



Established 1888 (Inc.)

The Royal Hamilton Yacht Club



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Learn to Sail & Race Team



Sailor's Information & Parent Guide

Welcome to the RHYC

Welcome parents and sailors! The R.H.Y.C. is a friendly, family-oriented Club that strongly supports youth activities. Our program has been active since the 1950's promoting lifelong sailing. We have a long history of great sailboat racers locally, nationally, and internationally. Our programs at the RHYC have been recognized many times for excellence in youth activities, such as in 2002 Best Sailing Program in Canada for the second time and in 2007 for Youth Regatta of the year.



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Introduction & Programs

We are very excited about the upcoming sailing season! For those new to sailing we offer beginner & advanced courses in Optimists, C420s and RS Zest dinghies. All programs follow the Sail Canada curriculum; this is the national sport organization for sailing. From their standards and training programs we have nationally recognized coaches and instructors with years of sailing and teaching experience. All of our coaches are registered with Sail Canada and are very enthusiastic and passionate about teaching and the sport. Please review the information here. If you have any questions or concerns please feel free to contact the Head Instructor, juniorsail@rhyc.ca.

Waterfront Camp: The Waterfront Camp is an outdoor, play-based learning environment alongside our Junior Sail program for children ages **5 to 7 years old**. The one-week camp is a refreshing opportunity for your children to explore sailing on the Hamilton Waterfront and in our indoor, classroom environment. The program focuses on play, crafting, sailing activities, local trips, water sports, and walks around the harbor. Through these experiences, the children will become familiar with basic sailing terminology.

CANSail 1 & 2: If you have never sailed before, you will start in the CANSail 1 program. We offer CANSail 1 & 2, for **ages 9-12**, in the Optimist. We also have a CANSail 1 & 2 Teen program **ages 12-18** that is offered in the RS Zest dinghy. These programs focus on creating a fun environment while developing physical literacy. On the water, young sailors work on boat safety, boat-handling skills, and seamanship. In the classroom, students will learn basic terminology, knots, and the rules of the water.

CANSail 3 & 4: The next level of sailing is the CANSail 3 & 4 program, which teaches advanced boat handling and skills in the 420. CANSail 3 & 4 stress both skippering and crewing skills, such as spinnaker work (which is the large colourful sail that you see at the front or the bow of the boat), trapezing, and the ability to work as a team in the boat. An advanced level of theory, such as vectors (in relation to wind) and movement is also taught. This program is also offered through Opti Learn to Race (See next page).

Learn to Keelboat: An introductory keel boating program for **ages 10-13 with sailing experience and 14-18 without experience** on a larger Sailboat. This program entails the basics of sailing and boating safety. The program will include classroom sessions which cover the physics of sailing, the parts of a sailboat, basic navigation, and safety procedures as well as practical on-the-water training which involves rigging and derigging a boat, steering, trimming the sails, and other sailing techniques. Open to sailors or new participants of all skill levels.



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RACING PROGRAMS

Opti Learn to Race

For the young competitors, we have an Optimist Learn to Race team. Athletes learn and exercise rules, become familiar with flags, practice starts and of course become very comfortable with the feel of a racecourse. The intensity of the program is determined on the level of racers we have in the program that season.

CANSail 5 & 6 High Performance Racing

Formerly our Silver and Gold program, our High performance Race Team is in full swing this season. Advanced racing theory, tactics and boat handling are taught at this level. Parents and racers make a one-month or full summer commitment to traveling around Ontario to compete in regattas! We also offer Spring and Fall training for this program.

Spring/Fall Training

We also offer spring and fall training programs for both the Optimist and CANSail 5 & 6 Racers. Open to sailors around the province, these spring and fall programs are well known and attract sailors eager to train with others in the extended season. Sailors enrolled in both of our high Performance and Learn-to-race racing programs are strongly encouraged to participate in the spring training program. The sailor and parents will be contacted upon registration about the upcoming spring schedule.

If your child is interested in our Learn to Race or High Performance Race programs, please contact our Head Coach at juniorsail@rhyc.ca to find out more information about our program requirements, regatta schedule and how our team operates.

