

# *Waeg Sailing Program*

JUNIOR SAILING, SUMMER 2023

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!

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.

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 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](mailto: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 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! 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](mailto: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 willing to accept constructive criticism; we love to hear our "done wells and do betters"!

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.

## Junior Sailing Basics

**Morning drop-off 8:30-9:00 AM Pick-up 4:00-4:30 PM**

*Drop off and Pickup is done at the **Sailing Building**. If your child is getting themselves to and from sailing they require written permission, emailed to [sailing@waegwoltic.ca](mailto:sailing@waegwoltic.ca) We will always have staff members here until 5PM to ensure all sailors get home safe!*

## Lunch Plan & Canteen

There is a healthy, brown-bag **Lunch Plan** available for sailors, which also requires registration online opening June 5<sup>th</sup> at [www.waegwoltic.ca](http://www.waegwoltic.ca) and costs \$50/week. Lunch Plans can be added at any point during the session, but registration prior to the start date of Camp will ensure your child receives their lunch every day of the week. No partial week or by-the-day lunch options are available. All sailors are

required to have a lunch, whether from home or from Lunch Plan. We also require sailors bring snacks and a reusable water bottle they can refill throughout the day!

Sailors can visit the Lido Canteen for lunch hour snacks but we encourage parents to send packed lunches as the lines for the canteen can be long and we don't always get a full hour for lunch.

## Respect

Being on the water is an amazing opportunity, but also carries with it a lot of risks. Listening to and respecting coaches is always 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.

Respect is a crucial element of the success of the Waeg Sailing program. Sailors and staff absolutely must respect themselves, their fellow sailors, sailing building and all equipment, and the entire Waeg Staff while at Sailing Camp. Any disrespect will not be tolerated and will be handled accordingly.

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 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.

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.

## What To Bring!

**Bolded items are mandatory**

- 1. Coast Guard-approved, size-appropriate PFD**
- 2. Waterproof layers** – e.g., *rain jacket, splash pants*
- 3. Change of clothes**
- 4. Reusable water bottle** – *can be refilled throughout the day!*
- 5. Long sleeve sun/water shirt**
- 6. Swimsuit and towel**
- 7. Sunscreen** – *SPF 50 or higher*
- 8. Closed-toe shoes** – e.g., *water shoes or Keens, to protect feet!*
- 9. Lunch and snacks**
10. Hat
11. Sunglasses – *100% UV/UVA proof recommended*

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 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. **We recommend sailors leave electronics at home while they are at sailing camp.** If, for communication purposes, you would prefer your sailor keeps their cell phone with them, they are to be kept in backpacks, lockers, or in a safe place and not to be 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 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](mailto: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 the day.

**All items should be labelled with names!**

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 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

The Junior Sailing Class 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.

### *A Day as a Junior Sailor!*

**8:30-9:00 AM** Sailors are dropped off and meet their instructors at the sailing building. Sailors are signed in for the day!

**9:05 AM** The class starts their day. A few morning games are played to start off the day. Lesson plans are announced for the day.

**10:00 AM** After a morning lesson or activity, the class prepares for the water, where they will do their on-water activity for the morning. This could be a steering lesson followed by an on-water drill, or a wind direction lesson followed by an adventure sail!

**12:00 PM** Lunchtime! Those participating in the Lunch Program will receive their lunches from our staff, and the Junior class has an outdoor lunch supervised by their instructors.

**1:00 PM** The lunch hour ends, and the afternoon session begins. This includes preparing for the water, having sunscreen parties, and completing lifejacket and closed toe shoes checks. The afternoon lessons will usually build on the morning lesson, and lots of time is spent on the boats and the water!

**3:30 PM** The Junior class is usually back on land by 3:30 pm. On a nice day this could be time for an afternoon swim, followed by packing up and preparing for pickup.

**4:00 PM** The Junior class is underneath their tent on the sailing hill and ready for pickup. Pickup goes until 5 pm at the very latest.

Typically, for any sailor left after 5 pm we make phone calls to ensure our sailors get home!

## **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.