

Sturgeon Lake Sailing Club



2023 PARENT HANDBOOK

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BEST SUMMERS EVER!

Sturgeon Lake Sailing Club is a sailing camp for kids where you will make lasting friendships, learn life skills, and fall in love with the sport of sailing. We recognize the potential of every young sailor and strive to help them grow in their chosen sailing pathway. Every young sailor with an imagination, a sense of adventure and a kind heart is welcome!

Why Sailing?

Sailing Teaches ...

- Self Reliance, Independence and Responsibility
- Leadership and Team Building Skills
- Social Confidence
- Safety Consciousness
- Sportsmanship

Sailing Creates ...

- An appreciation of the natural world; break from the world of connectivity
- Opportunities for achievement and social connection
- Sensory stimulation through activity
- Pathways for teen engagement
- Life long appreciation for vitality and active living

It's time to start planning for a new season full of sunny days, big smiles on the water, and budding friendships. Our sailing club continues to strive with the upcoming 2023 summer sailing season!

With lots of planning by our volunteer Directors, and the help of our wonderful instructors, the health and safety will continue to be the top priority of our sailors and instructors.

We can't wait to get back on the water and we hope to see you there!

~ message from your 2023 Board of Directors

Program Structure

What is CANSail ?

The CANSail Program is Sail Canada's national training program for sailing in dinghies.

CANSail programming means lots of time on the water in a safe, fun and active learning environment. Sailors learn the skills and enter into fun and challenging experiences suited to their age and stage of development. The programming is designed to get and keep sailors excited about sailing for life!



www.sailing.ca

The CANSail skills are all listed in a system called "Checklick", which is the same system we use for registration. When you register a sailor, you can set up a username and password on Checklick which serves as a checkpoint tool for you to monitor their sailing progress and download certificates of completion.

www.checklick.com

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 'Checklick,' and will be updated periodically by the instructors or when a sailor finishes a session. *****Remember CANSail is not a pass or fail system –** Sailing is a complex sport and CANSail skills take some to master. The pace of learning depends on many factors including the vagaries of wind and weather. Progress on skills, friendships and fun is always in the works!

Instructor Qualifications and Safety

- Standard First Aid
- 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 given level they are teaching; with a minimum of completing their CANSail 4 level sailing

CANSail Learn to Sail Program

Wet Feet –

Try sailing for the 1st time! You will be hooked for life!

Average Age: 8- 9

Skill Level: New to sailing

Prerequisites: Water Comfort

Boat: Sail Cube

Our Wet Feet group gently introduces our youngest sailors to the culture of sailing. Sailing sessions are complimented with a variety of activities to keep the kids safe and having fun at all times.



CANSail 1 and 2 - Learn to Sail Fundamentals

Recommended Age: 9+

Skill Level: New to Sailing

Prerequisites: Water Comfort

Boat: Opti, Pico, RS Feva

This introductory program is for those looking to dip their toes into the sport of sailing with no experience required, all while keeping fun as the main focus. Beginner sailors build a strong foundation of sailing skills, both technical and practical, such as sail trim and teamwork. The children are placed in a



boat best for their size and are gradually introduced to important concepts to improve their sailing experience.

CANSail 3 – Learn to Sail Intermediate

Average Age: 10-14

Prerequisites: CANSail 2

Boat: RS Feva, O'Pen Skiff, Opti, C420

Sailors begin to integrate fundamental boat handling maneuvers and balance with basic sail trim and tactics. They will begin to apply their sailing skills to varying wind and weather conditions, and gain exposure to a variety of different boats available at SLSC. As sailors continue to build their confidence, so will their independence and communication grow working with their fellow sailors.



CANSail 4, 5, 6 – Learn to Sail Advanced

Average Age: 14-17

Prerequisites: CANSail 3

Boats: C420, Laser

Experienced sailors start exploring racing and other forms of sailing to find their pathway to a lifelong passion for the sport. These sailors will take their skills and knowledge to the next level in boat handling skills in a variety of conditions and are introduced to trapeze and spinnaker flying. *CANSail 4 is the minimum sailing level required to become a Sail Canada certified instructor.



