

# Learn to Sail Guide

Summer 2024



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# WELCOME ABOARD!

Thank you for choosing our Learn to Sail Program. We are looking forward to a great summer of sailing and fun.

Our goal at Hubbards Sailing Club is to offer a full range of CANSail programs, delivered by our Sail Canada-certified coaching staff.

Our modern sailing school facility provides a safe, inclusive and welcoming environment. We believe sailing is a life-enhancing skill. We look forward to helping you and your children become active members of our sailing community.

We hope you find the following pages useful and look forward to welcoming you this summer!

If you have any questions or concerns, please contact the sailing office at:

(902) 857-9771 or [sailing@hubbardssailingclub.ca](mailto:sailing@hubbardssailingclub.ca)



## Are You A New Sailor?

If you are between the ages of 5 - 8 you will begin in the Wet Feet program, sailing in an Optimist.

Five-year olds must have completed Grade Primary (Kindergarten).

This is a one-week program that runs half-days. You can choose a morning session (9am-12noon), or an afternoon session (1pm-4pm), but these young sailors cannot combine morning and afternoon session in the same week. You can register for multiple weeks during the summer.

If you are first time sailor, 8 years of age or older, you will start in the CANSail 1 Program. This is a two- week program, which runs from 9am to 4pm each day.

## Choosing A Boat

If you are under 15 years old and weigh less than 100 lbs., we recommend you sail in an Optimist. This is a single-handed dinghy. If you are 15 or are above 100 lbs., we recommend you sail 420 or 420 RAD (this is a double-handed dinghy).

However, smaller sailors may choose to sail 420 RAD because they prefer to sail in a boat with another sailor. RAD refers to a Reduced Area Design sail, suitable for lighter-weight sailors.

## CANSail Program Descriptions

Wet Feet is designed to help young sailors feel comfortable on the water. Instruction includes sailing in Optimists with an instructor on board or alongside

CANSail 1 & 2 offers the complete introduction to sailing terminology and skills. Instruction is offered in 420 RAD and Optimists.

CANSail 3 & 4 introduces athletes to competition and works on more advanced sailing skills. Instruction is offered in 420 and Optimists.

CANSail 5 & 6 focuses on competition and fine-tuning your dinghy for optimal performance. Instruction is offered in 420, Optimist, and Lasers.



# A Typical Day At Sailing



It is a bright sunny day in July - the air already feels warm as you arrive at Hubbards Sailing Club. Even if there is a thick fog when you arrive, the sun will often lift the covering in the mid-morning. At 9 o'clock the Coaches gather their classes and lay out a game plan for the day's activities. Sailors discuss the day's weather forecast and prepare themselves for the day ahead.

The Wet Feet group, accompanied by their coach, begin by blowing bubbles to identify the wind direction. The CANSail 1 & 2 groups go outside to start rigging their boats with the help of more experienced CANSail 1 & 2 sailors and their coaches.

Meanwhile, the CANSail 3 & 4 sailors are being introduced to racing rules and high-performance sailing techniques. They go through the motions on land before applying their newly acquired knowledge on the water. Their coach guides their discussion.

As 10 o'clock approaches, the CANSail 1 & 2 sailors are finished rigging, and the coaches show the sailors the plan for sailing on the water. After sunscreen has been applied, all sailors will cast their boats off our dock and slipway. After some fun on the bay, the sailors all return for lunch and maybe a game or two before heading back out for the afternoon.

CANSail 5 & 6, along with their coaches will usually begin their day with fitness and stretching for optimal on-water performance. They spend a lot of their day on the water training, or they may be in a classroom lesson or packing up to attend that week's regatta. Many of these experienced sailors have their own boats.

As predicted, the wind increases in the afternoon. Sailors who have brought a change of clothes and warmer clothing are very happy that they will still be warm on the water. Around 3 o'clock all the sailors come off the water and lift their boats onto land, begin to de-rig and fold sails. Sailors then tidy their gear and the boats so that they will be ready to sail again the next morning.

Once everything is put away most classes will gather them for a quick de-brief of the day. In an open discussion format, each sailing group will be guided by their coaches through a discussion about what they learned on the water. The coach and fellow sailors provide feedback to each other on noteworthy performance and how the group can improve.

The busy day comes to an end at 4 o'clock. Parents and guardians arrive to meet their children at the club. The drive home is usually accompanied by an excited sailor with stories to tell, or one who is ready to nap after a physically active day.

