

Waeg Sailing Program

420, SUMMER 2022

Welcome to Sailing!

To both our new and returning sailors, we look forward to welcoming all for the first day of sessions! We've been hard at work to bring our sailors a great summer of sailing on the water!

Here in the doc you'll find lots of information about our 420 programs. This year we plan to have our Intro 420 class as well as our 420 Race team sail in one class while they are at the Waeg. The Race Team will be attending regattas and the Intro 420 class will remain at the Waeg for its lessons.

The Waeg Sailing Program has deep roots on the Waegwoltic property, going back a few decades. All our instructors this season have learned to sail in this very program, from beginner lessons to our race teams and then being hired as instructors themselves. The circle is completed, and we hope to keep this tradition alive for many generations of sailors to come!

For any questions or concerns please reach out to Stu Layton, Head Sailing Instructor, who is the point of contact for the program. Stu is best reached through email, or by calling the Waeg Sailing Office phone, extension 6!

Stu Layton
Head of Sailing
(902) 429-2822 ext. 6
sailing@waegwoltic.ca



Club 420 Program



Our 420 sailors start the day by meeting at the sailing building at **9 am**. They finish their day at **4 pm**.

The 420 class introduces our teenage sailors to the Club 420 boat! This double-handed boat is larger and takes more skill and knowledge to handle; this class will give sailors the skills and knowledge they need to do so! Sailors in the 420 class have graduated from the lower-level programs, or they are at an older age and we have decided to start them in this class with their age group.

Regattas

The 2022 season will have the local regatta circuit once again! More information will come on these dates and other logistics. The class will sail to regattas if they are local, or trailer to the host yacht club. Sailors will train from the host yacht club in the days leading up to the regatta and race against sailors from other clubs! Much more info will come as we learn our schedule and see the class's sailing abilities. Regatta dates are scheduled on the Sail Nova Scotia website. Regattas usually attended by Waeg Sailing include ARK (BBYC), Baywind (SMSC), Sail Fest (LYC), Bamse Cup (DYC), and Kennedy Cup (RNSYS).

What to Bring

All bolded items on the list below are mandatory for sailors to bring to sailing every day.

- 1. Bagged lunch from home**
- 2. Reusable water bottle**
- 3. Coast Guard approved, size appropriate PFD**
- 4. Closed-toe shoes**
- 5. Sunscreen** – *SPF 50 or higher*
- 6. Long sleeve rash guard/sun shirt**
7. Hat
8. Sunglasses (100% UVA/UVB proof)
9. Warmer layers, rain jacket, etc. depending on the weather
- 10. Change of clothes**
- 11. Swimsuit and towel**

12. Waterproof bag for wet clothing

If you have any questions or concerns about where to find the necessary attire to bring to sailing (particularly lifejackets and sailing gear), please get in touch with us! All items coming to sailing are at the owner's risk, the Waeg is not responsible for any lost or stolen items left in the lockers, the lifejacket bin, or in the building overnight. **We recommend sailors leave electronics at home while they are at sailing.** If, for communication purposes, you would prefer your sailor to keep their cell phone with them, we ask that they are kept in backpacks, lockers, or another safe place, and not used during camp time.

PFDs (Life Jackets)

Coast Guard approved, size-appropriate Personal Flotation Devices (PFDs) must be worn by sailors and staff at all times, on the docks and on the water. To ensure that your child's PFD fits properly, pick them up by the lifejacket - if they can slip out of it, the PFD either doesn't fit or hasn't been adjusted to fit them.

Sailors that do not have a PFD that fits them properly will not be allowed on the water. If you require assistance finding a suitable PFD for your child, please do not hesitate to get in contact with the Head Coach at sailing@waegwoltic.ca for recommendations. PFDs can be purchased at Canadian Tire, the Binnacle, and the Yacht Shop.

Closed-Toe Shoes

To protect our feet at sailing, on the boats and on the docks, we wear closed-toe shoes. If you can see your toes in your shoes, they aren't safe for sailing! **Closed-toe shoes are mandatory to wear at sailing** and children without them will not be allowed to sail. Closed-toe shoes (such as water shoes or Keens) can be purchased at Canadian Tire, Sportchek, the Binnacle, and the Yacht Shop.

