

Learn to Sail 2009 Program Guide

Information to get you on the water this summer

Website: <http://www.bqyc.org/school.html>



*Bay of Quinte Yacht Club is dedicated to promoting the sport of sailing.
Our mission is to serve people of all ages within our community by providing a safe learning environment
for effective sailing education.*

BQYC Learn to Sail 2009 Program Guide
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Courses ... Learning new skills and having FUN!

The Bay of Quinte Yacht Club (BQYC) Learn to Sail Program was established to promote the sport of sailing in the Belleville area. The Learn to Sail Program is conducted at one of the oldest sailing clubs in Canada, which is on the water in the protected Quinte Bay. The Program is open to all community members starting at age 10, with no upper age limits and is geared for anyone that wants to have fun, and experience the thrill and enjoyment of sailing!

BQYC's Youth 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 White Sail program, with three levels designed for beginners is followed by the Bronze Sail program, with two levels designed for intermediate level sailors. Thereafter, the Silver Sail program provides the advanced sailor with more intensive training principally focused on racing. (For more information, please refer to the Canadian Yachting Association website: <http://www.sailing.ca/cbet/>. Details on each of the Courses may be found in the checklists on the web at <http://www.sailing.ca/learnmore/education/sailing.shtm> and in the following sections.

Intro to Sailing

This is a two week introductory program for young sailors 10 to 12 years of age who wish to begin exploring sailing. Learning in a safe environment on and off the water is the main consideration. On land, they will learn names for the parts of the boat and how to rig a boat. On the water they will learn finding wind direction, setting the sail, and steering. In all activities, the attitudes and readiness of the young sailor will always be considered.

White Sail (Levels I, II & III)

White Sail Levels I, II, and III are introductory two week courses for sailors at least ten years of age, that introduce the basic skills of sailing, including safety, seamanship and boat handling. On land, sailors learn basic elements of sail theory. On-the-water training focuses on boat safety and boat handling skills. The activities within each level focus on fun, building individual skills and confidence. The following is a summary of each level. See the details on the CYA website.

White Sail Level I

- Use of safety equipment
- Dressing for the conditions
- Basic boat handling and balance
- Basics on rigging and de-rigging the boat
- Basic knots

White Sail Level II

- Additional knots & terms
- Parts of the boat

- Boat handling
- Rigging and de-rigging the boat
- Safe launch and docking of the boat
- Self rescue techniques

White Sail Level III

- Water safety
- Geographic and navigational hazards
- Interpretation of weather conditions
- Recognizing different types of boats
- Additional knots
- Additional parts of the boat and sails
- Demonstration of proper boating techniques

Bronze Sail (Levels IV & V)

This is a comprehensive four week course for sailors at least twelve years of age, who have completed White Sail Level III. There are two levels within the Bronze program and they focus on introducing sailors to advanced sailing techniques, including sail trim, boat tuning, boat maintenance, trapeze and use of the spinnaker. The Laser 2 is used by Bronze sailors. A summary of each program is found below.

Bronze Sail Level IV

- Boat handling in higher wind conditions than the White Sail Levels
- Sailing backwards and sailing without a rudder
- Roll tacking and roll gybing
- Sail controls and advanced sail trim
- Advanced boat theory

Bronze Sail Level V

- Performance sailing and proper boat trim
- Advanced theory of sailing
- Trapeze and spinnaker handling
- Planing and surfing
- Boat repair and maintenance
- Boat handling in higher wind conditions

Silver Sail (Level VI)

This course targets sailors fourteen years of age and older, who are interested in further developing their racing skills and tactics as well as providing a more in depth understanding of sailing theory. The course is eight weeks in duration and is conducted using the Laser 2. The program will cover the following areas:

- Racing rules
- Racing tactics
- Advanced sail theory
- Participation in competitive regattas and weekly Club race nights

Adults

Adults bring diverse expectations to two month long, once a week sessions starting in May and ending in June. The focus is to explore a new sport in which learning new skills both on and off the water. A possibility of achieving a White CYA levels (see above). Whichever it is, our courses, based on an adult learning model, will help them to meet their expectations.

Course Cancellation

Courses may be cancelled when there are insufficient students registered.

