

# Sturgeon Lake Sailing Club



## Parental Guide and Information Package 2019 Learn-to-Sail Programs



## Contents

Introduction.....	3
How to Get to Club .....	4
Driving: .....	4
Biking: .....	5
The 2019 Instructor Team .....	6
Instructor Qualifications and Safety.....	7
The CANSail System.....	8
Evaluation and Checklick.....	8
CANSail Level Basics .....	10
CANSail Level Detail & Programming.....	11
Wet Feet: Where young sailors discover the joy of boating.....	11
CANSail 1-2: Basic Sailing Skills.....	11
CANSail 3: Intermediate Sailing Skills .....	12
CANSail 4-6: Senior Race Team.....	12
CANSail 2 Development Program .....	13
Feva Race Team .....	13
What to Bring to Club .....	14
A Typical Day .....	15
Wet Feet to CANSail 3 .....	15
CANSail 4 to 6 .....	15
Wednesday Fun (and Pizza) Days .....	16
Extra Curriculars.....	17
Tuesday Movie Nights .....	17
Friday Dances .....	17
Sunday Afternoon Races.....	18
Getting in Touch.....	19
Reporting Sailor Absences .....	19
Sailor Expectations .....	20
Volunteering – a message from the Commodore .....	22

# Introduction

Hello SLSC parents! Welcome to the SLSC family. The Sailing Club has been in operation since 1956 and has been providing youth sailing lessons and promoting a life-long love of the sport ever since. This handbook is your guide to the ins and outs of the Club's learn-to-sail program. It will be helpful for both new and seasoned parents. We are also developing a companion Race Team Handbook, so look for that later in the summer.



You can find information on basic things like how to get to the Club, what sailors should bring each day, what a typical day's activities and schedule looks like, how to get in touch with us, and what to do if your child will be absent. We introduce our wonderful and fully qualified instructor team, explain how Sail Canada's CANSail program works, and outline the focus of each of the related programs we deliver. You can also find information on our extra-curriculars like Tuesday movie nights, Wednesday pizza lunch, Friday night dances, and Sunday Afternoon Races. Finally, we outline our behavioural expectations for sailors and go through the many ways that parents can become involved with the Club in a volunteer capacity.

We hope the handbook gives you the information you need. Please let us know if you have any questions or things you would like to see added ([info@slsc.ca](mailto:info@slsc.ca)).

# How to Get to Club

## **Driving:**

If you are driving from outside of Sturgeon Point, take Sturgeon Point Rd toward the Point, and make a left on Golf Links Rd. From there it is 400 metres to the SLSC driveway. Typing Sturgeon Lake Sailing Club or 51 Golf Links Road into Google Maps or other GPS programs will get you there.

Please drive very slowly around the Golf Links Rd intersection, as you near the Club, and as you come down the driveway as there are many children on bikes.





## **Biking:**

If your child is biking to Club, they are encouraged to use the bike path, as shown in yellow on the map below. The path avoids the busy and hilly intersection at Sturgeon Point and Golf Links Rds as well as the general car traffic to the Club and Golf Course.

All sailors who bike should, of course, use a bike helmet.



# The 2019 Instructor Team

This year we have some returning instructors and some new faces. Plus, we are doing some job sharing to enable more of our local sailors to get some teaching experience.

## ***Head Instructor:***

Kate Gilchrist is our Head Instructor and will be a roving instructor helping out groups that have a large enrolment.



## ***Assistant Head:***

Madeleine DesBrisay is the Assistant Head and the CANSail 2 lead instructor.



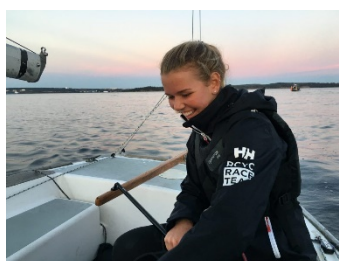
## ***Senior Race Team Coach:***

Margaret Wilkins is the CANSail 4/5/6 instructor and the Senior Race Team Coach.



## ***CANSail 3 and Feva Race Coach:***

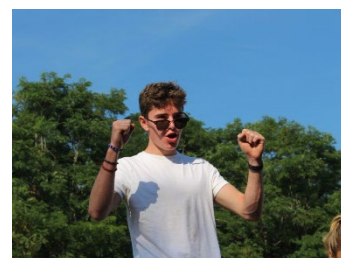
Sophie Heldman is back to lead the CANSail 3 instructor team and is the Feva Race Coach.



