

# Sail Training Program Guide

## Bay of Quinte Yacht Club



## Table of Contents

Topic	Page #
About the Bay of Quinte Yacht Club	3
BQYC's Learn to Sail Programs	3
Youth Sailing Summer Day Camp	3
CANSail 1 & 2	4
CANSail 3 & 4	4
Chutes and Wires 1 & 2	4
CANSail 5 & 6	4
Dinghy Racing	5
Learn-to-Race	5
Youth Race Team	5
Social Dinghy Racing	6
Adults Learn to Sail	6
Keel Boat Program	6
Adult Dinghy Program	7
Private Dinghy Lessons	7
Boats	7
Safety	8
Instructors	8
Registration	8
Student Behaviour	9
Payment	9
Cancellation Policy	10
Additional Information	10
Report Cards	11
Regattas	11
Contact us	11

## 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.

All Sail Training 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 Sail Training participants 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. Lunches at BQYC Youth Sailing School are usually eaten on site either in the shade or in the BQYC Clubhouse.

We hope this guide provides a clear overview of the exciting Sail Training 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.ca/school.html> or contact the Camp at (613) 827-SAIL or via email at [school@bqyc.ca](mailto:school@bqyc.ca)

## 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 School

This program, which is in a day camp format, 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 CANSail levels. The six progressive levels of achievement (CANSail 1 – 6) are as identified below and you can also refer to the Canadian Yachting Association website located here [www.sailing.ca](http://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.

## CANSail 1 & 2

CANSail 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. With the focus on single-handed sailing, the Laser or Opti are used by CANSail 1 & 2 sailors. A RS Quest (which accommodates up to 4 sailors) may also be used depending on sailor skill or confidence.

## CANSail 3 & 4

This is a comprehensive course designed for intermediate to advanced level sailors, who have completed their CANSail 2. These two levels within the CANSail 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, Laser, RS Feva or Opti are used by CANSail 3 & 4 sailors, depending on crew weight and interest.

In CANSail 3 & 4 sailors begin to learn the fundamentals of dinghy racing and may wish to participate in regattas.

## 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 CANSail 3 & 4, but can require more time to achieve. The club 420 is the boat used in this course.

## CANSail 5 & 6

These advanced courses are for the serious sailor and racer who want to compete and advance in the sailing world. CANSail 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 CANSail 5 requires the sailor to participate in a 1 - 2-day local regatta while the CANSail 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

### Learn-to-Race

This program is held during the first session of the Sailing School and is dedicated to coaching sailors who have mastered introductory sailing skills and are interested in trying a competitive format. The program is specifically designed to provide junior sailors with the skills required to make it around the course at their first regatta. This will include introduction to: Starting techniques, Upwind sailing, Downwind sailing and Navigating windward and leeward marks, Intro to racing rules and Boat handling.

The Program will focus on single-handed racing skills. Optimist sailboats will be available for sailors weighing less than 130lbs and Laser sailboats for sailors over 130 lbs.

In the final two days of the program, the sailors complete in the annual learning regatta – called the Steerers Regatta - at the Port Credit Yacht Club. The coaches will be on-course to supervise and coach our sailors during the regatta.

Parents will be responsible for accommodations, Optimist / Laser class membership and regatta registration fees. Parents will also be asked to volunteer their time as chaperones. Boat transport to the regatta will be managed by BQYC.

The program is open to the first 16 registrants who have completed levels CanSail 2 or above or have equivalent sailing skills. The skills learned in this program can be applied to the student's CanSail levels 3-6 checklists, but no formal certificate will be offered for this course.

This program is either 2 or 3 weeks long depending on the date for the Steerers Regatta. The Sailing School registration form will clearly designate the length and dates of the Learn-to-Race session.

### Youth Race Team

The Learn-to-Race program is a condensed introductory course. For those sailors who catch the “racing bug”, our coaches will be happy to continue the training throughout the season for sailors wishing to join the Youth Race Team.

This racing development program is recommended for sailors with CANSail 2 certification or equivalent sailing experience and for those who can confidently handle a boat. It is 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 Youth Race Team trains on Mondays and Thursday from 4:30 – 7:00 pm and participates in the Saturday afternoon casual regattas as described below under the section 'Dinghy Social Program'.

The Youth Race Team 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. The fleet for the Youth Race Team includes the Opti, Laser and Club 420. 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.

### Social Dinghy Racing

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 racing 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 'Youth Race Team'.

### Adults Learn to Sail

#### Keel Boat Program

This program is open to adults and their family. It runs Mondays evenings once a week for two months beginning at the end of April. Training begins with two classroom sessions and continues with sessions on the water. Participants will sail with experienced yacht club skippers on a variety of 24' to 34' cruising and racing sailboats. Participants will also have the option to choose an introduction to dinghy sailing on a 14' single-person dinghy.

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.

Each sailing session is followed by a barbecue with the skippers and Club members.

### Dinghy Program

This is a relatively new program that was introduced in 2017. The program is designed for Adults & Teens 17+. Participants will learn how to sail single-handed dinghies. A two-handed dinghy is also available for couples or people wanting to learn in a 2-handed boat.

## Private Dinghy Lessons

Private dinghy lessons may be available for an additional fee depending on scheduling, demand and availability of instructors. Please email [school@bqyc.ca](mailto:school@bqyc.ca) to request more information including a subject line of 'Private Dinghy Lessons'.

## Boats

### 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.

### RS Quest

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

### Club 420 and RS Feva

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 dinghy classes throughout North America and offer a terrific chance for sailors to both learn, and perfect their advanced sailing skills. The RS Feva is a lighter version of the Club 420, more suited to a lighter crew weight.

### 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.ca/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.

## Course Cancellation Policy

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

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 [school@bqyc.ca](mailto:school@bqyc.ca) or in person July through August by dropping in to the BQYC.