

SLSC RACE TEAM HANDBOOK



RACING



FRIENDSHIPS



LEARNING



MEMORIES

FROM OUR BOARD OF DIRECTORS

Whether you are a sailor at SLSC or a parent of a sailor, we are so excited that you are involved in the Sturgeon Lake Sailing Club Race Team. Learning to compete in sailing regattas adds a whole new level of interest to our wonderful sport.

It is a process that involves gathering up our boats, heading to other yacht clubs around the province, and getting those boats out onto the water to compete against other youth sailors during multi-day regattas.

It is a chance to practice all of the fundamental skills you have learned at our club in past summers and an opportunity to bond with your teammates and coach. You will also get to meet same aged sailors from other clubs, whereby new and lasting friendships are made.

Youth regattas tend to be well-run volunteer events that require a great deal of planning and coordination by the hosting yacht club. There are many safety protocols both on and off the water to help keep the sailors safe, such as a required coach boat for each team, on-land check-ins, skipper's meetings, and LOTS of racing rules.

Parents play an enormous support role in this process. So, when your child joins the race team, in some ways so do you. It means arranging your summer schedule to help get the team to and from the regattas safely. Committed parental assignment of duties include towing trailers of boats, getting food for sailors, helping launch the coach boat, chaperoning during overnight stays, and running occasional errands for the coach like heading to the local sailing store to find a replacement part. It also requires some expense sharing and reconciliation after each regatta.

Like our racing sailors, racing parents often bond with each other during the regattas, hanging out on shore or heading out to lunch while the sailors are out on the water. Other parents set up laptops in a local café and get work done while the sailors are out. It's whatever works for you.

Ultimately, the race team only works when the sailors and race coach are supported by the parents; it truly takes a collective effort by all to make it happen. And, with that, we are committed to grouping our collective race team together, to review what the upcoming racing season will entail, PRIOR to the season beginning. We strongly encourage you to get involved this summer to help make this one of the best summers that you and your child will experience.

Go SLSC!

SLSC Away Regattas – Roles and Responsibilities

Race Coach is responsible for:

- Outlining a proposed regatta schedule
- Determining best fit sailing partners
- Organizing equipment for the regattas: first aid kit, safety equipment for coach boat, tool kit, health cards and contact information for sailors.
 - Note that sailors are responsible for ensuring that they have their sails, spars, trapeze harness, spinnaker and pole, all lines, etc. packed.
- Working with parent drivers to coordinate trailering needs, equipment and vehicles ensuring that everything will be ready to go at departure.
- Coordinating and directing the loading of boats and equipment on the trailers.
- Assembling and packing spare boat parts that might be needed.
- Final check of all trailers prior to departure to ensure all boats and equipment are safely loaded and secured.
- Reading/understanding sailing instructions & reviewing these with sailors & chaperones.
- Briefing, on-water coaching and de-briefing each day.
- Assisting sailors in addressing protest situations and other race-related issues.

Parents are responsible for:

- Registering their sailors for the regattas – this is usually on-line.
- Developing and coordinating a schedule amongst themselves to assign the parental duties of –
 - trailering sailboats, coach boat and equipment to and from the regatta.
 - ensuring that drivers have trailer hitches, wiring and the correct size ball for the trailer(s) they will be towing.
 - driving sailors and coach between billet and host club each day.
 - providing snacks and water for the team (all families share costs).
 - organizing billeting / other accommodation and providing breakfasts; dinners on the way to and from the regatta may also be required.
 - assisting the Race Coach as requested by the Coach – ie. Helping get replacement parts of boats, during a regatta, if needed
 - consulting with the Race Coach if there are any concerns.

Director – Race Team Coordinator is responsible for:

- Act as the point person for any Coach, Parent regatta related concerns
- Ensuring all boat trailers are ready for use
 - Check pressure of all tires.
 - Grease wheel bearings on all trailers.
 - Check license plates are on trailers and email copy of ownership to drivers.
- Checking that there is a coupler pin lock for all trailers. Locks should be wired on so that it can't disappear when trailers are unloaded from cars.

Costs

- **Regatta Registration Fees**
 - Parents register and pay the registration fee for their own sailors.
 - SLSC pays registration fee for Race Coach.
- **Gas**
 - Parents share the cost of the gas.
- **Accommodation for sailors, Race Coach and Chaperones**
 - Sailors & Chaperones reserve and pay for their own accommodation.
 - SLSC pays for Race Coach's accommodation.
- **Sailors' water, snacks**
 - Parents pay for these.
- **Sailors' breakfasts, lunches, dinners**
 - Parents are responsible for paying these. (Note that the regatta fee usually includes lunches on all regatta days and at least one dinner *if applicable, this is outlined at time of each regatta registration.)
 - Drivers/chaperones pay up front and then collect the shared cost back from the other parents.
- **Race Coach's breakfasts, lunches and dinners**
 - Race Coach pays – SLSC pays race coaches a per diem for weekend regattas so meals are paid for by the instructor.
- **Drivers' /chaperones' meals**
 - Drivers / chaperones pay for their own meals.

