

# Wet Feet Camp 2019

## Welcome!

This guide has been designed with the parents of Wet Feet sailors, new and returning, in mind! Within it, you will find information on what we offer, what to bring to Wet Feet Camp, the certifications and contact information for your child's instructors, and other helpful information. The Waeg Sailing program focuses on delivering safe, memorable, educational, and FUN summer sailing experiences for children.

Waeg Sailing follows the CANSail program developed by Sail Canada, which was implemented in 2012. This program focuses on long-term sailor development and allows for success as both a recreational or competitive sailor, all the while remaining fun and active, regardless of which stream you choose. More specifically, the Wet Feet Module within the CANSail Program is designed to introduce young sailors to the water more generally, and to sailing as a fun, safe, and confidence-building summer activity. It focuses on the development of safe, conscientious, and well-rounded sailors, who are more than ready to move into the full-fledged programming, once they are old enough.

All our instructors are trained and certified as CANSail Instructors, as well as High Five certified, and are very excited to get back on the water. For more information on these certifications, and the value they add to our programming, please visit the High Five website: <http://www.highfive.org/what-high-five> and the Sail Canada website: <http://www.sailing.ca/cansail-dinghy-s15683>.

We are so excited to have your child(ren) in Wet Feet, and are committed to providing the best possible introduction, or continuation of sailing programming for them. Wet Feet at the Waeg is an amazing opportunity to begin sailing in a beautiful setting surrounded by committed instructors. Personally, this will be my 5 year coaching, and my 12 year as a Waeg Sailor. Our entire coaching staff is passionate about the Waeg and our sailing program, and look forward to meeting all new sailors and bestowing in them the same love for the sport, and for the club that we have! Should you have any questions or concerns about the program, our club, other Waeg programming, or sailing in general, please do not hesitate to get in touch with me.

Happy Sailing!  
**Stu Layton, Head of Sailing**  
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Email: [sailing@waegwoltic.ca](mailto:sailing@waegwoltic.ca)

# *The Basics*

Waeg Sailing Wet Feet Camp is a fun, introductory sailing program designed for sailors aged 6-8 who have never sailed before, or who have completed a previous session of Wet Feet but are not yet old enough for Junior Sail. It follows the Sail Canada Wet Feet Module, and is the perfect way for your child to get their 'feet wet.' Please review the following lists before arriving at your first day of Wet Feet camp!

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](http://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 the program, a member of the team will reach out to you with more details!

There is also a healthy, brown-bag **Lunch Plan** available for sailors, which also requires registration online at [www.waegwoltic.ca](http://www.waegwoltic.ca). Lunch Plans can be added at any point, 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, but there will always be a coach bringing sailors to the canteen if they require purchasing lunch. Sailors are brought up to a lunch buffet by a coach. It costs \$50/week. Please reference the Lunch & Snacks guide below for more information.

## **What to Bring**

It's your first day at Sailing Camp (or your first day back, or maybe you can't remember the essentials!) What on earth do sailors wear on the water? Please refer to this list of suggested items to pack for your time at Waeg Sailing camp.

1. **Coastguard-approved, size-appropriate PFD**
2. Waterproof layers (rain jacket, splash pants)
3. **Change of clothes** Warmer change of clothes
4. **Water bottle**
5. **Swimsuit and Towel Sunscreen Hat Sunglasses (100% UV/UVA Proof)**
6. **Closed-toe shoes**
7. **Lunch and snacks (Please see below)**

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 lifejackets 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. We recommend sailors leave electronics (cell phones, iPods, etc.) 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.

## Lunch & Snacks

Please note that sailors must be registered in the Waeg Lunch program prior to their first day of Wet Feet to ensure they are brought up to the lunch pick-up area every day. Unlike Waegwoltic Day Camp, Waeg Sailing does not provide an afternoon snack. We encourage sailors to pack a healthy lunch to ensure they are motivated and well-fuelled all day long! We recommend a full lunch, with lots of snacks for the morning and afternoon, and a very full water bottle. We are not always able to make a canteen run so snacks are always better than canteen money!

### Lunch Plan Sample Menu:

Paninis & Salad (choice veggie, ham, cheese, chicken)

Soup & Sandwiches (choice ham, turkey, veggie, cheese)

Mac & Cheese (w/sweet potato fries)

Tacos (w/rice pilaf)

Mini Pizzas (choice pepperoni/cheese/veggie w/garlic bread)

Lasagna (w/cheese bread)

BBQ Day (choice hot dog, hamburgers, veggie burgers & fries)

\*All lunch comes with salad, veggies w/dip, and whole fruit

## PFDs

Coastguard-Approved, size-appropriate Personal Flotation Devices (PFDs) are required to be worn by sailors and staff, at all times, on the docks and on the water. Our staff will assist all children to ensure they are properly secured prior to leaving the docks to go sailing. Sailors not sent with 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.

