

Learn to Sail and Dinghy Racing Program Guide



Bay of Quinte Yacht Club

BQYC Learn to Sail and Dinghy Racing Program Guide
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About The Bay of Quinte Yacht Club

The Bay of Quinte Yacht Club (BQYC) is dedicated to promoting the sport of sailing. Our mission is to serve our community by providing a safe learning environment for effective sailing education.

The Learn to Sail and Dinghy Racing Programs are conducted at the Bay of Quinte Yacht Club, the second oldest sailing club in Canada. BQYC is conveniently located a short walk from downtown Belleville on the beautiful and protected waters of the Bay of Quinte at the tip of Victoria Park.

There is ample parking and the grounds are beautiful with mature trees providing much needed shade during those beautiful summer days.

BQYC's Learn to Sail and Youth Racing sailors are able to enjoy the dry sail area which includes a covered sheltered area, a Clubhouse and an indoor activity room. BQYC also boasts beautiful grounds for outdoor activities and ample secure space for dinghy boat storage. Members and visitors alike may enjoy sitting on our deck overlooking the Bay, or chatting in our comfortable lounge. Picnic tables scattered amongst the trees on the grounds are also available for use.

Our Clubhouse has a large classroom, with space nearby for each sailor to store their backpacks and other belongings. Washroom facilities are available in the Clubhouse. The boat launch area is large enough to accommodate all of our boats safely. Lunch for the BQYC Youth Sailing Summer Day Camp (Camp) is usually eaten on site either in the shade or in the BQYC Clubhouse.

We hope this guide provides a clear overview of the exciting Learn to Sail and Dinghy Racing Programs that we offer at BQYC. If you require additional information to help get you on the water this summer please visit the Bay of Quinte Yacht Club website for more detailed information at <http://www.bqyc.org/school.html> or contact the Camp at (613) 827-SAIL or via email at sailingbqyc@gmail.com.

BQYC's Learn to Sail Programs

The Learn to Sail Program is open to all community members starting at age 8, with no upper age limits and is geared for anyone that wants to have fun and experience the thrill of sailing! Learning in a safe environment on and off the water is the main consideration. The programs are divided into youth and adult

courses and comply with long term athletic development set by Canada's Sport for Life.

Youth Sailing Summer Day Camp

This program provides sail training for the beginner through to intermediate sailors using the Canadian Yachting Association (CYA) "Learn to Sail" standards which focus on demonstrated skills and on-the-water training. The "Learn to Sail" standards under Sail Canada are referred to as *CAN Sail* levels. The six progressive levels of achievement (*CAN Sail* 1 – 6) are as identified below and you can also refer to the Canadian Yachting Association website located here www.sailing.ca for more information.

In all activities, the attitudes and readiness of the young sailor will always be considered in determining responsibility on the water. The activities within each level focus on fun, building individual skills and confidence.

CAN Sail 1 & 2

CAN Sail 1 & 2 programs are designed for beginners to introduce the basic skills of sailing, including safety, seamanship and boat handling. On land, sailors will learn the basic elements of sail theory; the names for the parts of the boat and how to rig a boat. On the water sailors will focus on boat safety and boat handling skills and learn to find the wind direction, setting the sail, and steering.

CAN Sail 3 & 4

This is a comprehensive four week course designed for intermediate to advanced level sailors, who have completed their *CAN Sail* 2. Please note these courses may require more time to achieve, the four week timeframe is provided as a minimum guideline. These two levels within the *CAN Sail* program focus on introducing sailors to advanced sailing techniques including sail trim, boat tuning, boat maintenance and introduction to racing. Boat handling in higher wind conditions, sailing backwards and without a rudder are also fundamentals of these courses. The club 420 is used by *CAN Sail* 3 & 4 sailors.

CAN Sail 3 & 4 sailors may have the opportunity to attend regattas. If sailors are chosen or demonstrate interest with the necessary skill level to attend regattas, it will be necessary for their parents to provide the additional cost and assist with transportation and supervision. Please see more on Regattas further on in this Guide.

Chutes and Wires 1 & 2

This course section targets sailors who are interested in developing further skills in double handed sailing by focusing on racing with both trapeze and spinnaker. These two levels are often done in conjunction with CAN*Sail* 3 & 4, but can require more time to achieve.

CAN*Sail* 5 & 6

These advanced courses are for the serious sailor and racer who want to compete and advance in the sailing world. CAN*Sail* 5 & 6 courses focus on speed control by identifying tide and wind shifts and initiating tactical decisions to defend positioning and accomplishing strategic goals. The CAN*Sail* 5 requires the sailor to participate in a 1 - 2 day local regatta while the CAN*Sail* 6 requires the sailor to participate in a regional training camp and in a regional or provincial regatta. These courses will only be provided with sufficient interest and depending on the availability of certified instructors.

