

Sailing Program Guide

Welcome!

This is a guide to everything Waeg Sailing, with all the need to know information for parents and sailors alike! In it, you will find schedules, what to bring to sailing, tips, FAQs about sailing levels and registration, and our expectations for parental support. Waeg Sailing focuses on providing a fun, safe, and memorable summer experience for sailors of all ages, learn more about our adult sailing below!

Our sailing program runs through the national sailing association, Sail Canada and operates following the CanSail Programming. CanSail focuses on the long term development of the sailor and brings inclusion into our sport. As operators of CanSail our instructors push our sailors to learn in a classroom setting and through on water sessions and training all while sharing our passion for our sport on our Sailors. The CanSail programming runs through a series of levels beginning with Cansail 1 and going up to CanSail 5, though our program only offers levels up to CanSail 5. CanSail strives to support sailing in every community to make our sport accessible while teaching lifelong skills to future generations by placing youth outdoors, in active settings, learning the ocean environment all while providing lifelong memories.

Our instructors are all trained through the Sail Canada courses and are certified instructors, the majority who have grown up through the Waeg Sailing program and have returned as instructors and coaches to leave their mark on the program. Sailing instructors are devoted and passionate about the sport they teach to youth and adult alike, they are sailors who continue to sail and race for many months of the year. Sailing is a complex sport and as sailors we are never truly done learning our sport and our ocean, it is a continuing learning curve that pushes us to continue on. Our staff strives to provide a positive experience to all sailors who come aboard our program and that no matter what they continue sailing. Sailing has a low impact on the environment, but still to protect our oceans we strive to remove plastics from our lives, and intern our oceans. In sailing we say: *"Take nothing but the wind on your bow and leave but the ripples in your wake"*.

For more information on these certifications, and the value they add to our programming, please visit the Sail Canada website: <http://www.sailing.ca/cansail-dinghy-s15683>.

Should you have any questions or concerns, please do not hesitate to get in touch with our Head Coach, Stu Layton as well as Charlie Moors, head of Race Teams. The Sailing Team committed to the Waegwoltic Club, the Waeg Sailing program, and providing the best possible experience here.



Stu Layton
Head of Sailing
(902) 478-7734
(902) 429-2822 ext. 6
sailing@waegwolti.ca

The Essentials!

A Day at Waeg Sailing

One day at sailing is always different from another depending on weather, conditions and ability of sailors. We take every opportunity we can to sail but sometimes there is too much wind, too little wind, rain, thunder & lightning. We work with the sailors ability and the overall safety for these classes.

This is a sample of what a day looks like:

8:45 – 9:00 am Sailors are signed in with their coach at the Sailing Building. If you wish to forego this process, and allow your child to arrive at sailing without requiring parent sign-in, please let the Head Coach Stu Layton as know as soon as you can, by emailing sailing@waegwoltic.ca or by calling (902) 429-2822 ext. 6.

9:00am Attendance is taken in respective classrooms.

9:20am Weather dependent: rigging boats to hit the water or lessons in the classroom!

10:00am Weather permitting, fitting the water for a morning sailing.

Noon Hour. Kids are given a 60 minute lunch hour. During this time, we have supervised trips to the canteen, time for sunscreen and a supervised dip in the Lido when we have time! Sailors must stay on Waeg property over lunch. If you wish to pick your child up for lunch or take them off-property, please let your child's instructor know!

1:00pm Attendance is taken following the end of lunch, and the plan for the afternoon is discussed. Skills from the morning are further developed during the afternoon sail.

4:00pm Sailors head back to the Waeg to de-rig and take boats out of the water. A short debrief is held once all sailors are back in the classroom, and any end-of-day announcements are made. If a swim or another afternoon activity is on the agenda, boats will be brought in earlier and de-rigged.