Maija Rix will join Sophie in CANSail 3 for the month of July.



Matthew Day will join the CANSail 3 team in August.



### **CANSail 2:**

Madeleine leads the CANSail 2 team and Charlie Breyfogle will be assisting for the month of July.



### **CANSail 1:**

Scarlett Farr and Meg Gilchrist are both back and will be running the CANSail 1 group.



### **Wet Feet:**

Elliot Ollerhead will be the Wet Feet instructor in July and Raeha Rix in August.



Kate Gilchrist will oversee and help out as needed.

## **Instructor Qualifications and Safety**

All SLSC instructors are Sail Canada trained. The process to become an instructor is not easy and requires training in first aid, CPR, coach boat safety, coaching theory and, of course, sailing!

Every SLSC instructor is trained in:

- Standard First Aid, which trains instructors to respond to various medical emergencies;
- CPR-C (CPR training appropriate for adults, children and infants);
- Coach Boat Safety through Ontario Sailing;
- Coaching Fundamentals through Ontario Sailing;
- CANSail Instructor accreditation through Sail Canada for the level they are teaching;
- Minimum CANSail 4 level sailing.

# The CANSail System



CANSail is Sail Canada's training standard for sailors and is designed to promote a life-long enjoyment of the sport. CANSail is a set of progressive learn-to-sail standards focused on providing sailors with a solid foundation of fundamental sailing skills like balance, sail trim, steering, heading up, bearing off, tacking, gybing, starting, stopping, and seamanship. It allows sailors to learn and gradually improve these skills in single or double-handed boats as they progress through the levels. Sailors learn key skills and engage in fun and challenging experiences suited to their age and stage of development.

## Evaluation and Checkclick

The CANSail skills are all listed in a system called "Checkclick", which is the same system we use for registration. When you register a sailor, you can set up a username and password on Checkclick which allows you to log in and monitor their progress on the checklists and download certificates of completion directly from the site. Here's a page from the CANSail 1 checklist:

Craft	Direction
Comments	
Next Recommended Level	
<b>Balance</b>	
Correct starting position on each tack	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Sit in correct position fore and aft in the training boat	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Adjust body position to react to changes in heel	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
<b>Sail Trim</b>	
Adjust sails in/out while sailing to a point to test proper sail trim	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Luff sails to reduce heel	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
Trim sails for a close hauled course for 2 minutes	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	<b>Direction</b>
	Steer to keep tell tales flying 50% of the time while sailing
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Sail within defined boundaries
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Control steering with intentional movements
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Identify and sail within 3 boat lengths of a point
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Manoeuvre to avoid boats and hazards
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	<b>Head Up</b>
	Head up to close hauled from any point of sail
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Trim sails using both hands
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Steer boat smoothly while heading up
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently
	Keep boat flat while heading up
	<input type="radio"/> Further Development Required <input type="radio"/> Performing Consistently



Sailors complete a CANSail level when they can consistently perform all skills associated with the level. Once sailors can perform a skill consistently, it will be indicated on the checklist. Checklists will be updated periodically by the instructors or when a sailor finishes a program.

Sailing is a complex sport and CANSail skills take some time to master. The pace of learning will depend on many things including the vagaries of wind and weather. If a sailor attends Club regularly for many years, they typically progress through the levels and can join the senior race team, but enrollment in a program does not guarantee certification at any level. It often takes two or more summers to obtain a level.

Sailors may make significant progress on learning a skill during a course but not yet be performing that skill consistently. Students can also work on CANSail skills in different levels at the same time. They may finish a year with only a few skills left to master in one level, which they can complete when they return the following summer. Levels are often completed during rather than at the end of a program.

**CANSail is not a pass or fail system.** It is designed to monitor progress on many sailing skills over a long period. Regardless of whether a student progresses from one level to another, they have always made progress on many skills, made friends, and had fun while doing it!

# CANSail Level Basics

Level	Description	Boats
<b>Wet Feet</b>	Introduction to sailing for 8-9 year olds	Dinghy Opti
<b>CANSail 1</b>	Fundamental sailing skills for beginners	Picos
<b>CANSail 2</b>	Consolidates fundamental skills	
<b>CANSail 3</b>	Intermediate skills & racing fundamentals	Fevas
<b>CANSail 4</b>	Advanced skills & intermediate racing	
<b>CANSail 5&amp;6</b>	Advanced racing skills	Club 420s

# CANSail Level Detail & Programming

## **Wet Feet: Where young sailors discover the joy of boating**

**Recommended Age:** 8-9

**Skill Level:** New to sailing

**Prerequisites:** None

**Hours:** Monday to Friday, 8:30 – 12:30

**Boat:** Optimist Dinghy

Our Wet Feet group is a fun program designed for our youngest sailors. This program introduces children to sailing in the Optimist Dinghy in order to establish comfort on the water in a fun environment with a strong emphasis on water safety. A typical day may include activities such as: swimming, sailing, games (on and off the water), and much more!