Boats

“There is nothing, absolutely nothing, half so much worth doing as simply messing about in boats.”

Laser 2

The *Laser 2* is a light and fast two-person dinghy with trapeze and spinnaker. The *Laser 2* is a true high performance one-design dinghy. The fact that the *Laser 2* is a strict one-design means that one can have high performance and incredibly close racing without needing the expensive fittings and equipment which have become a prerequisite to success in other classes, the dreaded “cheque book sailing”. Racing in the *Laser 2* class is the most affordable two-person racing available. The regattas are very exciting and invariably have extremely close finishes. Boat speed is a function of the performance of the helm and crew, not of the size of their wallets. The speed of this relatively small boat is simply incredible!

The *Laser 2* is solidly built. Since older boats don't get soft, they can compete on the same level as new boats without any disadvantage. There are currently about 11,000 *Laser 2s* worldwide. *Laser 2s* are used by our Bronze and Silver sailors.

Albacore

The *Albacore* is a 2 person hiking dinghy, active throughout England and North America. It is a 4.5m (15 ft.) dinghy developed in 1954 from a design by Uffa Fox. The class is versatile and technically sophisticated with highly adjustable rigs. *Albacores* are sailed successfully by a wide range of crew weights and the construction of the boats has resulted in almost unparalleled longevity. Over 8,000 *Albacores* have been built and the class is actively raced in Canada, the United States and England.

Program

Location

[The BQYC](#) is located in the City of Belleville on the Bay of Quinte, a short walk from the city centre. Our home sailing grounds are in the protected waters of the Bay, one of the best boating areas in Canada.

There is ample parking for dropping off or picking up sailors.

Facilities

BQYC's Learn-To-Sail program and dry sail area are located at the Clubhouse and Grounds of the Bay of Quinte Yacht Club. Members and visitors alike may enjoy sitting on our deck looking over the Bay, or chatting in our comfortable lounge.

Our Learn-To-Sail building has a large classroom, with space nearby for each student to store their backpacks and other belongings. Washroom facilities are available in the Club House. The dinghy launch area is large enough to accommodate all of our boats with safety. Lunch is usually eaten on site either in the shaded or in the BQYC Club House.

Safety

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

- 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 students 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 all day, every day of the course.
- BQYC has obtained another safety boat in order to ensure safety of all students and staff.
- The addition of a paid adult supervisor to oversee the program this year will ensure that safety both on and off the water is occurring at all times.

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.

“BQYC is proud of its group of instructors.”

Registration

- The Application Form may be found on the web site. You may print out the two pages (back to back, if possible), and complete the form.
- Registration is done on a first come, first served basis, which is determined when payment is received.
- Space is limited to ensure a low instructor to student ratio, so register early to avoid disappointment!
- Students are welcome to sign up for multiple sessions, but may be limited to age of students and instructor availability.
- Classes are from 9:00 am to 4:00 pm Monday through Friday.
- 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 arrangement for this extra cost item.

Student Qualifications

Students must be willing to have fun!

Age

- The Sail School sessions are available to anyone aged 10 and up.
- Children are attracted to and intrigued by the water at an early age. The activities of the Learn to sail program are designed to encourage young people aged 10–12 to feel comfortable on the water.
- The developmental Levels established by the Canadian Yachting Association require physical, mental and social maturity for student sailors to achieve maximum benefit and success. Thus, for the White Sail I level, students should be at least 9 years at the time of the Course (10 would be

better!). For Bronze, a minimum 12 years is suggested and for Silver 14 years. Please contact us to discuss your questions or concerns about this.

Behavior

- Students must show respect for themselves, other students, instructors, Sailboats, and 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).

Swimming

- Intro to Sailing, White Sail Levels I, II, III, Bronze & Silver Sail Levels IV, V, VI, all student sailors should be comfortable around and in the water and a swimming test will be conducted for safety reasons.

Intro to Sailing - Details

- BQYC offers Intro to Sailing sessions during July and August. Each session lasts two weeks, starting on a Monday and ending on a Friday.
- The number of student sailors will be small in order to best meet the needs of the young participants.
- If your young sailor enjoys the Intro to Sailing and would like to return, please enquire, as there may be space in a subsequent session.