SLSC Race Program

Learn to Race (Junior Race Team)

Average Age: 9-14

Prerequisites: MUST be in CANSail 2 or 3

When: Tuesdays and Thursdays afternoons

This introductory program will put a focus on learning the foundations of racing specific terminology, tactics, and boat handling. This group is intended for sailors that have learned the basics, are learning the intermediate sailing skills and are ready for more of challenge. *Sailors will compete in their first local club regatta to grow their racing experience before moving on to the next step in the competitive pathway.



Senior Race Team

Average Age: 14-17

Prerequisites: MUST be in CANSail 4, 5 or 6

When: Tuesdays and Thursdays afternoons

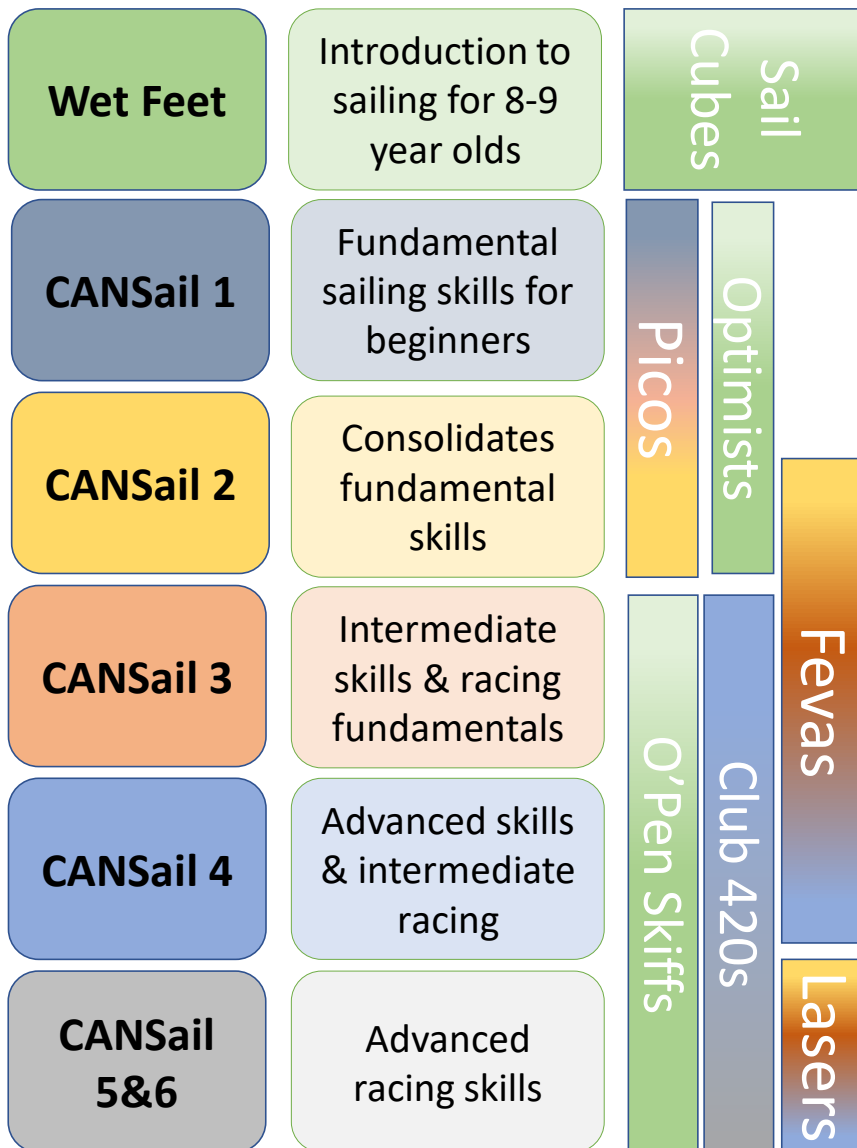
Get ready to work as a team and compete in Ontario local regattas! Race in either a single-handed boat or team up in pairs, in double-handed boats to practice advanced skills and learn basic racing concepts.