## **CANSail 1-2: Basic Sailing Skills**

**Recommended Age:** 9+

**Prerequisites:** None

**Hours:** Monday to Friday, 8:30 – 12:30

**Boat:** Pico

The CANSail 1 and 2 levels introduce sailors to the fundamental sailing skills in the kid-friendly Pico dinghy. Lessons are creatively delivered by our team of qualified and experienced instructors both on and off the water. The focus is on fun and building confidence. On water, sailors will work on boat safety, balance, sail-trim, basic boat-handling skills and seamanship. On land, sailors will learn basic terminology, rigging, knots, and water safety.



## **CANSail 3: Intermediate Sailing Skills**

**Prerequisites:** CANSail 2 level completed

**Hours:** Monday to Friday, 8:30 – 12:30

**Boat:** RS Feva

CANSail 3 progressively builds and develops the skills in CANSail 1 & 2, with a focus on keeping the sailor engaged with appropriate challenges and learning opportunities. The program introduces sailors to the RS Feva dinghy, to more advanced sailing skills, and to some of the skills, rules and tactics needed to compete in club races.



## **CANSail 4-6: Senior Race Team**

**Prerequisites:** CANSail 3 level completed

**Hours:** 8:30-1:30 daily except Wednesday 8:30 – 12:30

**Boats:** Club 420

In CANSail 4, sailors will develop advanced boat handling skills in a variety of conditions and are introduced to trapeze and spinnaker flying in the RS Feva or 420 dinghies. CANSail 4 is the minimum sailing level required to become a Sail Canada certified instructor.



The CANSail 5&6 levels fully integrate advanced boat handling, sail trim, and rig tuning, with racing tactics, rules and strategy. Sailors will learn about proper teamwork and advanced techniques for trapeze and spinnaker in 420 dinghies.



## **CANSail 2 Development Program**

**Prerequisites:** Must be enrolled in the CANSail 1-2 morning program at SLSC and have completed CANSail 1.

**Hours:** Tuesdays and Thursdays, 1:30 – 4:00

The CANSail 2 Development Program offers sailors an opportunity to develop their sailing skills further in the Opti, Pico, or Feva in a small group setting. Sailors may be introduced to some introductory racing skills in a fun and non-competitive environment to allow them to feel more comfortable participating in local regattas.

## **Feva Race Team**

**Prerequisites:** Must be enrolled in CANSail 3 and have completed CANSail 2

**Hours:** Tuesdays and Thursdays, 1:30 – 4:00

Team members will continue to work on boat-handling skills with a more focused approach to racing. Students will be introduced to race theory, tactics, and drills that simulate racing conditions and experiences. As always, the emphasis is on improving confidence and enjoyment of the sport, and not on winning or losing. Students may have the opportunity to participate in regattas pending their coach's approval.

Team members are expected to commit to a minimum two weeks participation.



# What to Bring to Club

Here is a list of things that kids should bring with them each day:

- A properly fitting Lifejacket or PFD. If it is too large, it is not safe.
- Refillable water bottle
- Sunscreen (SPF 30 or Higher, Waterproof is recommended)
- Bathing suit and towel
- Hat or visor. These can blow off on windy days, so we recommend a clip to attach them to a PFD.
- Sunglasses with 100% UVA & UVB protection
- Closed toed shoes that can get wet and dry easily (such as water shoes or Crocs)
- Quick drying shorts and top (cotton is not recommended).
- Snacks (nut free please!). To help prevent litter, please avoid sending snacks in foil/plastic wrap.
- On windy, rainy, or cold days, a complete change of warm clothes, a fleece, and a splash jacket are recommended.
- Note: **Use of cell phones or other electronic devices by students is not permitted during program hours.** Students may bring devices to communicate with parents after Club, but they will need to be kept in a backpack during program hours.



