

Waeg Sailing Program

OPTI Programming, SUMMER 2023

Welcome to Opti!

To both our new and to our 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!

Included in this document is all the information about our sailing program, and the information specific to your child's sailing class. Each class has its own guide! Included you can find information about program times for drop off and pick up, what to bring and wear to sailing, and other important information. We ask that all parents and guardians of our sailors read this guide.

For any questions or concerns please reach out to Henry McCallum, Head Sailing Instructor, who is the point of contact for the program, best reached through email! We love to hear constructive criticism as we always look for creative ways to improve our program; let us know our "done wells and do betters"!

Henry McCallum

Head of Sailing
sailing@waegwoltic.ca

To Our Sailing 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. We appreciate that parents of sailors remain supportive of their child's sailing education and experience at Waeg Sailing. 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.

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!

We ask that parents and sailors do their best to schedule appointments and other commitments around sailing camp, so as not to interrupt the delivery of sailing lessons; however, we understand that this is not always possible. The more notice your child's instructors have, the better, so please give us a heads up as soon as you are aware of a conflict. If, for whatever reason, you require your child to be pulled out of camp during the day, dropped off late, or picked up early, please let us know at your earliest convenience by emailing sailing@waegwoltic.ca, or letting your child's coach know at the beginning of the day.

Our Junior Sailing program has been running for many years now and has slowly been developed and improved. We are always looking to improve, and appreciate any constructive criticism; we love to hear our "done wells and do betters"!

Opti Classes What a fleet to be in!

This year at Waeg Sailing we will be having Three levels Opti classes:

Opti 1, Opti 2, and Opti 3!

Opti 1

Opti 1 is our introductory Opti class. Sailors will be introduced to the boat and learn the basics of sailing. Opti 1 is geared towards new sailors who have never sailed Opti. Sailors may sail single-handed or may be paired up in their boat, sailors in this class will be able to progress through and move onto the next progressive class.

Opti 2

Opti 2 is our learn to race class. Sailors will learn the basics of single-handed sailing and racing, and will have the opportunity to sail in green fleet in local regattas. This class is a great transition from Junior Sailing to Opti! This class is geared towards sailors who have some sailing experience but want to transition into Opti and try racing!

Opti 3

Opti 3 is our Opti race team. This class is for sailors who have some Opti experience and builds on Opti 2. Sailors will continue to improve their racing skills, and will sail in red fleet for regattas and follow a more structured training schedule.

Regattas

The 2023 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 other sailors! 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 the NWALTS (AYC).

What to Bring

All bolded items on the list below are mandatory for sailors to bring 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

camp. 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

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 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. For optis, PFDs such as Salus or similar designs work best because they won't get caught on the boom.

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 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 the day. While we always wear sunscreen, we recommend 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 products that protect the skin while out on the water. Sunscreen should be applied throughout the day 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!

Weather

Our opti classes will always aim to spend as much time on the water as possible! With that in mind, there are always some conditions that are not suitable for our sailors' age and sailing ability. As sailors we keep our eyes on the weather and always have a few backup plans!

The unsuitable conditions for this class could be lots of rain, too much wind, heat warnings or thunder. With these weather conditions, the class may decide to stay on land and do other activities and sailing-related lessons.

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 misdemeanour 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 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.

3 Strike Policy

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

Unacceptable behaviour we do not tolerate 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 behaviour and discuss. The sailor is once again taken to the Sailing Office to meet with the Head Instructor to discuss their behaviour and 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 made that 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 in Sailing. In some 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 Henry will call the other parent/guardian, or emergency contact listed and request that they come pick up the child.