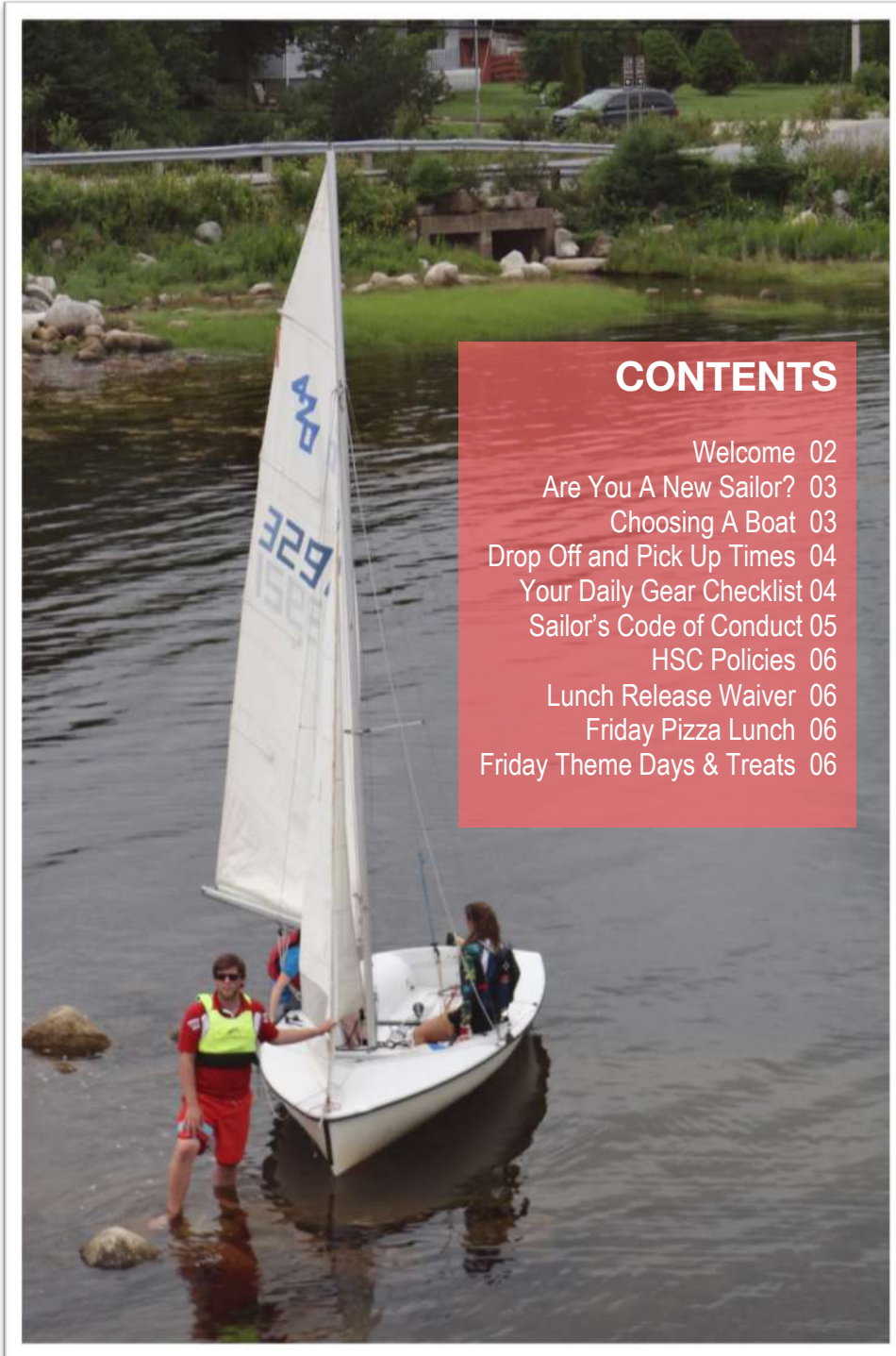




Learn to Sail **HANDBOOK**



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WELCOME ABOARD

Thanks 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

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. Wet Feet groups are small, with a maximum of six sailors in each group. You can register for multiple weeks during the summer.

If you are first time sailor, 9 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, as well as shore based sailing related activities.

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 (Race Team*) focuses on competition and fine-tuning your dinghy for optimal performance. Instruction is offered in 420, Optimist, and Lasers.

*A parent meeting will be held early in the season to plan and organize for upcoming regattas. Volunteers help make the team's experience possible and positive. Please contact our Head Coach to offer your assistance

Early registration is encouraged as classes can fill up quickly. Class sizes are determined from Sail Canada required coach to sailor ratios.

Drop Off, Pick Up and Absences

Regular program sessions run daily from 9am to 4pm. Arrangements may be made for early drop off at 8am and/ or late pick-up up until 5pm sharp. Please note, the sailing compound is locked during off hours.

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

If you need to leave early, arrive late, are sick or must miss a day for any other reason, please have your parent or guardian call the LTS Administrator at 902-857-9771; your child's Coach will be notified that you will be absent from the program that day.



Your Daily Gear Checklist

- ✓ 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 isn't safe!
- ✓ Lunch – NUT FREE
- ✓ Water- one litre container
- ✓ Waterproof Sunscreen - SPF 30 or higher
- ✓ Sunglasses with 100% UVA & UVB protection
- ✓ A hat or visor
- ✓ Fast drying, soft soled shoes or watersocks.
NO open-toe shoes or sandals allowed!
- ✓ A large beach towel and bathing suit. *Bikinis are not permitted unless covered.*
- ✓ At least one complete change of warm clothes including sweatshirts, pants, jacket and raingear
- ✓ A small notepad and pencil
- ✓ Finally, a bag (backpack or gym bag) that you can fit everything into. If the bag doesn't have a separate compartment for wet items, pack a couple of grocery bags for toting wet items home.

Remember to LABEL EVERYTHING you bring into the sailing school. This will help us return items that get left behind.

Sailor's Code of Conduct

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 improve 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.
- Refrain from using alcohol, drugs, or tobacco of any kind.

Violating this Code of Conduct

Depending on the severity and the regularity of the violation, the following steps will be taken:

1. Sailor receives a warning, and a call home depending on severity
2. Sailor is sent home for the day
3. Sailor suspended for summer

The enforcement of this policy is to encourage commitment by the sailor to his/her teammates and the HSC.

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



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 worn at all times 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 worn at all times 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 5).

Friday Pizza Lunch

At HSC, we offer pizza as a lunch option on Fridays. We partner with the **4 Way Stop Restaurant & Pizzeria**, and offer a choice of pepperoni pizza or plain cheese pizza. Here is the price list:

- \$3 for one slice of pizza
- \$5 for two slices of pizza
- \$1 for a bottle of water or juice

Orders (paid by cash only) are taken first thing on Friday morning, so please send lunch money along with your sailors on that day.

Friday Theme Days & Treats

Each Monday the Head Coach will announce the weekly theme, and sailors are encouraged to dress accordingly on Friday. It's a lot of fun!

Parents are invited to send along special treats for sailors to share and enjoy. Cookies have been the long-standing tradition, but healthy snacks are also encouraged. Think watermelon slices, or other easy to eat fruit. And please remember, we are a PEANUT and NUT FREE facility.

Wet Feet participants will enjoy the Friday treats during their designated snack time.

Hubbards Sailing Club

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Visit us on-line

www.hubbardsailingclub.ca



/HubbardsSailingClub



@hubbardscoach

Contact us

sailing@hubbardsailingclub.ca
902-857-9771 (seasonal)