Estimated Cost per Regatta

As a sample, below is a rough estimate of what each regatta could potentially cost (assuming no billeting is available).

- 2 day event: up to \$350 per sailor
(\$150 registration, \$50 gas, \$100 accommodation, \$50 food)
- 4 day event: up to \$600 per sailor
(\$250 registration, \$50 gas, \$200 accommodation, \$100 food)

Regatta Expense Reconciliation

Please SAVE all your receipts and total up the costs after each regatta. Parents and sailors will be responsible for reimbursing others after each event.

Team Planning – Late Spring

Race Coach

- Prior to the first regatta, the Race Coach will advise the Race Team parents of the dates and locations of the regattas proposed for the summer. The race coach will inform parents of registration deadlines to avoid late registration fees. This may be done either by email or by convening a meeting with the parents.
- The following details about each regatta will be provided by the Race Coach to the parents:
 - Number of drivers needed.
 - Which trailers will be used and size of ball for each.
 - What type of accommodation is needed – house to stay in or other accommodation (motel/hotel/university dorm/tent) and if other accommodation then estimated costs based on previous years (so that they can opt out if it's not in their budget). The Director-Race Team Coordinator will assist Race Coach as needed.
 - Water and snack provisions.
 - Registration deadline (parents to register sailors) and website addresses of regatta hosts.
 - Registration costs.
- One parent per regatta to act as point person for coordinating drivers, accommodations, water and snacks; Point Persons will be primary contacts with and for Race Coach.
- Once regatta schedule is confirmed, Race Coach to register him/herself. SLSC will reimburse Race Coach.

Race Team Parents

- Decide who the point person will be for each regatta. This must be done for all regattas at the first meeting so the Coach knows up front who his/her primary contacts will be.
- Point person oversees the organization and is the liaison with the Coach. Point person organizes and advises the Race Coach who the drivers/chaperones will be for that regatta; books the accommodations; coordinates water and snacks for the regatta; ensures parents register their sailors in time.

Director – Race Team Coordinator

- Ensure all boat trailers are ready for use
 - Check pressure of all tires.
 - Grease wheel bearings on all trailers.
 - Check license plates.
 - Check that there is a coupler pin lock for all trailers.

Regatta Activities

One to two weeks prior to regatta

- Race Coach
 - Advise chaperones and parents as to departure time for the regatta and departure time for return from the regatta. Use regatta summary templates – send these to all parents at least a few days in advance of departure.
- Drivers/Chaperones
 - Hook trailers up to their cars to ensure correct ball size for trailer and to ensure trailer lights working.
 - Check with the Coach to determine what food will be required. Lunches and one dinner are usually included in the regatta fee; otherwise, the drivers/chaperones are to organize these for the team. Note that at some regattas, lunch consists of a Power Bar and a drink; you may need to supplement with sandwiches (Tim's or made at home). See note about costs and reimbursements.

Day prior to regatta if morning departure; morning of regatta if afternoon departure

- Coach will determine which coach boats to take.
- Coach and sailors will load all boats, masts and booms onto trailers and tie them down
- Coach and sailors will organize all accompanying equipment (sailing equipment, PFDs, first aid kit, toolbox, etc.) ready to load into cars.

Day of departure for regatta

- Parents to provide water and snacks for the team.
- Drivers/chaperones
 - arrive half an hour prior to departure time to hook up trailers and to help sailors load gear into cars.
 - pack spare tire(s) for trailer(s).
 - drive boats and equipment and sailors to destination club; remain until coach and sailors are ready to depart to accommodation.
- Race Coach
 - Final check that all equipment is tied down securely. **NO TRAILER IS TO LEAVE UNTIL COACH HAS SIGNED OFF ON TIE-DOWNS.**

Upon arrival at destination club

- Race Coach
 - Determine where sailboats and coach boat are to be unloaded and where trailers are to be parked.
 - Unload coach boat assisted by driver/chaperone.
 - Coordinate unloading of boats and equipment and stepping of masts.
 - Take sailors to registration check-in.
 - Review SIs with sailors and chaperones to ensure that everyone understands key points.
- Drivers/Chaperones
 - Assist Race Coach with unloading the coach boat. There will be a designated launching area which may be a short distance from the club. There may be a line-up, so there may be a bit of a wait for your turn.
 - Park trailers in designated parking area once equipment has been unloaded. If someone else is picking up trailer, inform that person of trailer location (because they're not always easy to find)) – send a picture if possible.
 - Drive sailors and coach to billets once the Coach is satisfied that sufficient preparation for the following day has taken place.

