

# Shelburne Harbour Yacht Club

## Sailing Academy

### Summer Sailing School Guidelines

Through consultation with and guidance from Sail Canada, Sail Nova Scotia and the Province of Nova Scotia we will be implementing the following plan to offer our sailing family a fun and safe environment to enjoy this great sport.

Due to required and responsible health guidelines, this season will have a very different look and feel compared to previous years, but sailing is still the focus.

The youth sailing camp must operate within the parameters of the provincial health guidelines. These guidelines have been compiled for use by sailing programs across the province.

More detail to come, but here are some of the basics.

- Single-handed dinghy boats (Optis, Lasers, Byte) will be our primary dinghy
  - Single-handed means a one person
- Double-handed boats for use by sailors who live in the same house (family)
  - Double-handed requires two sailors
- Sailors must have a minimum of ONE year in CANSail 1 - they must have the ability to sail solo
- No Wet Feet programming this year – no new sailors
  - We will attempt to put a weekend program in place where new sailors can try sailing in the company of their parents
- Arrival and departure protocols as well as disinfecting procedures
- Program will be divided into two components
  - Learn-To-Sail (Optis)
    - Optis best accommodate sailors less than 110 lbs (approximately)
    - We will take seven (7) sailors into this program each week
    - Sailors will build upon already existing skills
    - The Opti is a small boat, Sailors should be comfortable moving in it's cockpit
  - Learn-To-Race (Byte and Lasers)
    - These dinghies best accommodate sailors heavier than 110 lbs
    - We will take three (3) sailors each week into this program
    - Sailors will use higher performance dinghy
    - Sailors must have a minimum of CanSail 2 and be large enough to train in the boat
    - Sailors will focus on how to sail in racing conditions
- Weekly training programming to be determined by sailors' registered and ability
- Sailors must have an understanding of and willing to practice social distancing and abide by the established policy of the SHYC
- Sailors must be self-sufficient (can apply their own sunscreen; are comfortable spending a day in their dinghy solo; will be able to understand and follow rules for bathroom use, etc.) - sailors will no be permitted to share equipment, gear, or supplies
- Sailors will be assigned a boat each week and will use that boat for the week they are registered – coaches will be responsible for assigning boats
- All equipment must be taken home by the sailors every no – nothing is to be left behind

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In years past, some of our sailors are less than enthusiastic to actually sail. Sailors will not be allowed to travel with coaches in motor boats for the day. Sailors will also not be able to spend the day on the land.

Drop off will be no earlier than 9 AM with sailors on the water by 10 AM.

Pick up is 4 PM – no late pick up.

Parents must be available to pick up their sailor early should the circumstances require it.

Sailing will be cancelled for the day if weather conditions (wind, lightening, etc) make sailing unsafe.

All registrations will be evaluated by the head coach and the Academy Director to ensure sailors meet the criteria for our programs.

Fees this year will be

Please register your sailor, but only if they fit within the above guidelines. We do not have the flexibility to make exceptions, as I am sure you can appreciate.

We appreciate your patience and understanding and for working with us through this summer.