

SAILORS HANDBOOK



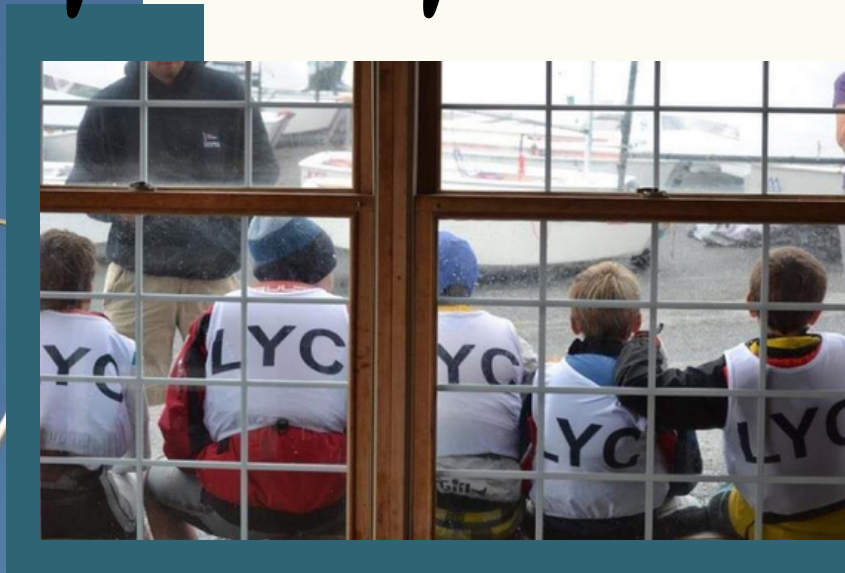
**LEARN TO SAIL
PROGRAM**

LUNENBURG YACHT CLUB

www.lyc.ca

Hello From

The Team



WELCOME

Welcome junior sailors and parents/guardians,

We're so happy you've decided to join the LYC Learn to Sail program!

The philosophy of our program is to inspire a lifelong love of the water. We work with sailors to make them feel comfortable on the ocean and encouraging them to be confident skippers and crews. Most importantly, our program will provide young sailors with great friends and lifelong memories!

We hope you enjoy your sailing season and welcome LTS!

LTS Director & Instructors



General Info & Policies

Program Hours & Supervision

Regular sessions in the Learn to Sail Program run daily from 9:00 am to 4:00 pm. Staff remain on-site until 4:30 pm. Any sailor remaining after hours will not be supervised by LYC or LTS staff and shall be the sole responsibility of their parent or guardian.

LYC Junior Membership

Participants in the LYC Learn-to-Sail Program are required to join LYC as members if:

- The sailor keeps a boat on LYC property.
- The sailor wishes to participate in any races, events or other activities at LYC outside of the regular 9:00 am - 4:00 pm scheduled sailing sessions.
- The sailor wishes to participate in Sail Canada sanctioned regattas (common for advanced sailors).



A TYPICAL DAY AT LTS

MORNING:

- Arrive at Learn to Sail building and be greeted by instructors.
- Rig (prepare) your boat to get it ready for the day.
- Lawn games and activities.
- Lesson 1 - briefing on what will be done on the water.
- Dress for the on-water weather and sailing.
- Sailing!
- Return to the yacht club.

BREAK FOR LUNCH

AFTERNOON

- Lesson 2 - briefing on what will be done on the water.
- Dress for the on-water weather and sailing.
- Sailing!
- Return to the yacht club.
- De-rig and put equipment away.
- Lawn games and activities.
- Pick up at the Learn to Sail building.

END OF THE DAY

SAFETY 101

1. LIFEJACKETS

CCG approved life jacket or PFD must be worn at all times when on or near the water.

2. CLOTHING

Sailors must wear clothing appropriate for weather conditions and have a change of clothing.

3. FOOTWEAR

Footwear (closed-toe) must be worn at all times. Sandals are not permitted while sailing or launching boats.

4. SPF

Waterproof sunscreen is required (SPF 15 or greater).

5. HATS & GLASSES

UV sunglasses and hats or visors are recommended.



6. SWIMMING

Sailors must be able to swim 25 meters, wearing sailing clothing, PFD & equipment.

7. WETSUITS

Wetsuits are permitted but not in lieu of PFDs or life jackets.

8. RESPECT

All sailors must respect the property, instructors, equipment and the LYC Rules and Regulations.

FAQs

When should I arrive? When can my parents pick me up?

