

Waeg Sailing Program

WETFEET, 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. Henry is 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 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 instructor know at the beginning of the day.

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

Here's the Basics of Wetfeet!

Our Wetfeet Program! The introductory class at Waeg Sailing for our youngest of sailors. This class provides a fun and positive experience, and introduces everything to do with the world of sailing and our program. Our instructors spend time with the class on the water, in the water, and on our many boats, allowing sailors to be safe and comfortable while learning the basics of sailing!

Waeg Sailing Wetfeet Camp is designed for sailors aged 6-8 who have never sailed before, or who have completed a previous session of Wetfeet but are not yet old enough for Junior Sailing. It follows the Sail Canada Wetfeet Module and is the perfect way for your child to 'get their feet wet.' Please review this guide and take note of what to bring as well as the Wetfeet day planner before arriving at your first day of camp!

Drop-off is happening at the Coburg gate and pick-up is happening at the sailing building; look for the instructors in the blue waeg sailing shirts and white hats!

Drop off & Pickup

This is done from the sailing building where our instructors will mark attendance for each sailor!

Morning drop-off is 8:30-9:00 AM.

Pick-up is 4:00-4:30

We will always make sure each sailor is picked up and we will stay until 5PM.

There is a healthy, brown-bag **Lunch Plan** available for sailors, which requires registration online opening June 5th at 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 that your child receives their lunch every day of the week. No partial week or by-the-day lunch options are available. There will always be an instructor available to bring sailors to the canteen if they need to purchase a lunch. All sailors are required to have a lunch, whether from home or from Lunch Plan. We also require sailors to 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, the 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 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.

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

What to Bring!

Bolded items are **mandatory** for all sailors attending our program.

1. **CoastGuardapprovedPFD-sized correctly to ensure your sailors will float**
2. **Closed toe shoes - shoes that will protect feet to avoid cuts and bruises (water shoes or Keens are ideal!)**
3. **Reusable water bottle – there are bottle filling stations around the property!**
4. **Sunscreen – SPF 50 or higher**
5. **Rain jacket**
6. **Change of clothes**
7. **Swimsuit and towel**
8. **Lunch and snacks**

Other great things to bring include:

1. Sun protection: hats, sunglasses, long sleeve water shirts
2. Changes of clothes to keep warm if your sailor gets wet.

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 to find 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, Keens or Crocs) 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!**

Weather

The Wetfeet class aims to spend as much time on and around the water as possible, but we always keep the weather in mind. The goal of Wetfeet is for sailors to become comfortable on the water, so we sail in weather that is suitable for their age and ability. This allows for a positive and safe sailing experience. As sailors, we always have our eyes on the weather and keep the safety of everyone in mind. The class may spend the day on land if there's rain, thunder, colder temperatures, too much wind, or no wind with a heat warning. Finding the perfect conditions isn't always easy for this class but there are always lots of options and activities for the class that are water-related and fun!

A Day with Wetfeet

8:30-9:00 AM Sailors are dropped off and meet their instructors at the Coburg gate. 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 adventure tow, or a wind direction lesson followed by a boat ride!

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

1:00 PM The lunch hour ends, and the afternoon session begins. Sailors prep for the water, have sunscreen parties, and complete 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 on the water!

3:00 PM The Wetfeet class is usually back on land by 3pm. On a nice day this could be time for an afternoon swim, followed by packing up and preparing for pickup.

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

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

Instructors will always aim to be off the water and ready for lunches and pickup, but we often cannot run on a perfect schedule!

Sailors are not to be pulled out of camp before they are off the water and ready for lunch, unless their instructors are made aware of an appointment at the beginning of

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.