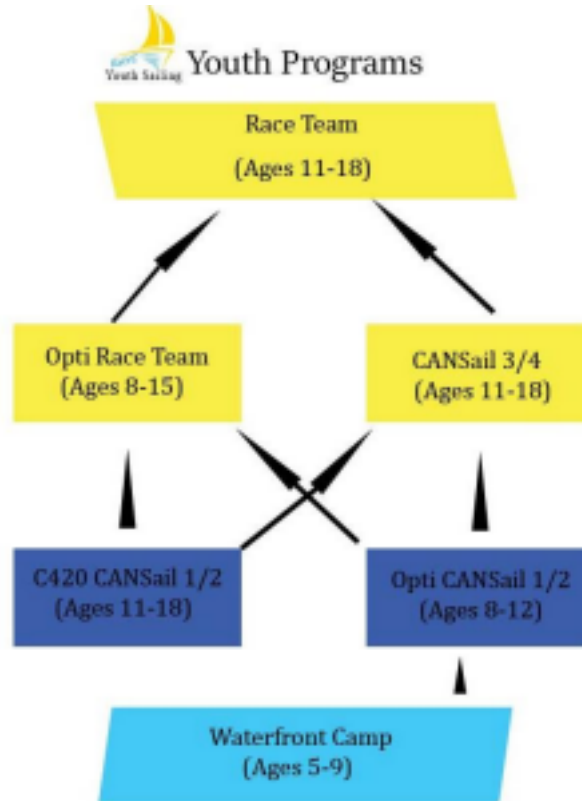


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Programs At a Glance



It is important to know how the progression works for our sailing programs. Above is a chart with the general paths taken by sailors. Sailors may be moved based on individual skill progression and development. If you are unsure which program is right for you contact the Head Instructor at juniorsail@rhyc.ca. All programs have a limited amount of space.



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A Day in Opti CANSail 1 & 2

These programs are an introduction for sailors (9-12 years of age). The sailors will be taught according to CYA and OS standards. CANSail 1 & 2 sessions are in two week periods from 8:30 until 4:30pm. In all programs the day is formatted as such:

- 8:30 am - The group rigs boats and gets ready for sailing.
- 9:30am - A Game followed by a classroom lesson and briefing.
- 10:30am - All Opti students go sailing.
- 12:00pm - All learn to sail programs have lunch and play games.
- 1:00pm - All Opti students have a classroom lesson followed by a briefing.
- 1:30pm - All Opti students go sailing.
- 3:30pm - All Opti students derig.
- 4:15pm - All Opti students are debriefed and play games until parents arrive.

A Day in Zest CANSail 1 & 2 / C420 CANSail 3 & 4

- 8:30 am - Sailors begin rigging boats.
- 9:30 am - A quick game followed by a separate classroom lesson and briefing.
- 10:00 am - Zest and C420 sailors go sailing.
- 11:45 am - Each group has a quick debrief.
- 12:00pm - All learn to sail programs have lunch and play games.
- 1:00pm - meet separately to cover specific course material.
- 1:30pm - review a brief and go sailing.
- 3:45pm - derig.
- 4:15pm - Both groups are debriefed and play games until parents arrive.

** Students in the CANSail 3/4 program may be encouraged some days to bring their own lunch. This is due to the time the coach wants to spend on the water with the kids for a particular day, for example if there is a mock regatta going on.



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Lunch

Sailors may bring a bagged lunch, or the club provides a hot lunch program for an extra fee of \$120 + HST. For those involved in the lunch program they are still welcome to bring snacks as the days are long. Kindly note sailors cannot order from the restaurant unless it has been previously approved by the Head instructor.



Sample Menu:

- Monday – Pasta with Vegetarian & Meat Sauce served with garlic bread.
- Tuesday- Chicken breast on a bun with fries and salad.
- Wednesday- Homemade Pizza; vegetarian and meat selections.
- Thursday- Chicken and veggie fajitas
- Friday- Chicken Cesar and veggie wraps

Safety

1. CCG/DOT approved life jacket or PFD must be worn at all times when on or near the water.
2. Sailors must wear clothing appropriate for weather conditions and have a change of clothing.
3. Footwear must be worn at all times. Flip-flops are not permitted while sailing or launching boats.
4. Waterproof sunscreen is required (SPF 15 or greater).
5. UVA and UVB sunglasses and hats or visors are recommended.
6. Sailors must be able to swim 25 meters, wearing sailing clothing & equipment.
7. Wetsuits are permitted but not in lieu of PFDs or life jackets.

Club and Privately Owned Boats

The Club supplies boats for all of our Learn to Sail Levels. The students are expected to treat the boats as their own and any damage to the boats deliberately caused by the student must be paid for by the student or their family. Any Club boats taken to regattas that are not part of the set racing schedule are the responsibility of the sailor and his/her family. An signed agreement form is required.