Clothing Tips

Choosing the right clothes to wear to sailing is important! The best advice we can give: **don't send your sailor in their nicest clothes.** Clothes and belongings are often lost in the vortex of the building, and our sailors usually don't get sent home as clean as they arrived! Each sailor will have access to a locker or cubby in our building to keep their belongings in for the day. Sailors are welcome to leave their PFDs overnight, but all other belongings should be brought home at the end of each day.

All items should be labelled with your sailor's name!

If you have any questions or concerns about where to find the necessary gear to bring to sailing (particularly lifejackets and sailing gear), please get in touch with us! All items brought to sailing are at the owner's risk, the Waeg is not responsible for any lost or stolen items left in lockers, the lifejacket bin, or left in the building overnight.

Sun Safety



Fun in the sun is awesome, but we need to keep sun safety in mind! This means drinking lots of water throughout the day and at the end of every day. While we always wear sunscreen, we recommend that everyone wears quick-dry long sleeve water shirts or sun shirts. This is a best practice we live by! Hats and buffs are also great sun protection items that cover the skin while out on the water. Sunscreen should be reapplied regularly to any exposed skin; there will be designated water and sunscreen breaks throughout the day. **Make sure to have your sailor drink lots of water when they come home at the end of day!**

Race Team Parents!

Traveling to regattas is a large part of our race team and its sailors. It provides awesome opportunities to sail out of different locations and clubs against larger competitors. Regattas are a great platform to increasing learn more about sailing, racing and for our coaches to develop athletes into lifelong sailors.

Traveling to regattas brings with it a lot of work for us, and any help our race team parents can provide is crucial to the entire team! Best forms of helping can be carpooling to regattas, trailering a coach boat for us or even helping us load our boats. We will always appreciate any and all help that is provided to us!

Waeg Sailing Discipline Policy

Disciplinary action for sailors is handled on a case-by-case basis, and parents will be involved once your child's instructor deems it necessary. In most cases, parents will be informed of their child's misdemeanor at the end of the day. In more serious cases, parents will be called during the day, or, in severe cases, we will require parents to come to the Waeg to discuss the behaviour or pick up their child from sailing programming. These are very rare circumstances, but must be dealt with swiftly and effectively, with parents and sailing staff working together to find the best solution to any issue.

3 Strike Policy

Listed below are the disciplinary procedures for sailors who are exhibiting unacceptable behaviour. We have a 3 strike policy, and if a sailor receives three strikes they are removed from the program.

Unacceptable behaviour can be:

- Bullying, both verbal and physical
- Swearing or use of inappropriate language
- Failure to listen to instructions from sailing staff
- Disobeying Waeg Sailing Rules

Strike 1: Verbal Warning – Instructor will go over the behaviour with the sailor(s) to discuss why it might be disruptive/harmful for others and what can be done to make it right. The sailor will also be taken to the Sailing Office to speak with the Head Instructor who will hand out strike 1.

Strike 2: Written Warning – If behaviour continues, a parent or guardian will be notified of their child's conduct. The sailor will be taken to the Sailing Office and meet with the Head Instructor to discuss their behaviour. The sailor will receive their second strike.

The Head Coach and the sailor's instructor will speak with the sailor and their parent/guardian to discuss behaviour and possible solutions. A behavioural incident report will be filled out and will need to be signed by a parent/guardian and handed to the General Manager.

Strike 3: Meeting – If behaviour persists, the Head Coach, Programs Manager, and parents/guardians will work together to discuss the sailor's future at Waeg Sailing. In severe cases, the sailor may be removed from the Program entirely.

Termination of Childcare Space

The Waegwoltic Club recognizes that some summer camps are not always appropriate for all children. Many supports are put into place to create a happy

and successful placement for all children. In cases of severe behaviour issues, it may be necessary to terminate the camper from the childcare space. A decision to terminate a child's space will be made in consultation with parents. The Waegwoltic Club's priority is for the safety of all children in its programs.

Custody Arrangements

Parents are asked to explain custodial arrangements when enrolling their children into Summer Camp. When special circumstances apply such as denial of access to one parent, we ask that you provide written documentation of custody and access schedules issued by the court.

Drugs/Alcohol

Children will not be released to accompany a parent or guardian who is under the influence of drugs or alcohol. In such circumstances, our Head Coach Stu will call the other parent/guardian, or emergency contact listed and request that they come pick up the child.