## WHAT TO BRING

In line with our motto “Teaching Life Skills thru Sailing”, independence, organization and responsibility is encouraged.

It will be essential that your sailor remembers to bring everything they need for the day. Sailing happens rain or shine. As such, it is important to make sure your child comes prepared to participate. This means dressing for the weather and having a positive attitude. A good sailor learns to be comfortable in all conditions. In the event it is just not safe to be on the water, inside structured activities will be planned.

Due to the number of sailors on site daily, an effort to keep the club tidy is necessary or things can get misplaced. A bin to contain their belongings supports the sailors’ ability to easily access their belongings and significantly reduces the lost and found!

This is especially handy for our Wet Feet participants.

- ☐ Canadian Coast Guard approved life jacket or personal floatation device (PFD). This must fit properly and be in good condition. If it is too large, it is not safe!



## YOUR DAILY CHECKLIST

- ☐ Lunch – PEANUT FREE.
- ☐ Water – one-liter container
- ☐ Waterproof Sunscreen – SPF 30 or higher
- ☐ Sunglasses with 100% UVA & UVB protection
- ☐ A hat or visor
- ☐ Fast drying, soft soled shoes, or water shoes
- ☐ A large beach towel and bathing suit
- ☐ At least one complete change of warm clothes including sweatshirts, pants, jacket, and raingear\*
- ☐ A small notepad and pencil
- ☐ Finally, a Rubbermaid tote that you can fit everything into

### IMPORTANT:

The temperature on the water can be significantly different than on land, especially if it is raining, foggy or windy. If your child is not dressed appropriately, it will not be a safe environment. It is also not an option to stay on land if their class is going out on the water as there won’t always be someone available to supervise them due to class sizes and ratios. Please ensure they have what they need to be safe, warm and comfortable.

# Drop off and Parking

Programming runs daily between 9am and 4pm. We appreciate that your child arrives on time so as not to delay the class's time on the water.

Our Wet Feet Program runs in the morning from 9am-12 noon, and afternoons 1pm-4pm. Children in the Wet Feet Morning Program must be picked up **promptly at noon**

Please do not pull up and drop your sailor at the gate . Please pull into the parking area and proceed over to the club property and directly to their class and coach. The first Monday of each new CANSail session we host a Coffee Morning upstairs in the club for parents to meet up with new and old friends.

Cove Taxi will be available. Pickup at 8:55am

If you need to leave early, arrive late, are sick or must miss a day for any other reason, please call the LTS Administrator at 902-857-9771; so necessary arrangements can be made.

In the event you need to speak with your child's coach we ask that you contact the office and arrangements will be made. We ask that parents refrain from pulling coaches away from their class during programming as it leaves their students unsupervised. Either a phone call or a quick meeting at the beginning or end of the day can be set up when the coach is not engaged with their class .

Drop off, pick up and the parking can be very busy:

We don't own the property that the parking lot is located on. The owner generously allows the club to use it. The parking lot entrance for the club is the 2<sup>nd</sup> road after the white house. The road heading up the hill is a private road leading to several private residences.

## **Please do not....**

- Treat the private road as an extension of the parking lot. We need to respect the residents' right-a-way.
- Park in the private road or alongside it.
- Park in or near the side entrance (off the private road) as this is the property owners personal access.

## **Please do....**

- Pull in off the road and turn to the left in the parking lot to park your vehicle
- Try and limit your time in the parking lot as there are others waiting
- If possible, limit the traffic by carpooling



## HSC Policies

1. We are a PEANUT and NUT free facility.
2. Canadian Coast Guard approved life jacket or Personal Floatation Device (PFD) must be always worn when on or near the water.
3. Sailors must wear clothing appropriate for weather conditions and have a change of clothing.
4. Close-toed footwear must be always worn on the water and while launching boats. Sandals are not permitted when sailing or launching boats!
5. Waterproof sunscreen is required (SPF 30 or greater).
6. UV sunglasses and hats or visors are recommended.
7. All sailors must abide by the HSC Sailor's Code of Conduct (See page 10).