During the regatta

- Race Coach
 - Responsible for the sailors during the daytime.
 - Review race instructions with sailors before going out on the water.
 - Ensure boats and surrounding area are left clean and tidy overnight.
- Drivers/Chaperones
 - Morning
 - Breakfast.
 - Transport sailors and coach to club.
 - Snacks and water for the sailors.
 - Other duties as needed per the Race Coach.
 - During the day
 - On-call for emergencies. Unless requested by the coach (e.g. in the event of high winds), drivers/chaperones are not required to stay on-site; however, an on-shore point person parent may be needed at times, to be readily available to assist sailors in the event that they have to retire from the race and return to shore (especially at higher caliber regattas like CORK).
 - End of day
 - Help sailors and coach to clean our area – bring garbage/recycling bags.

- Drive sailors and coach to billet once the Coach is ready. This will be after a coaching de-brief and after dinner; if any of the sailors is involved in a protest then this will cause the time of departure to be later.
- Race Coach is off duty; drivers/chaperones are responsible for sailors overnight. You may want to consider an activity – movie, mall, mini-golf, etc.

Last day of regatta

When the kids come in after the water, they will be tired. Racing can be hard work, both physically and mentally. When the sailors first get off the water, they will need some time to decompress and refuel with a drink and snack and the coach will want to debrief them. After this they will be able to turn their attention to packing up the boats. **Be patient** with them and ask what you can do to help. Keep calm and supportive. If any of the sailors is involved in a protest, then they will be called to the Protest Room at some point.

Regatta protocol is that the coach and sailors attend prizegiving, regardless of their own results.

- Race Coach
 - Motivate and assist the sailors to load boats and equipment onto trailer.
 - With driver assistance, load coach boat onto trailer.
 - Tidy up any loose ends with regard to the regatta.
 - Final check of all tie-downs and sign-off before driving away.
- Drivers/Chaperones
 - Locate sailboat and coach boat trailers and roll to designated spot for re-loading boats.
 - Assist Coach with loading the coach boat onto the trailer. As with arrival, there may be a line-up so this could take some time and again may not be right on site.
 - Ask the Coach if there is anything you can do to help.

REMEMBER

- Above all, this is supposed to be fun. If chaperoning isn't your thing, that's okay, there are many other ways to volunteer such as arranging accommodations, meals, snacks,..
- Be kind to the parking attendants and officials – as they too, are volunteers lending their time and energy to the given regatta; marshalling hundreds of boats and kids into the same area is no small feat.
- Keep your sense of humour when things go awry; chances are something probably will
- The regatta is not over until after prizegiving; departure does not happen until the Coach has again signed off on equipment tie-down.
- Ask the Coach if there is anything you can do to help.
- The Coach is in charge of the kids from morning departure to end of day return to billets. You are in charge in the evenings and overnight and in the morning until they get to the club.
- Parents are not allowed in the coach boat; there can be spectator boats (informal word of mouth) to get out on the water and watch. (Bring binoculars!)

A WORD ABOUT RACING GEAR/CLOTHING

Sailors at SLSC have the benefit of sailing in a warm water lake, with usually mild wind conditions, with short on-water stints of around 90 minutes per day. It can be a shock for our sailors when they arrive at a regatta elsewhere to find that the water is colder, the wind heavier, and the on-water time much longer (up to 6-8 hours a day). So, instead of the usual t-shirt and a pair of shorts, it is recommended to equip your sailor with some technical gear.

Popular items include:

- Racing gloves
- Hat with clip
- Sunglasses with a tie down
- A gaiter (head and neck covering)
- Splash top
- Water booties
- Wetsuit (short or long)
- UV protective long sleeve shirt
- Plastic (metal can chip teeth!) water bottle with handle that can be tied down
- Stopwatch with count down timer
- KEY is you want to be WARM, DRY and SUN PROTECTED while remaining agile

TRAILER DETAILS

BALL SIZES

- Optimist trailer 1 ⁷/₈" ball
- 420 trailer 1 ⁷/₈" ball
- Cougar (Lg. yellow coachboat) 1 ⁷/₈" ball
- Kitten (Sm. Yellow coachboat) 1 ⁷/₈" ball
- Silver Fox (grey coachboat) 2" ball

HOOK-UP INSTRUCTIONS

- Lift up lock on trailer
- Line car hitch up with trailer
- Lower trailer tongue onto ball on hitch
- Put coupler pin lock on trailer down and secure it
- Attach trailer safety chains to underside of car
 - Cross chains so that they connect diagonally to the car
- Connect electrical plug on trailer to electrical connection on car. The two ends plug together.
 - Make sure the cord is not dragging on the ground. If it is, wind it around the trailer tongue to shorten it. Be sure, however, that there is enough length to allow the car to turn without straining the connection.
- Test all lights: brakes, left and right turn signals, four-way flashers
 - If any of the lights doesn't work, check the connection to be sure the two ends are tightly connected.
 - If the lights are still not working, disconnect the plug and check for dirt in the receptacles. Clean and reconnect.
 - If the lights are still not working, test on another car to determine if the issue lies with the trailer wiring or the car wiring.
 - Check the light bulbs in the trailer before taking car or trailer in for repair – the issue may be burnt-out bulbs.
 - Canadian Tires across the province have always been most helpful and accommodating with regard to trailer repairs!