Communication and teamwork are key to being successful in this program while discovering new areas of the sport. Sailors are expected to be proficient in fundamental and intermediate sailing and will have a chance to apply their developing skills in other boats.








Please refer to the 2023 Parent Race Team Handbook for Guidelines.



CANSail Overview



SLSC Fleet Reference Guide

	<p>Sail Cube</p> <p>Introductory 'learn how to sail' boat for the younger sailor Extremely safe & stable, simple to rig, lightest & strongest 3-ply rotomolded plastic Completely indestructible with drag slips for small hands to easily haul in & out</p>
	<p>Optimist - aka Opti, the boat where kids meet other kids</p> <p>One of the BEST boats for kids to learn 'the sport of sailing' in Sailed in ages 8 to 15 &/or weighing up to 125 lbs; Handle winds of up to 30 knots, due to its inherent stability, unstayed rig, robust construction & relatively small sail Biggest youth racing class in the world; 2016 Olympics, 85%+ boat skippers were former Opti sailors Creates the ladder process in sailing; master Opti sailing, well equipped to move onwards and upwards for boat handling!</p>
	<p>Laser Pico – aka Pico</p> <p>Entry level, training sailboat design with a durable plastic hull Easy to rig & sail; sailed solo with a reefable mainsail or by 2 with an optional jib All 9 of our Picos can be sailed either single or double handed!</p>
	<p>RS Feva</p> <p>Solid double-handed experience Excellent stepping stone for sailors to try the next level Exciting performance, modern styling & practical features Our fleet of 9 are a popular choice at SLSC!</p>
	<p>O'PEN Skiff</p> <p>Single-handed SUPER FUN boat; great introduction to foiling sailing! Intended for intermediate and advanced sailors</p>
	<p>c420</p> <p>Sailed by our CANSail 4-5-6 levels Enables sailors to learn teamwork, trapeze and spinnaker techniques that simply can't be learned in single-handed boats Keep advanced sailors interested Our 9 c420s keep us proud!</p>
	<p>Laser – now known as ICLA class – ILCA 4.7, ILCA 6 - Radial, ILCA 7 – Full Rig</p> <p>Highly popular family of small one-design sailing dinghies Uses the same common hull and interchangeable rigs with different sail areas Designed to be sailed single-handed by advanced sailors Very popular racing boat – continues to gain popularity amongst the youth in junior sailing clubs - also easy to transport for regattas!</p>

Typical Day

*All times and daily activities are subject to change and are weather dependent.

Wet Feet to CANSail 6

SCHEDULE:

08:30 am	Sailors arrive
08:30 – 09:00	Sailors rig their boats
09:00 – 09:30	Flag Raising & Attendance & Game
09:30 – 10:00	Lessons/briefing for water
10:00 – 12:00	Sailing
12:00 – 12:30	Derig and debrief

Learn to Race and Senior Race Teams

**ADDITIONAL SAILING SESSION being OFFERED – on Tuesdays and Thursdays
(must commit to both days)**

SCHEDULE:

1:30 pm	Sailors arrive
1:30 – 2:00	Lessons/briefing for water
2:00 – 3:30	Sailing
3:30 – 4:00	Derig and debrief

What to Bring to Sailing Club

- **Sailing Appropriate P.F.D. – MUST fit properly to be SAFE!**
- Refillable water bottle
- **Sun Protection: hat and sunscreen SPF 30 or higher, water resistant**
- Swimsuit, towel and a change of clothes
- Sunglasses with 100% UVA & UVB protection
- **Sailing Shoes - closed toed shoes that can get wet and dry easily**
- Quick drying shorts and top (cotton is not recommended)
- Nut free snacks - *all wrapping, packaging MUST return home
- ALWAYS check the weather report and DRESS for the weather; we will sail on inclement and rainy days, unless notified in advance of sailing day
- No such thing as bad weather only bad clothing – the more advanced your sailor, the more technical gear they should wear

*****Use of cell phones or other electronic devices by sailors is NOT permitted during program hours.** Devices MUST be kept in a backpack during program hours.