4:30pm End of day! Sailors are picked up at the Waeg Sailing building, and signed out of the program by a parent or babysitter. Just like the drop-off procedure, if you wish to have your child forego this process and be able to leave on their own, please let our Head Coach Stu Layton know at your earliest convenience by emailing sailing@waegwoltic.ca or by calling (902) 429-2822 ext. 6.

Early Drop Off, Late Pick Up

If you are interested in participating in **Early Drop-Off and Late Pick-Up**, you must register for that on our website at www.waegwoltic.ca. It is offered through our Waegwoltic Day Camp, and children can be dropped off as early as 8:00am and picked up as late as 5:30pm, and costs \$40/week.

Once you have registered for extended care, the Head of Sailing will reach out with more information on procedure!

Lunch Plan

There is also a healthy, brown-bag **Lunch Plan** available for sailors, which also requires registration online at www.waegwoltic.ca. Lunch Plans can be added at any point, but registration prior to the start date of programs will ensure your child receives their lunch every day of the week. No partial week, or by-the-day lunch options are available, but there will always be a coach bringing sailors to the canteen if they require purchasing lunch. Sailors are brought down to a lunch buffet by a coach. It costs \$50/week. Please reference the Lunch & Snacks guide below for more information.

Respect

Respect is a crucial element of the success of the Waeg Sailing program. Sailors and staff absolutely must respect the sailing building and all equipment, the entire Waeg Staff, themselves, and their fellow sailors while at Sailing Camp. Any disrespect will not be tolerated, and parents will be alerted of negative behaviour immediately. Being on the water is an amazing opportunity, but also carries with it a lot of risks, and thus listening to and respecting coaches always is necessary for the successful, safe, and fun provision of any sailing camp. Disciplinary action is dealt with on a case-by-case basis, and will involve sailors' parents if necessary.

What to Bring

It's your first day at sailing! What on earth do sailors wear on the water? Please refer to this list of suggested attire and what to pack in your bag for a day at Waeg Sailing.

Learn to Sail

1. Morning snack or money for the canteen/a charged Waeg Swipe Card.
2. Lunch! (Lots of water, snacks, healthy lunch)
3. Afternoon Snack - due to the fact that we are often on the water, make sure to pack and afternoon snack that's easy to eat on the go!
- 4. Reusable Water Bottle!**
5. Coast-guard approved, size-appropriate **PFD**
- 6. Closed-toe shoes**
7. Extra change of clothes, towel and swimsuit
8. Hats
9. Sunscreen
10. Sunglasses (100% UV/UVA Proof)
11. Rash guards, splash pants, long sleeves, warmer layers, etc. depending on the day!
12. Waterproof bag for wet clothing

Tips Going Sailing!

1. Sun safety. Wear long sleeve shirts that are quick dry. This is better than sunscreen and can be worn all day instead of reapplying multiple times a day!
2. Do not send your child with nice clothing. Nothing stays dry and clean forever with a sailing program kid!
3. Label your child's belongings. Every year we do runs to hand in hand with our lost and found items that don't have names! Avoid the lost and found vortex!
4. Drink Water! Every sailor needs water and lots of it! This is reusable water bottles. Out in sun and heat all day your sailor needs to drink to avoid heat exhaustion.
5. Electronics. Kids can have electronics with them. However, during sailing hours they are put away for the day in bags and lockers.

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! There are lockers in the sailing building for sailor use, although these are only designed to store belongings during the day. We have a large lifejacket bin where many students leave their PFDs for the duration of their session, but this is at the owner's risk as the Waeg is not responsible for any lost or stolen items left in the lockers, in the lifejacket bin, or in the building overnight.

Progression & Report Card

Choosing the right level is the first step in ensuring you (or your child) receive(s) the most appropriate and effective programming for their age, size, and sailing ability. Please refer to this guide, or contact our Head of Sailing at sailing@waegwoltic.ca to determine which program to register for each year.

