

LEARN TO SAIL 2019



**Guelph Community
Boating Club**

Sailor Handbook & Parent's Guide

Guelph Community Boating Club
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Welcome to the Guelph Community Boating Club's Learn-to- Sail (L2SAIL) Program

Our team of trained instructors is very excited to start the season!

We've been trained and certified by the Ontario Sailing Association in Sail Canada's CANSail program, which is the leading sail training initiative in Canada to foster performance in sailing and life-long participation in the sport.

Our program covers all aspects of dinghy sailing and we look forward to working with you during your session to create a fun and healthy learning experience throughout the summer months. We also regularly compete in GCBC regattas, club racing at other clubs as well as at our own, and with some regattas even taking us out of the country. It is our goal to produce a solid roster of proficient sailors who can enjoy the sport for the rest of their lives.

Contacts

Position	Name	Email
Camp Director	Maria Salgado	l2sgcbc@gmail.com
Head Instructor	Harri Palm	hpalm1@gmail.com
CANSAIL 3&4 Instructor	Ryan Perry	ryanperry@rogers.com
CANSAIL 1&2 Instructor	Kristina Harris	kristinatgharris@gmail.com
Instructor in Training	James Hutchins	Jamesy77@outlook.com

What to Expect

What to Bring

- Canadian Coast Guard approved PFD
- Bathing suit
- Optional (rash guard)
- Water shoes. Running shoes are okay if you do not mind getting them wet. Footwear should be secure on the sailor's feet. Only closed toed shoes with back-strap in the boats. No sandals or crocs in the boats.
- A second pair of shoes is optional to keep feet dry while on shore.
- Healthy lunch, a lifejacket snack like a granola bar should be included. We do not have

- garbage pick up at the club. Garbage must be brought home with the sailor.
- Waterproof sunscreen at least SPF 30
 - Sunglasses 100% UVA & UVB protection plus a strap to hold them on the sailor's head
 - Hat
 - Rain Jacket
 - An extra pair of clean dry clothes
 - Fleece
 - A Fox-40 whistle attached to the PFD

Sailing specific equipment can be quite expensive. We recommend that parents do not purchase any specific equipment for sailing until they are sure their child will stay in the sport. If there are any questions regarding purchasing equipment, please speak with the instructors for more advice.

Sailing Safety Policies

1. CCG approved life jacket or PFD must be worn at all time when on or near the water.
2. Sailors must wear clothing appropriate for weather condition and have a change of clothing.
3. Footwear must be worn at all times. Sandals are not permitted while sailing or launching boats.
4. Waterproof sunscreen is required (SPF 30 or greater).
5. UV sunglasses and hats or visors are recommended.
6. Sailors must be able to swim 25 metres, wearing sailing clothing & equipment.
7. Wet suits are permitted but not in lieu of PFDs or life jackets.
8. All sailors must respect the GCBC Rules and Regulations

What is Expected of The Sailors?

We sail rain or shine, except if there is thunder and lightning. Our policy is that we do not go back on the water within 30 minutes of the last lightning flash or thunderclap. Part of sailing is braving the elements and being prepared to sail in all conditions. Even though we sail in the summer, the temperature can be significantly cooler on the water. Warm clothing may be needed. For warm clothing wool is the best because it insulates even when wet. Synthetic materials like fleece and wicking layers can also provide warmth when wet and will dry quickly. Avoid cotton when sailing. Cotton does not insulate and will make you colder when wet.

Sailing is a water sport, sailors should expect to get wet. Wear clothing that can get wet including water shoes.

It is expected that all of our sailors are respectful. The expectation is that sailors show respect to each other, the instructors and our equipment. Instructors have the authority to send a sailor home at their discretion.

Sailors are expected to rig and de-rig their boats and help each other complete this task. The instructors are there to help with this process but will not do it for the sailors. How to rig and de-rig boats will be covered in a lesson.

Sailors are expected to capsize. The instructors will not force a student to capsize their boat, but it is a requirement for the CANSAIL program. As such there will be a lesson on capsizing and we do practice capsize recovery through capsizing drills.

Sailor's 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 L2SAIL Program. Appropriate behaviour will allow you to become well-rounded, self-confident sailors and GCBC members. Here at the GCBC L2SAIL Program, we expect the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of this team you represent GCBC, this organization, and your family. Your behaviour, both on and off the water, should 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.
- 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 GCBC 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 GCBC L2SAIL 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:

- Sailor suspended for 1 day
- Sailor Suspended for balance of session
- Sailor suspended for summer
- Please understand that the enforcement of this policy is to encourage commitment by the sailor to his/her and teammates and to the GCBC L2SAIL Program.

What Does a Typical Day Look Like?