Dinghy Racing

The Racing Program ensures the development of sailors with knowledge of sailing skills for competitive representation of BQYC by identifying individual skill levels and developing customized programs. It's an exciting time at BQYC. In 2014, BQYC saw the implementation of a youth Laser fleet race team which in 2015 is expanding to include an OPTI fleet.

An integrated training and racing program for youth providing advanced level racing training and racing opportunities to further the development of basic sailing skills and racing tactics, knowledge and experiences.

The use of the Opti's are intended to engage young sailors in single handed sailing, enabling them to hone their skills.

The Laser and OPTI fleets enable youth to sail and race against other club members in a strong and vibrant club racing fleet and to race competitively outside the club. It is expected that youth wishing to race at the most competitive levels will ultimately acquire their own boats.

This racing development program is recommended for sailors with CAN*Sail* 2 certification or equivalent sailing experience and for those who can confidently handle a boat. The Youth Race Team trains on Mondays

and Thursday from 4:00 – 7:00 pm and participates in the Saturday afternoon casual regattas as described below under the section ‘Dinghy Social Program’.

Adults Learn to Sail

Keel Boat Program

This program runs once a week for two months beginning at the end of April and ends in June. Training begins with classroom sessions and continues with sessions on the water. The focus is to explore a new sport and learn new skills both on and off the water. Our courses based on an adult learning model will help you to meet your expectations.

Dinghy Program

This is a relatively new program being developed based upon sufficient interest.

Dinghy Social Program

As part of BQYC’s mission to promote boating and sailing, the dinghy social program is to fill the gap for all ages interested in joining other sailors on the water and to enjoy and experience dinghy sailing at a social level. Come sail with other sailors interested in dinghy sailing, meet like-minded sailors and join in on some great camaraderie on the water at some fun regattas.

This program offers an opportunity for dinghy sailors of all ages to sail in the Saturday afternoon casual regattas taking place at BQYC June through August.

Youth members of this group are also enrolled in the Youth Race Team training sessions offered on Monday and Thursdays 4:00 – 7:00 pm as described above under the section of ‘Dinghy Racing’.

Participants in the Dinghy Social Program are invited to casually join the Youth Race Team on the water during their training sessions on Monday and Thursday from 4:00 – 7:00 pm. This is a great opportunity to sail with a group of eager youth sailors and pick up some valuable tips from our experienced coaches.

Private Dinghy Lessons

Private dinghy lessons may be available for an additional fee depending on scheduling, demand and availability of instructors. Please email sailingbqyc@gmail.com to request more information including a subject line of 'Private Dinghy Lessons'.

Course Cancellation

Courses may be cancelled when there are insufficient sailors registered. Appropriate notice will be provided.

Boats

Optimist (Opti)

The Optimist is intended for the beginner as it is a simple, sturdy and stable dinghy designed for youth. The design of the Opti allows for safe operation by an 8 year old but it is also technical enough for teenagers to use to compete.

Nutshell

The Nutshell is a multi-person dinghy, perfect for learning the basics of sailing. Our fleet of Nutshells ensures that every student has a safe, fun, and memorable sailing experience.

Club 420

The club 420 is a light and fast two-person dinghy with trapeze and spinnaker. The *club 420* is a high performance training dinghy, used to prepare sailors for the Olympic class 470. Club 420s are of the most raced dingy classes throughout North America and offer a terrific chance for sailors to both learn, and perfect their advanced sailing skills.

Laser

The most popular dinghy used for racing is the Laser. Depending upon the size and experience of the sailor, the Laser can be sailed with three different rig sizes (4.7, Radial and Standard). The three different rigs differ by the sail area and mast size allowing for sailing in all wind conditions and control by sailors of all different sizes. The adults and youth of BQYC have had many great experiences and thrills racing the Lasers.

Safety

Safety is of paramount importance to the BQYC Learn-To-Sail Programs and has been incorporated into both land-based activities and on-the-water training.

Children are attracted to and intrigued by the water at an early age. The activities of the Youth Sailing Summer Day Camp are designed to encourage young people aged from age 8 to feel comfortable on the water.

All student sailors should be comfortable around and in the water and a swimming test will be conducted on the first day of the Youth Sailing Summer Day Camp session to determine the sailors swimming ability for safety reasons.

All on-the-water training is done under the supervision of our highly qualified instructors in coach boats.

In the event of inclement weather, the training will be conducted on-shore. The instructors do not take unnecessary risks, and will choose the most appropriate activity based on the conditions.