## Lunchtime & On-Water Sessions

Lunch time for Wet Feet Camp often varies based on sailing conditions, and the best opportunities to get out on the water through the day. This is at the discretion of your child's coaches, and must be respected by parents and babysitters to ensure your child is getting the most out of Wet Feet Camp. Coaches will always aim to be off the water and ready for lunch at 12:00pm, but sailors are not to be pulled out of camp before they are off the water and ready for lunch, unless their Coaches are made aware of an appointment at the beginning of the day. We ask that parents and babysitters do their best to schedule appointments and other commitments around sailing camp, so as not to interrupt the delivery of sailing lessons, but we understand that this is not always possible. The more notice your child's Coaches have, the better, so please give us a head's 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 run of 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 at Check-in.

## Sunscreen

The entire Waeg Sailing coaching staff is committed to providing safe and fun sailing programming, and sun safety is of the utmost importance. With this in mind, we ask parents and babysitters to be as helpful as they can in this regard, by ensuring their children are sent to Camp having already applied sunscreen, and in weather-appropriate clothing. We ask that children **refrain from wearing tank tops, or bathing suits** alone under their lifejackets, as shoulders and arms are quite exposed in the boats. Preferably, hats and t-shirts will be worn at all times. Our staff will take numerous breaks throughout the day to help sailors reapply sunscreen, reapply sunscreen themselves, and drink some water.

## Electronics & Lost Items

We ask that sailors leave electronics, such as cell-phones, iPods, etc., at home. If, for communication purposes, you would rather your child keep these with them, we ask that they are safely stored during class time and not used through the run of the day at sailing camp. The Waeg cannot guarantee the safety of these devices, or any personal equipment, that is kept in the building through the run of the day or forgotten overnight. Lockers are available for the use of children, but are not to be used overnight and cannot be locked.

The Waeg Sailing building will have a Lost & Found bin that all items left overnight will be put in. This bin will be moved to the Lido Lost & Found Checkroom at the end of every week, including any items not claimed by Friday. The Waeg is not responsible for any items left behind at the Sailing Building or on the property, and children are to be responsible for all gear brought to sailing camp.

# 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 at all times is necessary for the successful, safe, and fun provision of Wet Feet, and any sailing camp.

## *A Day at Waeg Sailing*

To have an idea of what we do all day, here is a sample day of Wet Feet Sailing Camp at Waeg Sailing. Please note that this is merely an example, and day-to-day activities will change depending on the weather and the skill-level of the group. All days are planned by the Coaches to best suit the sailors.

**8:45am – 9:00am** Wet Feet Sailors can be dropped off at the main gate or at the sailing building between these times. Sailors arriving after 9am must drop off in the sailing building. Sailors being dropped off at the Sailing Building or the Gate must be signed in with a staff member. Those participating in the Early Drop-Off program with Camp will be picked up by their coach and brought to the Sailing Building.

**9:05am** Attendance is taken for all sailors

**9:10am** Daily announcements are made; a few games are played to start the day. The lesson plan for the day is introduced and the coaches discuss the progress they've made so far!

**10:00am** Following a short lesson and some fun in the sun, boats are rigged by coaches and sailors together, and launched on the water. If a more in-depth lesson is on the agenda, it will happen in the morning!

**12:00pm** Lunch time! (Approximately) Sailors participating in the Waeg Lunch Program are brought up the hill with one of our coaches, while others eat lunch all together in the classroom or on the hill. If you wish to pick-up your child for lunch, or have them eat with their babysitter or nanny, please let your child's coach know at the beginning of the day! A canteen run will also be done when needed/possible.

**1:00pm** Attendance is taken for all classes. The skills learned in the morning are further developed and kids head back out on the water, weather dependent.

**4:00pm** Boats are de-rigged, brought back in for the night, and put away. Sailors change out of

their sailing clothes or swimsuits, depending on the afternoon activity, and wrap up the day with a short debrief of skills learned and some fun games on the hill.

**4:30pm** End of Day! Wet Feet Pick-up happens at the Main Gate! We aim to get there by between 4:15 - 4:30pm but if we don't get off the water on time we might be a bit late!

### **Pick-Up program**

Please note that sailing runs from **8:45am to 4:30pm**, and no exceptions can be made. If you require early drop-off or late pick-up, your child **must be registered** in the Early Drop-Off and Late Pick-Up program through Waegwoltic Camp. If they are not registered and not picked up by 4:30pm, your account will be charged for that program.