Sailing starts at 9:00 am sharp and drop off can happen as early as 8:30 am. Sailing ends at 4:00 pm.

What should I bring to sailing?

You'll need to bring the following:

- Coast Guard-approved life jacket.
- Lunch or lunch money and a water bottle.
- Sun protection includes a hat, sunglasses and sunscreen.
- Fast-drying, closed-toe shoes and a second pair of shoes that won't get wet.
- A change of clothes and a rain jacket.
- A bathing suit and a towel.

If I want to, can I go home for lunch?

Yes, but you must get your parents to complete one of our Lunch Sign Out Forms.

How are sailors evaluated?

Our Instructors evaluate sailors daily, on water and on land. Written tests are not completed. Evaluation is ongoing and includes sailing skills, participation and your interaction with other sailors and the instructors.

Is it possible to sign up for sessions in addition to those on my original application?

Yes, if available! Registration is available online.

Is there a maximum number of sailors that will be accepted for a session?

Yes, the program would suffer in both quality and safety aspects if we accept too many sailors. So register early to avoid missing out!

Equipment Usage Policy

The LYC Learn to Sail Program has a strict user-pay Equipment Usage Policy. The replacement cost of our training equipment is over \$200,000.

This Policy is to be used with regard to boats involved in collisions and lost or damaged equipment or other property of the Lunenburg Yacht Club.

1. Boat Collisions with other boats (moored, docked or sailing), docks shoreline or other obstructions will result in a hearing to determine who was at fault if anyone. If the sailor(s) are found to be at fault, they will pay for all repairs. When there is more than one sailor in the boat in question, there will be a percentage of the repair assigned to each based on level of responsibility. If the sailors are found not at fault, the LTS program will pay the expense for all damages. The LYC staff will notify all involved sailors and parents of the incident and of any decisions requiring payment.

2. Lost or damaged equipment (including the property of the LYC) will usually be assigned to the sailors using the equipment or to their class. In these situations, the sailor(s) or class responsible for the equipment will share the replacement or repair expense. If any equipment is lost or damaged but no sailor(s) or classes have been assigned to the item, the last sailor(s) to use the items will be held responsible. Equipment that has failed due to normal usage will be repaired or replaced by the LTS Program (Boat Usage Fee).



3. Boat Inspection will be conducted by the Instructors on a regular basis and when equipment is signed in/out. If a sailor is aware of any items on the boats or equipment that is not in proper working condition, the sailors should notify their instructor immediately. This is so repairs can be made right away and that the sailors are not held responsible for something that they did not do.

SAILOR'S CODE OF CONDUCT

The Sailor's Code of Conduct has been developed to let you, the sailors, know how the instructors expect you to act during your time in the Learn to Sail Program. Appropriate behaviour will allow you to become well rounded, self-confident sailors and LYC members.

We here at the LYC Learn to Sail Program expect the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of this team, you represent LYC, this organization, and your family.

Your behaviour, either on or off the water, should be to maintain this level of sportsmanship and conduct and make other sailors proud to be a part of this organization. The use of alcohol, drugs, or tobacco of any kind, by any participant, at any time, is strictly prohibited.

In order to achieve this, we ask you to follow these guidelines:

- Sail for fun and the love of the sport. Enjoy yourself.
- Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can better your skills.
- Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player and get along with your teammates.
- Appreciate the contribution each person makes to the team.
- Learn the rules, and play by them. Always be a good sport and set a positive example for others, particularly younger sailors.

We expect you to:

- Use good language – the use of profanity, obscene language, or obscene gestures is not permitted.
- Respect your instructor/coach, your fellow participants, opponents and officials. The rules of the Canadian Yachting Association and LYC are to be observed by all. Absolutely no unsportsmanlike conduct will be tolerated. The sailor must realize that he/she represents a tradition of fairness in competition.
- Be on time for sessions.
- Attend regularly – you need to develop your individual skills, sailing fundamentals, as well as develop team discipline, unity, spirit, commitment and loyalty.
- NEVER participate in any physical violence, fighting etc. during any LYC LTS events, under any circumstances.

If you do not follow the Sailor's Code of Conduct, depending on the severity and the regularity of the violation, the following steps will be taken:

- Sailor suspended for 1 day
- Sailor Suspended for a balance of the session
- Sailor suspended for summer

Please understand that the enforcement of this policy is to encourage commitment by the sailor to his/her team and teammates and the LYC LTS.