All sailors must wear a Transport Canada (DOT) approved Life Jacket. When selecting a life jacket, choose one that provides the greatest comfort, as it will be worn at all times on the water.

Instructors

All BQYC instructors are certified by the CYA to CYA coaching standards. Their advanced knowledge and sailing ability is supplemented by training in the theoretical and practical aspects of coaching, first aid, swimming and rescue techniques.

Registration

The Application Forms may be found on the web site at <http://www.bqyc.org/school.html> .

Registration is done on a first come, first serve basis, which is determined when payment is received.

Youth Sailing Summer Day Camp Classes are two week sessions from 9:00 am to 4:00 pm Monday through Friday in July and August.

To accommodate parents with busy work schedules, supervision is available from 8:00 am (pre-class) for early drop-offs, and from 4:00 to 5:00 pm (post-

class). You must make prior arrangements for this extra cost item at the time of registration.

Adult courses are offered on Monday evenings from 6 to 9 pm starting the end of April to the end of June. You are encouraged to sign up early. This allows us to be better prepared for your course when its time comes.

Adult Dinghy courses will be dependent upon interest and typically follow the Adult Keel Boat Learn to Sail Program.

Dinghy Race Training days are from 4:00 to 7:00 pm on Mondays and Thursdays from June to end of August.

Student Behaviour

Students must be willing to have fun!

The developmental Levels established by the Canadian Yachting Association require physical, mental and social maturity for student sailors to achieve maximum benefit and success. Please contact us to discuss your questions or any concerns.

Please bring a positive attitude, show respect for yourself, other students, instructors, Sailboats, and the BQYC facility.

The Code of Conduct which will be sent to you when your Application has been processed must be signed and presented when checking in on the first day of the session.

Students who misbehave will be given a warning, and their parents/guardians will be notified.

Continuing inappropriate behaviour will result in the student being excluded from the remainder of the session (without refund).

Payment

Registration is not complete and your space is not reserved until payment has been received.

Registration may be made by debit, MasterCard, VISA or cheque.

Please make cheques payable to: "BQYC".

Note that fees paid may be eligible for tax purposes as child care expenses.

Please find the fee schedule on the registration forms.

BQYC membership discounts are available for some of the programs – see specifics on the application forms.

Cancellation Policy

All cancellations are subject to an administration fee of \$50.00.

Cancellations made less than two weeks prior to the start of a session will be given a 50% refund of fees.

Rescheduling of sessions may be possible based on spaces available.

Additional Information

What you need to bring:

Students will need to supply the following items:

- A lunch, other than specially announced lunch days. There are no food services at BQYC.
- A comfortable, approved life jacket
- A good hat (that will stay on!)
- Quality waterproof sunscreen
- Sunglasses secured with a strap
- Old running shoes (barefoot in a boat can be dangerous!) Please, no sandals!
- Layered clothing
- Extra clothing/shoes to change into after a wet sail. Sailors get wet and thus require an available change of clothing. Without this, they may miss further sailing that day.
- Wind proof jacket and pants (for cool days)
- At the CANSail 3 & 4 it is also nice to have sailing shoes or boots, and sailing gloves (bicycling gloves work well and are usually less expensive).

- You will have space in the Learn-to Sail building to store your belongings. BQYC cannot be responsible for lost items. Please leave your valuables at home.
- Please see that the Sailor's name is on things they bring to Youth Sailing Summer Day Camp -especially their PFD!

Report Cards

Level of Achievement are electronically stored and reported on to *CANSail*. Report cards will be provided to the sailors once they have met the *CANSail* standard.

Regattas

Becoming a part of the sailing community may involve attending regattas. A full listing of regattas may be found on the Ontario Sailing Association website at: <https://ontariosailing.ca/Racing/Schedules/>

A part of the requirement at the *CANSail* 4 level is for those sailors to attend regattas. As space permits, we also extend invitations to *CANSail* 3 sailors to go to regattas.

Arranging for transportation, accommodations, and chaperoning is a big part of regatta planning. The parents of the sailors attending a regatta are expected to play an active part in transporting students, towing boat trailers, finding accommodations, and supervising students when the regatta activities are over.

The additional cost to attend the regattas: registration, coach fees, transportation, food, and accommodation are the responsibility of the sailor.

Parents are encouraged to accompany their sailors to regattas. Their participation however, is limited to on-shore events.

Contact us

We look forward to having you come onboard and welcome your questions and comments. You may contact us by: Phone 613-827-SAIL, via email at sailingbqyc@gmail.com or in person July through August by dropping in to the BQYC.