## Coach Team 2024

Head Coach: Jenna Flemming    LTS Director: Anthony Bell

|          |                                  |
|----------|----------------------------------|
| 5/6 Opti | Owen Flemming                    |
| 5/6 420  | Noah Villafane                   |
| Laser    | Josh Edwards                     |
| 3/4 Opti | Jessica Doane & Maria Fitzgerald |

|                                |          |
|--------------------------------|----------|
| Maggie Fitzgerald              | 3/4 420  |
| Matt Gentlemen                 | 1/2 RAD  |
| Ben Flemming & Alex Graham     | 1/2 Opti |
| Harrison Dunphy & Jack Freeman | Wet Feet |



**HSC's Sailor Expectations** are outlined to let you, the sailor, know how the Coaches expect you to act during your time in the Learn to Sail Program. Appropriate behaviour will allow you to become a well-rounded, self-confident sailor. At HSC, we expect the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of this team, you represent HSC, this organization, and your family. Your behaviour, both on or off the water, must 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.

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 with the younger sailors.

We expect you to:

- ☐ Use appropriate language – the use of profanity, obscene language, or obscene gestures is not permitted.
- ☐ Respect your Coach, your fellow participants, opponents, and officials. The rules of Sail Canada and HSC 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 HSC events, under any circumstances.
- ☐ Bring appropriate sailing gear – includes rain jacket, warm clothes and closed toe shoes

Breach of any of the expectations typically result in:

1. A warning to the sailor, and a call home
2. Sailor is sent home for the day
3. Sailor is suspended for summer

However, if any behaviors present a risk to the safety of the sailor themselves (such as inadequate clothing) or to other sailors (such as violence), the sailor maybe sent home immediately.

**Sailors will be financially responsible for any damages caused by misuse, abuse, or horseplay to HSC's equipment, boats or facility. Costs will be incurred by the parent or guardian.**

## Expectations of Parents & Guardians

Since the Hubbards Sailing Club sets expectations for their CANSail participants, we feel it is fair to apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play.

We ask you to:

- ☐ Encourage your child to play by the rules. Remember, children learn best by example.
- ☐ Make their participation fun. Support their desire to sail or play the sport of their choosing.
- ☐ Show a positive attitude toward the HSC program and all its participants.
- ☐ Emphasize skill development and practice, and how they benefit your young athlete.
- ☐ Applaud a good effort, both in victory and in defeat, and enforce the positive points of the game.
- ☐ Work toward removing all physical and verbal abuse in youth sports. Adopt a “Zero Tolerance” attitude.
- ☐ Familiarize yourself with the materials required for your child’s participation in the CAN Sail programs.

Additionally, we always welcome feedback from you. We ask that if you have any complaints that you follow this chain of command:

1. Address your concern with your child’s Coach.
2. If you are not satisfied that the issue has been addressed, then take your concern to the Head Coach.
3. If you are still not satisfied that the issue has been addressed, you may take your concern to the Office or the Learn to Sail Director, on the HSC Board of Directors.



## Regular Session Events

### Coffee Mornings

On the first Monday of each new CANSail session, after checking in their sailor, parents are invited for coffee upstairs in the clubhouse.

### Pizza & Popsicle Day

We offer pizza as a lunch option on Fridays. We partner with the Savary Plate, to offer a choice of pepperoni or cheese pizza.

☐ \$3 /slice ☐ \$1 for a drink

We will also be offering popsicles for sale on Friday afternoons for \$1.

Morning Wet Feet participants are welcome to partake in pizza while afternoon Wet Feet will have the option to buy a popsicle.

### Tuesday Night Races

Tuesday Night Racing is offered for sailors in CANSail 3/4 and 5/6 on the second Tuesday of each session for \$5. For an additional \$5 they can participate in a pre-race BBQ. We encourage Families to come watch and mingle from our clubhouse or deck.

### Theme Days

Every Friday is Theme Day. Themes will be communicated in an email sent out prior to the session and sailors are encouraged to dress accordingly on Fridays. It's a lot of fun!



## Special Events

### Hubbards Parade

Every summer, sailors are invited to join the HSC float in the Hubbards Parade. All sailors are encouraged to participate.



### Year End BBQ & Awards

To end the sailing season, all sailors and their families are invited to join us for a barbeque and short awards ceremony.



### Island Day

Island Day is a favourite among HSC sailors. Sailors will be transported by local volunteers in keel boats and power boats to Luke's Island for a day of fun. We accept donations of hotdogs and marshmallows for roasting. Wet Feet sailors registered that week can also participate.



## Hubbards Sailing Club

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Contact us:

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902-857-9771 (seasonal)



[www.hubbardssailingclub.ca](http://www.hubbardssailingclub.ca)



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