It is strongly recommended that students enrolled in Optimist Racing, CANSail 5 &6 or other advanced racing levels purchase their own sailboat. Assistance in choosing an appropriate boat for purchase is available, and parents of students who together sail a double-handed boat such as a 420 or 29er have in the past jointly purchased a boat. Sample agreements to do this are available.



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The Club does have some older optimists and 420s that are suitable for racing, and can be used by all students when beginning the racing program, but continued participation and racing success requires the student to have his/her own boat and sails. Contact the Head Instructor at juniorsail@rhyc.ca for more information.

FAQ

- Q. When should I arrive? When can my parents pick me up?
- A. Arrive at 8:30am. Pick up for sailors begins at 4:15pm and goes until 4:30pm.
- Q. What if I have to leave early one day or will be late another?
- A. This is not a problem, just get your parents to write a short note saying when you'll be absent and give it to your instructor at least one day in advance.
- Q. What should I bring to sailing?
- A. This is a good question; here is a sample list of things to bring:
- CGG/DOT approved life jacket or PFD (personal flotation device). This must fit properly and be in good condition. If it is too large, it isn't safe!
 - Lunch including some fruit and extra drinks.
 - Bring snacks if on the lunch program.
 - Water
 - Sunscreen (SPF 15 or greater)
 - Sunglasses with 100% UVA & UVB protection.
 - A hat or visor with a clip so I can tie it to my PFD and don't lose it.
 - Fast drying, soft soled shoes (not dark soles) or sandals (not flip-flops) and a second pair of shoes that won't get wet.
 - A large beach towel and bathing suit.
 - At least one complete change of warm clothes including sweatshirts, track pants, windbreaker jacket and rain gear.
 - A small notepad and pencil.
 - Finally, a bag (backpack or gym bag) that I can fit everything into. If my bag doesn't have a separate spot for wet stuff, I pack a couple of grocery bags so I can keep my dry stuff dry!
- Q. Can I buy lunch at the club?
- A. A hot lunch program can be purchased before starting the session, other than that, parents are asked to provide children with a note and let the instructor know in the morning the child needs to order lunch- this is because of the demands on the kitchen.
- Q. How are sailors evaluated?
- A. 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. They are evaluated based on the CYA standards.



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

A. Yes. In order to help us plan we need to know five days in advance of the session that you would like to take. Sailors signing up with less notice may still be accepted on a space available basis.

Information and Policies

- Registration is based on a first come first serve basis and is available on-line. Visa and MasterCard are accepted methods of payment. Cash/Cheque is accepted only in person.
- Cancellation policy:
 - **No refunds within 30 days of the program start date**
 - **Cancellations prior to 30 days from course start date are subject to a 5% Administrative fee**
- All cheques returned for non-sufficient funds will be subject to fees.
- Tax receipts for athletes are provided at time of registration.
- Sailing staff are only on site until 5pm. Any sailors remaining at the club after hours will not be supervised. Only on extended days that are pre-arranged will there be any after hour's supervision.
- Sailors must be 7 years of age upon beginning the Sailing programs offered at RHYC. There is no age cap. Adult sail training is also available. Feel free to visit the website. Waterfront Camp allows children as young as 5 years old.



RHYC RACING TEAMS GUIDELINES FOR PARENTS

MONETARY MATTERS

- All regatta costs are the responsibility of the sailors (including fees, travel, food, accommodation, and sundries). Budgets will be proposed and circulated to the sailors and their families. RHYC will not be responsible for any of these costs and will act only as a conduit of funds. You will need to pay most expenses personally and then request reimbursement from RHYC. In order to get timely repayment of your out-of-pocket expenses, please ensure that you submit all receipts with a detailed list of your expenses on the RHYC Expense Reimbursement Form to the RHYC office after each regatta. Please note that if there is no receipt, we cannot reimburse you. This is best done just after you finish a chaperoning period. With this method we are able to keep a close handle on our budget. RHYC will advise you if there is any refund owing to you for your participation.

REGISTRATIONS

- Unless otherwise each parent should register their own child for regattas. Please note there is a late fee if registration occurs after the time limit.

COACH

- The coach duties include on the water and on land coaching, and trailer loading supervision. • Chaperoning parents are expected to help the coach with the off-water duties.
- It can be quite difficult coaching and being with the sailors on a 24-7 basis. Hence, we expect that the chaperoning parents will take over the sailors once the sailing day is done and on non-training days. Please ensure that you and the sailors respect the coach's time off.
- The supervision of the coach remains the responsibility of the Manager of the Club, and the Head Instructor. Any irregularity, misconduct or unprofessional behavior of the coach should be immediately reported to either of them.