These Waeg Sailing classes all run on CanSail Levels from 1-5. At the end of each session each sailor will come home with a progress report from their coach that has numerous levels on the page. The level the sailor is working on will appear with check marks either in progress or completed as well as a written note from their coach. This is a progress report that visualizes the sailor's ability on paper, doing one of our classes does not necessarily mean your child will receive their entire level but it will show that they are putting both work and effort to get their receive their next level.

Regardless of level of experience, sailing is for everyone and we as instructors of our sport work to make this sport accessible for all and ensure our program is putting out resilient sailors to keep our community sailing! If you have any suggestions as to programming offerings or other interests, please email sailing@waegwoltic.ca or call 902.429.2822 ext.6. Please see below for information regarding private lessons.

Expectations for Parents

The staff at Waeg Sailing are dedicated to delivering the best possible sailing programming for all sailors and their families at the Waeg. As we are lucky enough to be a part of the larger Waegwoltic community, we value the input of any involved or interested individuals, and appreciate that parents of sailors remain supportive of their child's sailing education and experience at Waeg Sailing. With this, we ask that parents follow a few guidelines to ensure that staff and families alike are well-prepared for the summer, so that we can focus on delivering the best possible Sailing Camp every session.

A separate guide for Race Team parents can be found in the "Sailing Camps" section of our website at www.waegwoltic.ca, as expectations vary slightly from the expectations for recreation stream sailors.

Please encourage a positive attitude and an excitement for sailing. In many cases, learning a new sport can be daunting or discouraging, but parental support can make a huge difference in facilitating a positive experience. Encourage your child to play by the rules!

Please refrain from addressing details of your child's experience at sailing camp during class time. Mentioning it to their instructor or the Head Coach at drop-off or pick-up time (or by emailing sailing@waegwoltic.ca) will allow us to set up a meeting, and address any questions or concerns you may have. We value every child's experience and want to handle anything that may arise as swiftly and as effectively as possible.

If your child is struggling with a specific coach, or you feel as though a coach acted in any way inappropriately, please contact the Head Coach at sailing@waegwoltic.ca as soon as possible, with as many details regarding the incident or conduct as possible.

Let your child be on the sailing property with us on their own. We avoid having parents on the boat yard and dock during our programming hours. Let your child be with their instructors and friends. They are in good hands!

Please make sure your child is dropped off and picked up on time, unless previously coordinated with your child's instructor. We ask that parents and babysitters try their best to coordinate other activities and commitments outside of sailing camp time

We cannot easily bring kids on and off the water individually if someone comes late or leaves at odd time. To help facilitate this, other pickup and drop offs are best arranged over the noon hour. This avoids uninterrupted lessons, we ask that parents and babysitters notify the Head Coach upon their arrival, and allow us to get their child from their class. For safety reasons, we also ask that parents and babysitters do not enter the **sailing deck** unless expressly asked by the instructor.

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 run of the day, or, in severe cases, will require parents coming to the Waeg to discuss the conduct, or pick up their child from sailing programming. These are very rare circumstances, but must be dealt with swiftly and effectively, with parents and our coaches working together to find the best solution to any issue.

Frequently Asked Questions

Q: Does my child need to know how to swim?

A: Yes, for safety on the water as well as on the docks, we require all students to have basic swimming capabilities. Particularly for our Opti, 420, and Laser (formerly High Performance) Race Teams, swimming is often used in workouts and it is essential that Race Team athletes are comfortable in the water without their lifejacket.

Q: What if my child has an appointment during the day, or I have to drop off/pick them up early?

A: Please let your child's instructor know ahead of time, or email sailing@waegwoltic.ca with the details. Sending a note with your child is acceptable, if it is delivered to instructors promptly. You may also call the sailing office at 902.429.2822 ext. 7. Please do your best to schedule around sailing camp, to avoid having your child brought in from on-water sessions. Likewise, please limit early departures or late arrivals to as few times a session as possible.

Q: Does my child need their own PFD?

