming

St. Margaret Sailing Club is very lucky to be located on such a beautiful and clean bay. Junior Sailors often get the chance to boat out to local islands to explore and swim. We are also able swim right off our docks at the club! There are a couple a rules that Junior Sailors should know about before jumping off the big dock. Any sailors in Opti-Wet Feet and CANSail 1 will have to wear their life jackets when swimming and jumping off any dock and it is always feet first! Any sailor in the CANSail 2 and up will be assessed by the Head Coach of their swimming ability but **there will be no diving or throwing children into the water from the big dock, only feet first here as well. If this is observed it is considered breaking the sailor code of conduct and a large safety and liability issue.**

Learn to Race Program

The Learn to Race Program is the perfect place for sailors to learn the basics of sailboat racing. Being part of the Learn to Race Team is a much bigger commitment than a regular Junior Sail session however; you become an ambassador for the club and a role model for younger sailors in the program. As part of the Learn to Race Team there are many potential regattas throughout the summer that SMSC can compete in. A regatta is a series of races held through out a weekend with a winner being determined based on the number of points they earn. This means that during the week sailors will train during normal Junior Sail hours. The Friday prior to the weekend regatta sailors will be responsible for packing up their boats and equipment. Parent involvement will be a crucial part in helping transport gear, sailors, club boats and coach boats to and from regattas. There may also be times when travel is required to get to a regatta which will require parent involvement, coordination and participation. Before the sailing season officially begins the SMSC Learn to Race Coach will hold a parent meeting to plan the summer schedule. In the meantime, you can find more information about upcoming regattas on our calendar.

Parental Support

Parent volunteers are a vital part of the success of our race program. The presence of parent volunteers is particularly necessary during planned regattas, both local and out of town.

Awards Night

At the end of every month long session (dates TBD) there will be an awards night where every sailor who participated in that month is invited. At the awards dinner sailors will receive from their instructor a funny award, a report card and a certificate if they completed their level.

Set Sail Program

For any parents of Junior Sailors who are looking to learn how to sail or who just want to know what their kids are talking about when they get home, SMSC offers the Set Sail program. This program is designed for adults looking to learn the basics of sailing. Club members on their own boats teach the program at the clubhouse. The program involves some night sessions and a weekend of cruising on St. Margaret's Bay.

Sailor Code of Conduct

The Sailor's Code of Conduct has been developed to let you, the sailors, know how the instructors expect you to act during your time in the Learn to Sail Program. Appropriate behaviour will allow you to become well-rounded, self-confident sailors and SMSC member. We here at SMSC Junior Sail Program expect the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of this team you represent SMSC, this organization, and your family. Your behaviour, either on or off the water, should be to maintain this level of sportsmanship and conduct, and make other sailors proud to be a part of this organization. The use of alcohol, drugs, or tobacco of any kind, by any participant, at any time, is strictly prohibited.

In order to achieve this, we ask 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 younger sailors.

We expect you to:

- Use good language – the use of profanity, obscene language, or obscene gestures is not permitted.
- Respect your instructor/coach, your fellow participants, opponents and officials. The rules of the Canadian Yachting Association and LYC are to be observed by

all. Absolutely no unsportsmanlike conduct will be tolerated. The sailor must realize that he/she represents a tradition of fairness in competition.

- Be on time for sessions.
- Attend regularly – you need to develop your individual skills, sailing fundamentals, as well as develop team discipline, unity, spirit, commitment and loyalty.
- NEVER participate in any physical violence, fighting etc. during any events, under any circumstances.

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 balance of session
- 3) Sailor suspended for summer

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

Sailing Safety Policies

CCG approved lifejacket or PFD must be worn at all time when on or near the water.

Sailors must wear clothing appropriate for weather conditions and have layers and changes of clothing. Sailors are required to wear a minimum of a t-shirt. Sailing exposes sailors to a variety of elements, some such a UV rays or cold, which can be dangerous. Sailors therefore need to come prepared. If you need assistance ensuring your sailor is properly dressed, please speak with the Head Instructor. If a sailor comes ill prepared on more than two occasions, a meeting will organized with the parent(s) to ensure a safe environment for their sailor.