If your Sailor is Biking to Club

Sailors are encouraged to use the bike path, as shown in yellow on the map. 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 bikers are encouraged to wear a bike helmet.



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.



PROGRAM POLICIES

All cancellations and requests for refunds must be submitted in writing to the info@slsc.ca. *If you cancel at least two weeks before a session start date, you will get a full refund; within two weeks of the registered session start date, 50% refund.

COVID-19 Health & Safety Measures at SLSC

Any changes to our program due to Covid-19 regulations from governing bodies will be communicated swiftly to registered sailors as well as posted on our SLSC website.

Ready to sign up?

Check out our **Registration Page**.

FAQs

What else do I need to know before my child arrives?

- Have a full stomach - eating breakfast starts the day off right!
- Label all clothing and belongings clearly with indelible marker.
- If you are running late, your child needs to leave early or your child is unwell and not coming to club one day, please inform us by email at info@slsc.ca (see the section on reporting sailor absences).

What is the best way for me to check availability?

Session availability can be found through the **registration link** on this page. If a desired session is sold out, you can be waitlisted and contacted should space become available. Program change requests made after initial enrolment will be carried out based on availability of space and cannot be guaranteed.

Can I come and watch my child sail?

Yes on special designated viewing days. Instructors will communicate these days to your sailors when they are in their session.

How can my older teenager learn how to sail?

Learn more about our Private Lessons highlighted in Other Programs.

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. 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

SLSC 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 stand behind 4 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.

OTHER PROGRAMS

Private Lessons

Looking for more options to work with your family's schedule, or an opportunity to share your child's experiences on the water? SLSC instructors are available to teach all skill levels in our variety of club-owned sailboats. Lessons are booked based on availability and can be tailored to your personal goals.

Associated Costs:

\$50 per hour for one sailor + an extra \$20 per hour for a second sailor in the same boat

*Stay tuned to our newsletters for how you can sign up and pay

Leaders in Training

Sailors working towards their CANSail 4, 5 & 6 levels are encouraged to take on leadership roles within the sailing club during the summer. These energetic and caring individuals help by getting involved in extra curriculums that are offered. Are you thinking about working in sailing sometime in the future? Those beginning to think about their next steps in the sailing world are invited to read our **"Instructor Pathways"** document [here](#). SLSC loves to hire its own sailors once you are qualified. The process usually begins once you complete your CANSail 5 level.

Sunday Afternoon Races

2023 Sunday Afternoon Races

Join in for some fun competition! Calling all junior club sailors, parents, grandparents and SLSC alumni! Bring your own boat or make your way at 1pm to use a club-owned boat!



First race starts at 1:30 pm with the aim to be off water by 4 pm. Racing is great fun and features a winner's trophy that is bigger than the America's Cup. Season end awards for almost every category imaginable - top parent, top female, top junior club sailor, plus awards for each fleet winner too. Feel like a sail only ... you're welcome to come down and join in! *Stay tuned for dates via newsletter!

Getting in Touch

General Inquiries	info@slsc.ca
Commodore, Stephanie Lyster	commodore@slsc.ca
Instructors	instructors@slsc.ca
SLSC Landline	705-887-5110
Registration or Bursaries	registration@slsc.ca
Attendance	attendance@slsc.ca

2023 SLSC Board of Directors

Stephanie Lyster, Commodore	Kristin Kidd
Sarah McKellar, Vice Commodore	Richard Roberts
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Simon Carpenter	Marianne Theo
Lisa Davis	Lisa Vehrs
Samantha Hodder	
Sandy Holt	