A: Yes! A Coast-Guard approved, properly fitting pfd is required for sailing camp at the Waeg. Please don't hesitate to email sailing@waegwoltic.ca for recommendations, or tips on how to ensure your child's PFDs fits properly.

Q: If my child and another child collide boats during a sailing lesson, what happens?

A: All our instructors can perform minor repairs, without undue cost to the families of the children involved. We understand that being so new to so many sailors, accidents happen! In the case of purposeful or severe damage to any Waegwoltic boats, equipment, or building, an incident report will be completed and families will be contacted as the Head Coach sees fit. The Waegwoltic Club agrees to cover 50% of damages in cases of major replacements or repairs in cases of purposeful, or intentional damage to any club gear or equipment.

Q: If it rains, will sailing camp still be offered?

A: Yes! Sailing will run regardless of weather. In cases of heavy rain, thunder and lightning, or wind too high for beginner groups, sailors will likely work through important lessons on-land, and play games in the sailing building. Weather-appropriate clothing is required for sailing camp. Race team athletes should expect very few on-land days and always bring appropriate gear.

Q: I am registering my child in the same session as their friend. Can they sail together for the duration of the session?

A: Our instructors will take this into consideration when making boat crews for each day, but we do not guarantee nor encourage students sailing with the same sailors every day. For the first few days, we do our best to accommodate these so that sailors may get comfortable, but sailing with all other students is required of all recreational sailors.

Q: Do I need to know how to sail to register my child in sailing?

A: No! We cover everything from the very basics to advanced boat-handling skills. Don't be surprised if your sailor starts to try and teach you a thing or two themselves.

Q: Ok, I am interested, how do I learn to sail?

A: We offer private lessons with any of our instructors on an interest basis, simply email sailing@waegwoltic.ca to inquire, or chat with your child's sailing instructor before or after sailing camp. These are designed with you in mind, and can be for the whole family or one-on-one with an instructor. Rates vary, and please refer to the guide above for more information. We also offer a Women's Sailing Series Monday and Wednesday nights on our J24 and Mirage keelboats, with one of our instructors. It is a great way to get your sea-legs in a fun, laid-back, and friendly atmosphere.

Q: My child can only do a portion of a session, but would really like to sail, can this be accommodated?

A: Partial sessions are assessed on a case-by-case basis, so please get in touch with the Head Coach at sailing@waegwoltic.ca or call our Main Office at 902.429.2822 ext. 2 to discuss your options.

Q: My child will be on the race team this year, what does that mean for me?

A: The racing program at the Waeg is lucky enough to have access to the great racing circuit that exists in Nova Scotia. With this, travel is an essential part of a successful racing program. Weekend regattas are often very full, busy days, and require parents committed to contributing to carpools, trailering efforts, and ensuring their child has all the support they need to succeed. Like hockey tournaments or swim meets, sailing regattas generally send home tired athletes, but the improvement in sailing we have seen after attending these events is undeniable. Please refer to the Race Team Information guide, contact the Head Coach, Stu Layton at sailing@waegwoltic.ca, and attend our Race Parents meeting for more information.

Policies & Procedures

The Waegwoltic Club is committed to the satisfaction of all our members enrolling in our club programming. With that in mind, please review the following program policies, created for and applied evenly for all to enjoy our program offerings.

The following Registration Policy and Liability Waiver must be read and agreed to before registering for any program at the Waegwoltic Club. Members cannot proceed with online or in house booking until the policies have been read and agreed to. Confirmation of agreement is made in person by signature or online by electronic verification.

The following Registration Policies and Liability Waiver apply to Adult and Youth programming from all departments of the Club including Sailing, Aquatics, Summer Camp, Recreation and Tennis.

REGISTRATION POLICY

I. All membership fees for 2019 must be paid in full or you must be registered on the payment plan before registering for any programming. Any additional outstanding fees must also be paid in full prior to registering for programs.

II. Program fees must be paid in full at the time of enrollment and is accepted on a first-come, first-served basis. No spot will be held for any amount of time without payment. Partial payments or deposits will not be accepted to hold a spot.