# A Typical Day

## Wet Feet to CANSail 3

The following is a schedule of what our typical day in our program looks like. All times and daily activities are subject to change and are weather dependent. For all sailors in Wet Feet, and CANSail 1 through 3, the usual morning routine looks like this:



08:30 am	Sailors Arrive
08:30 – 09:00	Sailors rig their boats
09:00 – 10:00	Flag Raising, Attendance and Morning Games
10:00 – 10:30	Lessons and/or briefing for water session
10:30 – 12:00	Sailing
12:00 – 12:30	Derig and debrief

**Optional afternoon programming:**  
the CANSail 2 Development Program  
and the CANSail 3 Feva Race Team

1:30	Sailors arrive
1:30 – 2:00	Lesson/briefing
2:00 – 3:30	Sailing
3:30 – 4:00	Derig and debrief



## CANSail 4 to 6

For sailors registered in the CANSail 4-6 program, the morning session is extended by one hour to 1:30 all days except Wednesdays. Their schedule is the same as above, except the sailing session is from 10:30 to 1:00 pm, with the derig and debrief between 1:00 and 1:30.

# Wednesday Fun (and Pizza) Days

On Wednesdays, sailors from all levels sail together for a series of fun days. Our Senior Race Team members get a chance to mentor and teach skills to younger or less experienced sailors in their boat and our young sailors get a chance to get to know and learn from our veteran sailors.

Fun day themes vary and will be announced by the instructors in the weekly newsletter.



**On Wednesdays**, the club offers a pizza lunch, included in the fees for the morning core programs. Pizza is served around 12:30 pm and sailors are usually ready to head home by 1:00 pm.



# Extra Curriculars

## Tuesday Movie Nights

Each Tuesday, the Senior Race Team runs a movie night. It starts at 6pm and entry costs a whopping \$1 (unless the seniors decide to raise the price, which has not changed this millennium). Bring along a little extra cash as there is a concession with popcorn, candy, juice and the like.

The first movie is open to all sailors and is G-rated – usually a Disney or Pixar. The first movie ends at 8ish. Sailors who are 13 (or turning 13 by the end of the calendar year) or older are welcome to stay for the second film, which is usually scary. The second film ends at 10 pm or so.



## Friday Dances

The legendary Friday night dances run from 7 to 9 pm throughout the summer, and all sailors are encouraged to come down. They're crazy fun!

Entry cost is also \$1 with refreshments and snacks available for purchase.



# Sunday Afternoon Races

The Sunday Afternoon Races are run on several weekends throughout the summer in Lasers, 420s and Fevas. They feature friendly competition among alumni, current sailors, parents, and grandparents (go Richard!). All are welcome! Bring your own Laser or come on down to the Club at 1pm and we will provide a 420 or Feva.

The first race starts at 1:30 pm (-ish) and we are usually off the water by 4 or so. The racing is great fun and features a winner's trophy that is bigger than the America's cup. There are also end of season awards for just about everything you can think of: top parent, top female, top junior club sailor, as well as awards/trophies for the winner of each fleet.

Even if you don't want to race, you are welcome to come on down for a sail.

This summer the Sunday Afternoon dates are: July 14, July 28, Aug 11 and Aug 18.



# Getting in Touch

General Enquiries: [info@slsc.ca](mailto:info@slsc.ca)  
Commodore, Richard Roberts: [commodore@slsc.ca](mailto:commodore@slsc.ca)  
Instructors: [instructors@slsc.ca](mailto:instructors@slsc.ca)  
SLSC landline: (705) 887-5110  
Registration or bursaries: [registration@slsc.ca](mailto:registration@slsc.ca)  
Attendance: [attendance@slsc.ca](mailto:attendance@slsc.ca)

## Reporting Sailor Absences

If your sailor is registered for a program but is unable to attend on any given day, please inform the Club by emailing the Head Instructor at [attendance@slsc.ca](mailto:attendance@slsc.ca). If you do not have access to email at the cottage, please call the main SLSC line at (705) 887-5110, preferably between 8:15 and 8:45 am.

If your sailor is absent at attendance, which is taken shortly after 9am, and the instructors have not been informed of the absence, then they or the registrar will attempt to notify you using the emergency contact information provided at registration.

# Sailor Expectations

Sturgeon Lake Sailing Club is a place where children learn to sail in a fun-loving and caring environment. It is a place where children can learn to foster their independence, develop self-esteem and resilience, and build lifelong friendships. To ensure that the SLSC community continues to flourish, we have created four simple guidelines that we ask all parents and sailors to read before participating in the activities of the Club. Parents will be asked to confirm that they have read and agree to the guidelines during the registration process.