Session	Dates	Duration
1	29 Jun – 10 Jul	2 weeks
2	13 Jul – 24 Jul	2 weeks
3	27 Jul – 7 Aug	2 weeks
4	10 Aug – 21 Aug	2 weeks

White Sail - Details

- BQYC offers four White Sail sessions during July and August. Each session lasts two weeks or a total of ten days.

- You are encouraged to register early to obtain the session of your choice, because some sessions do fill up. We don't want you to be disappointed!
- At any time, if you have questions about space availability, please contact us

Bronze Sail - Details

- Bronze sessions are determined by number of applications.
- Registration limits per session are based on the number of boats available (4 Laser 2s shared between the Bronze and Silver sailors).
- The instructor/student ratio will be a maximum of 8 to 10 students per instructor.
- Teams of two students are assigned a Laser 2.
- We expect that the demand for this year's Bronze program will exceed the space available, so please register early and avoid disappointment!
- Some Bronze sailors will have the opportunity to attend regattas along with the Silver sailors.
- If selected, in July, Bronze sailors could attend the Steerers regatta in Port Credit, and in August, Bronze sailors could attend one regatta and/or Youthfest in Kingston.
- If Bronze sailors are chosen to attend regattas, it will be necessary for their parents to assist with transportation and supervision.

Silver Sail - Details

- Silver session is determined by number of registrations.
- Registration limits are based on the number of boats available (four Laser 2s are shared between the Bronze and Silver sailors).
- The instructor/student ratio will be a maximum of eight students per instructor.
- Teams of two students are assigned a Laser 2.
- Part of the requirements for the completion of the Silver Sail level is attending regattas and competing successfully while there. In July, sailors will attend the Steerers or Four Sisters regattas in Port Credit. In August, sailors will attend one regatta in Kingston's Youthfest.
- Sailors with parental support may arrange to attend other regattas.
- So that sailors may attend regattas, it is necessary for parents to assist with transportation and supervision.

Session	Dates	Duration
1	29 Jun – 10 Jul	2 weeks
2	13 Jul – 24 Jul	2 weeks
3	27 Jul – 7 Aug	2 weeks
4	10 Aug – 21 Aug	2 weeks

See registration form for cost.

Adults - Details

- Adult courses are offered on a monthly basis, May and June.

- The courses will be held Mondays from 6 to 9 pm.
- You are encouraged to sign up early. This allows us to be better prepared for your course when its time comes.

Course Material

- For many people a necessary part of their learning is being able to read about what they are going to do or have done on the water. The Canadian Yachting Association has books available that meet this need.
- The books are an invaluable reference and are suggested for both the White, Bronze and Adult programs. Books (if not previously acquired) can be ordered at the time of registration or at the beginning of the session.
- In addition, all sailors who want CYA certification are required to have the CYA International Sailing Logbook as an ongoing record of their sailing activities and achievements. The logbook is cumulative and is used from year to year.

Payment

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

- Registration may be made by cheque or Visa.
- All registration are required to call ***** in order to make the registration process go smoothly.
- Please make cheques payable to: "BQYC".
- Note that fees paid may be eligible for tax purposes as child care expenses. Receipts for the 2009 Sail School will be mailed in late January 2010.

Cancellation Policy

- Cancellations must be made at least 2 weeks prior to the start of the session and are subject to a minimum retained fee of \$50.
- Cancellations made less than two weeks prior to the start of the session will be given a 50% refund of fees.

Additional Information

What you need to bring

Students will need to supply the following items:

- A lunch, other than specially announced days. There are no food services at BQYC, but drinks are available at the bar.
- A comfortable, approved life jacket
- A good hat (that will stay on!)
- Quality 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 Bronze and Silver levels 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. BSBC 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 Sail School - especially their PFD!

Regattas

Becoming a part of the sailing community involves attending regattas. Regattas are held most weekends. 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 Silver Sail level is for those sailors to attend regattas. As space permits, we also extend invitations to Bronze 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, 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.

Meetings will be held to share in making the regattas happen.

Contact us

We welcome your questions and comments. You may contact us by: Phone 613-827-SAIL or in person, July through August, by dropping in to the BQYC.