III. Program fees can be paid online, over the phone via credit card, or in person at the Main Office. Applying a fee for programming to a membership account is not considered as payment and cannot be used as a method of payment to secure a spot in a program or class.

IV. Members making a program cancellation before April 15th will receive a full refund if approved. Cancellations received after April 15th are subject to the following cancellation and transfer policies:

a. A notice of cancellation or transfer made a minimum of 7 days prior to the program start date, if approved, will result in a full program credit which must be used in the calendar year it is issued.

b. Any cancellations or transfers received within 6 days of the program start date will receive a program credit for the full amount, less an administrative fee of 25% of the program fee. This partial credit must be used in the calendar year it is issued.

c. Transfers will be accommodated up to the start date without the 25% administration fee are: Level transfers (example: Swim Kids 1 to Swim Kids 2); Time slot transfers; Transfers between programs within the same session.

d. A refund will be issued when the program is cancelled by the club

e. A member may request a refund if a participant is unable to participate due to medical reasons substantiated by a medical note.

V. If a class is full, a waitlist option is available. There is no charge for a waitlist registration. If a position becomes available, the first member on the list will be contacted by the Administration Office and given 24-48 hours to enroll depending on the program. If the given time passes without payment, the spot will be offered to the next member on the waitlist.

VI. The Waegwoltic Club reserves the right to cancel programs or classes if a minimum registration number is not obtained prior to the start date. In this case, a full refund will be issued.

REGISTRATION

I. Early registration is available for summer camp and sailing programming only.

II. Early registration privileges are granted to those members who were enrolled in the programs during the previous year.

III. Early Registration dates are set annually by the Main Office.

IV. Once early registration is closed, all remaining positions are open to the general membership

on a schedule that is set annually.

V. Positions in each program are available on a first come first serve basis. Early registration does not guarantee you a spot in a particular program or week.

VI. All early registrations follow the registration policies of the Waegwoltic Club as stated above.

SAFE CARE AND SUPERVISION POLICY

The Waegwoltic Club believes in fostering individuality, self-worth and self-esteem for all who in our care. All of our campers will be treated respectfully, listened to, and encouraged to share their perspectives, life experiences, and values.

In the event that—through the course of daily interaction with our participants—we become privy to information that could reasonably be concluded as harmful or threatening behavior towards the well-being of a child by a parent/legal guardian/caregiver, our staff is trained to recognize and report the situation to their supervisor and, as necessary, to the appropriate child protection agency. This is not just our duty, but our responsibility under the law.

A protocol is in place to address, document and report emergency situations (both life-threatening and non-life-threatening). All emergency situations, whether life-threatening or not, are immediately reported to a supervisor after the incident, and put into writing within an hour (examples: lost child; injury).

Vulnerable Sector (VS) police checks are conducted for any staff that comes in contact with children at The Waegwoltic Club.

The Waegwoltic Club policies regarding child safety follow the guiding principles outlined in “Quest 1” of High Five®’s quality standard for children’s sport and recreation. Founded by Parks & Recreation Ontario, High Five® provides policy guidelines that ensure that your child’s experience with sport and recreation will be safe, properly-supervised, and age-appropriate. It also ensures your child will have a positive experience and leave the program smiling.

For more information about High Five®, visit www.highfive.org

LIABILITY WAIVER

By signing the waiver, registering yourself, your child, or any participant for whom you are the registrant for programming, you have acknowledged and agreed to the following:

All programs organized by The Waegwoltic Club are run by experienced, certified (where applicable) instructors and supervised by (an) experienced assistant(s), as necessary.

Every effort will be made to minimize risks that may arise as a result of program activities. I hereby acknowledge any and all risks, and I fully understand that The Waegwoltic Club's members or staff, the program instructor(s) and assistant(s) assume no responsibility for any injury or ailment that may occur while your child is under our care.