## **Guideline #1 – Respect Yourself**

Sailors are encouraged to advocate for themselves if something is physically or emotionally distressing them. Concerns should be voiced to one of the instructors, so that any issue can be solved cooperatively and in a timely manner.

## **Guideline #2 – Respect Others**

**Bullying, in any form, be it verbal, physical, and/or emotional, in person or on social media, will not be tolerated at SLSC.**

Treat others as you wish to be treated. Every sailor has the right to show up each day and feel like that day is going to be fun and full of challenges associated with the sport of sailing. Each sailor has the right to show up and feel like they belong to the SLSC community.

Advocate for others. Step forward if you notice someone being disrespected and let an instructor know. Telling someone does not make you a snitch, it makes you a friend.

**Parent Note:** Continued negative behaviour may result in that sailor being asked to leave the program with refund of tuition for uncompleted weeks.



### **Guideline #3 – Respect the Club**

Intentional damage to SLSC, private property, or other sailors' belongings will not be tolerated. Sailors who intentionally damage others' property will be responsible for replacement or repair costs.

Sailors must listen to, understand and follow instructions and program safety rules, in order to ensure a safe and fun experience.

**Parent Note:** Sailors who continually ignore instructors' safety rules and expectations, may be asked to not take part in an activity until they are able to demonstrate the ability to follow program expectations.

### **Guideline #4 – Cellphones at the Club**

In order to ensure that all sailors are engaged, we have enacted a no use of cellphones policy at the Club for sailors during the program hours. If a sailor is being sent with a device, it needs to be understood that it is to be kept in their backpack, on silent mode, until Club is over.

Neither the Club, nor the instructors, take responsibility for any loss or damage to any device brought to the Club.

Sailors who refuse to respect this guideline will be given a warning, followed by a call home regarding the issue. Continued use of a cellphone during club hours can result in being asked to stay home.

# Volunteering – a message from the Commodore

Volunteers have been the lifeblood of this club. Some of you have joined the Board of Directors who help with planning, organizing, building, administering, and leading. Many, many others have, over the years, given time and energy to ensure that our special events, on land and water, are successful. I and the SLSC community are very thankful! These events – Gala fundraisers or the less formal non-Gala events, the Mid-Ontario and the Civic Holiday regattas – in addition to being a lot of fun, are essential for the Club's financial viability.

For a number of years, we have come to rely on the same people to help with regattas, dinners and galas. It is easier to ask someone who has already done the job. And, of course, because everyone loves to help out the Club, people rarely decline the request. However, it is really time to hand over these jobs to new volunteers. So, we ask you to consider how you can best help out. Sailing experience is not required for most of the volunteer roles.

This summer will be lighter because we will have the less formal "non-Gala Gala" and Civic. However, next year we will again be hosting the Mid-Ontario regatta which requires many volunteers. I would like to line up people for Mids this year so we are in a good position for 2020. Here is a list of the roles/jobs that we need help with.

## **Non-Gala Gala**

- Site setup – decorations, tables, garbage (2 people)
- Bar – purchase beer, wine and pop; get ice; tend bar (2 people)
- Food – bring an appetizer (15-20 people)
- Music – rent sound system; get a playlist (1 person)
- Silent Auction – (2 people, plus lots of donations needed)

## **Civic Regatta**

- Registration of the sailors - (Sat) (2 people)
- Make lunches for sailors - (Sat) (2 people)

- Ice cream station at Prizegiving - (Sun) (2 people)

### **Mid-Ontario Regatta**

- Registration – Friday night and Saturday morning (2 people)
- Billeting – (1 person to organize, many people to host)
- Saturday & Sunday breakfast – (2-3 people)
- Saturday lunch – (2-3 people)
- Saturday dinner – (2-3 people, plus salad and dessert makers)
- Sunday lunch – (2-3 people)
- Arrange port-a-potties – (1 person)
- Harbour team to launch/retrieve boats – (5-6 people)
- Race Committee – (6 people)
- Mark set boats – (8 people)
- Finish line team – (4 people)
- Lunch boat (2 people)
- Scoring (2 people)

As you can see, lots of people are needed. Please consider where you can help and contact the Commodore ([commodore@slsc.ca](mailto:commodore@slsc.ca)) if you would like more information on these roles or would like to volunteer. If each family could help out in one job in one event, we would be all set.

Many thanks,

Richard Roberts