- Drop off time: Time to hangout in the club house while everyone else arrives. This is a good time to apply sunscreen and get changed if the sailor has not done so at home. You can never apply too much sunscreen!
- Game time: We play a short game to get the day started. Generally something low energy.
- Lesson time: A classroom lesson on the theory of sailing. Here we will go over new drills that we will then practise on the water. Brief the sailors on hazards and weather conditions. Create boat assignments for the morning sailing session ahead.
- At the end of the lesson there is another opportunity to put on sunscreen, go to the bathroom, change and have a quick snack. We suggest wearing the clothing you will sail in, to the club in the morning. We also suggest bringing a lifejacket and a snack. This is something that you can be put in the sailors pocket and eaten while on the water.
- Rigging assigned boats and launching for the morning session. During the morning session we work on the drills and skills that were discussed in the lesson prior to sailing. At the end of the session we come back to the dock. Some boats will need to be de-rigged before lunch while others can be left for the afternoon session.
- De-brief: Talk about the sailing session. What the sailors think they did well and what they want to work on. Instructors address the class on how the class did as a whole and what needs improvement.
- Lunch time
- Game time: High energy, Lots of running.
- Second lesson and a pre sailing session briefing.
- Second sailing session.
- Docking and hauling the boats out for de-rigging.
- Clubhouse clean up.
- Swim time and pick up time.

Registration & Payment

It is the intent of the Learn to Sail Program that all applicants/sailors be treated fairly. The following requirements are intended to promote an equal opportunity for all applicants:

1. All L2SAIL openings will be filled on a first-come-first-served basis.
2. Registration payments by mail may be paid by cheque, Visa or MasterCard.
3. Cash registrations will only be accepted in person.
4. Applications received without payment will **NOT** be processed.
5. **GCBC does not accept post-dated cheques.**

Refunds

There will be no refunds within 7 days prior to the start of a sailing session.

NSF Cheques

All cheques returned for non-sufficient funds will be subject to a \$25.00 processing fee.

Receipts

Some of the fees paid for L2SAIL programs may qualify for tax reductions. Please indicate if you would like a receipt and in whose name such receipt should be issued. Please check with your tax advisor for eligibility



Guelph Community Boating Club

GCBC Student Learn to Sail Application Form - (one form per sailor)

Sailor's Name		Date of Birth (dd/mm/yy)	
E-Mail		Home Phone	
Parent or Guardian		Work Phone	
Mail Address		Cell Phone	

Highest level of CYA/ CANSAIL sailing level achieved		Where was the Course?	
Registered for which level?	CANSAIL 1 or CANSAIL 2	CANSAIL 3 or CANSAIL 4	

Health Card #:			
Family Physician		Doctors phone #	

Do you have any allergies? Yes _____ No _____
If yes please list all allergies and note if you carry an EpiPen.

Are you taking any medications? Yes _____ No _____
If yes please list all medications:

Please list any restrictions on physical activities:

Additional Information / Comments:



Guelph Community Boating Club

Acknowledgement and Release (one form per sailor)

I/We, _____ am/are the parents(s) or guardian(s) of, _____, a minor child who is registered in the Learn to Sail (L2SAIL) program of the Guelph Lake Community Boating Club (GCBC).

I/We acknowledge and agree that there are inherent risks to personal safety in water-based activities such as sailing, and that some risk remains notwithstanding all due regard for safety and the taking of proper precautions. I/We accept these risks for myself/ourselves on behalf of my/our child.

In consideration of the above and the admission of my/our child to the L2SAIL program of the GCBC, we, the undersigned, release, hold harmless, and forever discharge the Guelph Lake Community Boating Club, its employees, directors, successors and assigns, from all actions, causes of action, damages, claims and demands whatever which we have or which we, our heirs, executors, administrators, or assigns may have either independently or on behalf of our child, against the GCBC, its employees, successors and assigns, by reason of, or arising out of the participation of _____, (a minor child) in the L2SAIL program, or by reason of any other cause, matter or thing whatever existing or arising during my child's participation in the L2SAIL program.

And further, I/We agree to indemnify GCBC, its employees, directors, successors and assigns, against all actions, damages, claims and demands which may be brought against it on behalf of my/our child in respect of or arising out of the participation of my/our child in the GCBC L2SAIL program and again any loss arising there from.

I/We have read over this document and understand that it is a full and final release of all claims for damages or injuries, and have read over the agreement to indemnify and understand the responsibilities which we have assumed hereunder.

Signed this _____ Day of _____, _____

Sailor Signature

Parent / Guardian Signature

GCBC

Photo/Video Release Form for Minors (if under 18)

The Guelph Community Boating Club has my permission to use my or my child's photograph or video recording publicly to promote the Club and its Learn to Sail Program. I understand that the images and/or video recordings may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Parent/Guardian's signature: _____ Date _____

Parent/Guardian's Name: _____

Child's Name: _____

Phone Number: _____

GCBC

Photo/Video Release Form for Adults

The Guelph Community Boating Club has my permission to use my photograph or video recording publicly to promote the Club and its programs. I understand that the images and/or video recordings may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Signature: _____ Date _____

Name: _____

Phone Number: _____