TOWING and TRANSPORTING SAILORS

- The chaperone shall not exceed the speed limit.
- Check the trailer wheel hubs and tie downs at every stop. The wheel hubs should be cool to the touch.
- No alcohol for 12 hours before driving.
- The team budget will always support an extra stop or night over if the drivers are tired.

FOOD

- From past experience, we have found that food is the one item we always seem to go over budget with, even when we raise the amounts. Therefore, if at all possible, try to limit your use of restaurants, especially for breakfast and snacks. We know it is more work for the chaperones, and there are places where preparing food is next to impossible, but we want you to be aware that this policy makes a huge difference on the budget.
- When at a restaurant, give the sailors a reasonable spending limit. As well, experience tells us that sometimes the fast food chains are not the cheapest place to eat and do not always have menu items that will fit in with all dietary restrictions.
- Please respect the dietary restrictions of the sailors. Keep an eye on the sailors to make sure

they have eaten and had plenty of fluids. Some of the sailors can get nervous on racing days and ignore those needs unless prodded.

- The chaperoning parents should ensure there are snacks available for the sailors on and/or off the water. As well, there should be water bottles available including a case for the coach boat.

MISCELLANEOUS CHAPERONE MATTERS

- The chaperone on duty is the person required to make decisions in the case of an emergency or when there are serious issues related to behavior infractions. The Club Manager, or the Head Instructor, can be called if there is a question or concern which cannot be answered. • Chaperones shall not consume alcohol while they are on duty chaperoning.
- Whoever is chaperoning shall treat all the sailors equally and with the same compassion.
- Some parents who are not chaperoning like to visit their children. They are responsible for their own costs.
- There should be a curfew for the sailors each night. This may vary depending on the schedule of the event and should be made known to the sailors.
- Make sure that the sailors do not leave garbage strewn at regatta and training sites. Remind them they are guests at these locations.
- The coach boat is for the coach. In most circumstances, especially during regattas, no additional people should be on the coach boat. Experience has it that when others are there, the coach gets distracted from his duties and has trouble concentrating on all of the sailors. If you would like to watch your child race, please find an alternative arrangement.
- When towing or traveling to a location to, RHYC will reimburse you for your gas costs with the appropriate receipt.
- Your assistance may be required when the sailors are doing registration at regattas. You need to be present when the sailors come off the water so provide a snack and assistance as required. Sweep the area each night to check for gear that might have been left behind. If you choose to leave the regatta site during the day when races are happening, it is usually best to have someone stay behind. You never know when a sailor may be brought back to shore in distress.
- Also make sure that cell phone numbers are known to the coach and other chaperones.



Volunteer Opportunities!

As a volunteer-led organization, as well as a way to keep the costs of our programs affordable, we may occasionally ask parents and students to volunteer in a number of ways – hauling boats out in the spring, putting away in the fall, fundraising, boat and trailer maintenance and repair, etc. If you have any specific skill that you may be willing to share, we would appreciate hearing about it.

Please do consider joining us for one of our work parties – we provide the barbeque lunch, and the camaraderie is free! Contact our Head Instructor if you would like more information!

CYA Youth Code of Conduct

I, _____, am a youth athlete training and competing in the sport of sailing. I understand that while competing, training and participating in the sailing community I must:

- Work towards the attainment of my full potential in the lifelong sport of sailing.

- Respect fellow sailors, volunteers (parents, race officials...), club staff, PSA/CYA staff and coaches.
- Be gracious in victory and defeat, being co-operative, sportsmanlike and always remain a team player. I will remember that my actions on and off the water reflect not only on me but my sailing organization as well.
- Regard the Racing Rules as a form of agreement. The Rules represent the spirit or letter which I shall not evade or break.
- Treat all clubs, public areas, accommodation facilities, as well as other people's property as my own. I understand that any willful destruction of property or theft is not permitted. Full payment will be required for any destruction.
- Not get involved in any act considered to be an offense under federal, provincial, or local laws.
- Neither possess or use any prohibited drugs, alcohol, cigarettes or non-medicinal drugs while attending a CYA sponsored event and/or an event run by my club or provincial sailing team.
- Become aware of what "anti-doping" is all about, and ensure that I triple check to make sure any medications/prescribed drugs/nutritional supplements I take are not considered banned/restricted substances. (Note- you can check this all out via www.cces.ca)
- Enjoy the sport!