Closed toe shoes must be worn at all times. Sandals and flip-flops are not permitted.

Waterproof sunscreen is required (SPF 30 or greater).

UV sunglasses and hats or visors are recommended.

Sailors must be able to swim 25 meters wearing sailing clothing and equipment.

Wetsuits and other dinghy gear are recommended.

All sailors must respect the SMSC Rules and Regulations, Sail Canada's Code of Conduct, and the NCCP Code of Ethics.

There is a very strict no bullying policy that is rigorously upheld. This policy does not tolerate any form of bullying based on ability, age, race, sex, gender, sexual-orientation, religion, or socio-economic status. Non-compliance of this regulation will result in a revision of a sailor's registration, possible suspension, and the possibility that the sailor will be asked not to return to the program.

If you will not be attending, please let an instructor know the morning of, or a day ahead. We try to be as accommodating as possible to our sailors, and as such are happy to work out a schedule to allow sailors to attend doctor or dentist appointment etc. That said, for a sailor to leave the supervision of the Sailing Program, a note must be given to your sailor's coach as early as possible so that sailing lessons aren't compromised for the rest of the class.

Sailors must respect their coaches, their peers, and the members of the SMSC. Fun and safe learning environments are essential to the CANSail curriculum. Sailing is a difficult sport to master and having a respectful and supportive environment is crucial. As such, the SMSC Sailing Program does not tolerate disrespectful behavior from sailors directed towards its staff, its students, or its members.

Sailors must respect the SMSC Sailing Program's equipment and facility. Like hockey, skiing, and cycling, sailing requires equipment that is not inexpensive. The SMSC strives to provide sailors with the best gear and boats so that all sailors have the opportunity to learn the joy of sailing. The program's instructors also put in a lot of effort to maintain equipment so that it will last and provide the best sailing available. We ask that sailors respect the equipment, caring for it as best that they can. We also ask sailors to respect the wonderful facility that is provided for the program, helping to keep it tidy, clean, and a fun environment.

The SMSC Sailing Program does not tolerate any foul language, including any derogatory language or curse words.

If your sailor is taking any medication, please ensure that the Head Instructor is notified. Such information will be kept strictly confidential, but the program wants to ensure that in such a wet and damp environment that medication is kept safe, and that instructors understand its usage in the event of an emergency.

Penalties and Discipline Enforced by SMSC

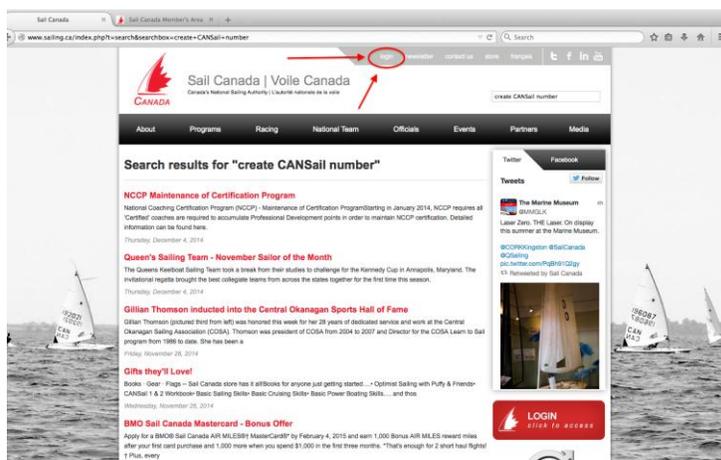
Failure to follow the SMSC Safety Rules may result in a variety of consequences. The SMSC penalty and disciplinary system works on a three-strike policy. First time offenders will be given a verbal warning and a behavioural report form will be written up, and put in the sailor's file. The sailor's second offense will lead to an instructor speaking to the sailor's parents, and a behavioural report form being put in the sailor's file. Third offenses will lead to one of the following based on the severity:

- 1) Shed Duty
- 2) Aiding SMSC Staff with Cleaning Duties

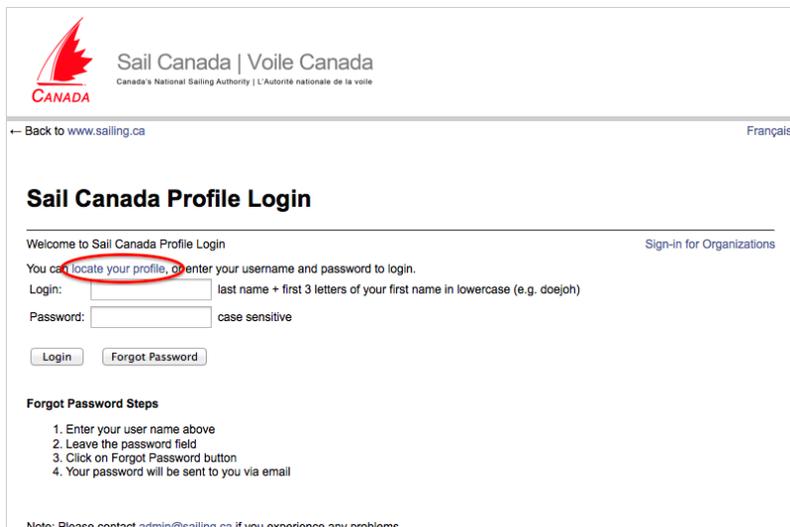
- 3) Sailor asked to leave the sailing program for a day
- 4) Sailor suspended from the sailing program
- 5) Sailor expelled from the program

How do I find my CANSail Number?

Each student at the SMSC Sailing Program will have a CANSail Number. Sailors in the basic program will have numbers generated for them upon registration so that they can be added to Checklick. Sailors in racing programs should already have a CANSail Number, and will require this number for registration at regattas as well as following their progress on Checklick. If you do not know your CANSail Number, you can find it on Sail Canada's Website at <http://www.sailing.ca>. From here, click on the **Login** icon at the top right-hand corner of the screen.



On this page you can login to your child's CANSail profile. To login your username is your last name with the first three letters of your given name. Your password (unless you changed it) will be your postal code, and the page is case sensitive. On your CANSail profile you will find a list of all regional regattas you have attended. This is why you must have your CANSail Number for registration at regattas. Your CANSail Profile can also contain information regarding your prerequisites and instructor certification if you decide to pursue this route in the future.



← Back to www.sailing.ca Français

Sail Canada Profile Login

Welcome to Sail Canada Profile Login Sign-in for Organizations

You can **locate your profile**, or enter your username and password to login.

Login: last name + first 3 letters of your first name in lowercase (e.g. doejoh)

Password: case sensitive

Forgot Password Steps

1. Enter your user name above
2. Leave the password field
3. Click on Forgot Password button
4. Your password will be sent to you via email

Note: Please contact admin@sailing.ca if you experience any problems.

If you cannot sign into your account because you have forgotten your information, then click “locate my profile”. From here you can enter basic information to look up your CANSail number.



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Sail Canada Profile Login

Any sailor in Canada with certification as a Sailing Instructor, Coach or Official, holds a Sail Canada profile on sailing.ca. And now, more and more sailors in Canada are obtaining Sail Canada profiles so that they can:

- access entry to sailing events;
- participate in development clinics, general meetings, speaker nights;
- access member-only discounts on insurance, gear and resources;
- receive sailing newsletters from the Sail Canada and your Provincial Sailing Association

Be sure to note your Sail Canada # in your phone or another spot to have handy anytime you need it to enter into programs that can service you as a boat owner and sailor.

NOTE: Having a Sail Canada profile does not deem you a member of the Sail Canada. For eligibility to race sailboats in Canada, sailors must be member in good standing with a Sail Canada member yacht or sailing club.

Find CANSail #

First Name:

Last Name:

Find your **CANSail #**, without logging in: [Find your CANSail #](#)

Note: Please contact admin@sailing.ca if you experience any problems.

If you have any troubles finding your number after going through these steps, please contact me at megiharris@hotmail.com and I can look it up in checkclick if you have sailed with us previously.