

CYC YOUTH RACE TEAM

2023 SAILING

The Calgary Yacht Club is the largest educational, training, and competitive centre for youth sailing in Alberta. Committed to the development of young sailors, the Club runs a comprehensive program led by qualified and dedicated coaches where the focus is on participation and fun as much as it is on skill development and race training. The program aims to develop life-long sailors and a love of the sport. For those who are keen, there is an opportunity to hone your skills to be able to represent Alberta at future Canada Summer Games.

Operating on two evenings per week throughout the season, the program provides participants with equipment, coaching, and logistical support while introducing them to the competitive aspects of dinghy sailing.

Youth sailors can expect social, fitness and educational activities to build the team dynamic and learn about sailing.

As a member of the Youth Race Team, your sailor must be a member of the club. A Junior membership is available but consider the Family membership which will allow your family full access to the club and its amenities for less than \$1.50 per day.

WEEKLY TRAINING

It is expected that training will start the week of May 9 and run through the last week of August. Training sessions begin at 6:00 pm and run until 9:00 pm. ***Please note that these nights are subject to change based on interest and available resources.**

- **Tuesday Night – Lasers, 29ers, 2.4, 420**
- **Wednesday Night – Optimists**

Please ensure that your sailor is changed and rigged for a 6:30 briefing. It is important for sailor development that your child rigs/de-rigs and is able to launch their boat without parent or coach assistance.

THURSDAY NIGHT RACING

TNR is an important component of the race team and members are expected to attend in order utilize the skills they have learned. Sailors will be racing on the same course as the other boats. It is expected that parents participate on the Race Committee on occasion. No experience necessary as training will be provided. Volunteering on Race Committee is a fantastic way to get a close-up of the action and participate in your child's development as a sailor.

LOG BOOKING

Members of the Race Teams will each be given a Logbook at the beginning of the season in which to record each training session. This will allow the sailor and coach track their progress. At the end of each evening, there will be a 15 minute debrief at which time sailors are invited to logbook.

REGATTAS AND TRAINING CAMPS

Athletes are reminded that the best way to develop racing skills is to participate in racing. There are many local, internal, and provincial events that will provide appropriate training opportunities.

Below you will find a list of the training camps and regattas that CYC is prepared to support for the ongoing development of our sailors. We ask that you consider in advance which events you expect to attend and provide a list to the coaches or Club Manager. This will ensure proper organization and communication. *** Dates and locations are yet to be determined. Depending on COVID restrictions, these events are subject to change.**

- Training Camp #1 – TBD
- Training Camp #2 – TBD
- Training Camp #3 – TBD
- Ice Breaker Regatta – Calgary Yacht Club
- Founders Regatta – Wabamun Sailing Club
- Driftwood Regatta – Glenmore Sailing Club
- Prairie Winds – Newell Sailing Club
- Alberta Provincials – Calgary Yacht Club

Please note that other training and racing opportunities, both in and out of province, may be added to the schedule based on parent and participant interest.

Out of Province Regattas (additional costs apply - not recommended for first year sailors)

- WAVES – Royal Vancouver Yacht Club
- Sailwest – TBD
- Opti Cork – Kingston Yacht Club
- Cork International (Laser) – Kingston Yacht Club
- Opti Canadians – TBD
- Fall Dinghies – Royal Victoria Yacht Club
- Pumpkin Bowl – West Vancouver Yacht Club

REGATTA INFORMATION

ATHLETE TRANSPORTATION

It is the responsibility of both the athlete and the parent to ensure transportation is arranged to and from events. If you expect to attend an "in province" regatta, we require 2 weeks' notice to ensure there is room for your boat on the trailer. 30 days' notice is required for "out of province" regattas.

BOAT TRANSPORTATION

Athletes and parents are responsible for loading and transporting boats to and from events. It is imperative that sailors are in attendance for loading boats which will usually occur after Thursday Night Racing.

ACCOMMODATIONS

Camping is available onsite at most Alberta events or there will be hotels/motels nearby. Below, you will find the necessary information for the two out of town regattas we expect to participate in.

Founders Regatta – Wabamun Sailing Club - There are several options for accommodation. Camping is available onsite or alternately at the Provincial Park located in close proximity. Other options are available here: <http://wabamun.ca/visitors/accomodations/>

Prairie Winds Regatta – Newell Sailing Club - To book a campsite for this regatta, participants need to call the Reserve Alberta Parks registration line @ 1-877-537-2757. Please ensure that you advise the Parks staff that you are booking a site currently held for the Newell Sailing Regatta. Check-in time at the campground is 4:00pm and checkout time on Sunday is 2:00pm.

MEALS

The host club generally has meals available for purchase but if your child has special dietary needs, they may opt to bring their own food. Be sure to check the Notice of Race for information on the availability of meals and whether pre-purchase is necessary. It is recommended that each athlete has their own dry bag with snacks and water that can be stowed on the coach boat for consumption between races.

SUPERVISION

Coaches are NOT responsible for the supervision of athletes once the sailing day is over. All minors must be accompanied by a parent or guardian unless other arrangements have been made.

PROGRAM COSTS

- Must have a Junior or Family Membership
- \$850 Team Registration
- \$45 for usage of Club provided boat for the season (discounted if youth brings their own boat)
- \$30 Alberta Sailing Association/Sail Canada Membership fee

The basic program fee of \$850 includes:

- 17 weekly training sessions beginning on or about May 10
- Coaching at three May weekend training camps
- Coaching at 5 Regattas within Alberta
- Team Sweatshirt

The program fee does NOT include:

- Regatta fees including registration and meals paid to the host club
- Boat transport**
- Coaching at any regattas outside of the in-province events listed above
- Athlete transportation to out of town events
- Membership Fees

Other training and racing opportunities may be added to the schedule based on parent and participant interest. Participation in these events would come with an additional cost.

FUNDRAISING

To assist with the cost of travel to the various regattas, we fundraise throughout the year. Currently we have partnered with Skip the Depot who will pick up your bottles and cans for free and you can donate your refund to the youth team. All money raised through any of our fundraising initiatives is set aside to pay **boat transport and other expenses that the team may incur when travelling.

RACE COMMITTEE

The best place to watch your child sail is on the Race Committee for the Thursday night series or at regattas. The club offers training as Assistant Race Officer (works with the RO on the barge), Mark Layer (must have PCOC) and Rescue Boat (must have PCOC).

SAILING GEAR

Sailing in Alberta requires an athlete to be prepared to be on the water in a wide range of conditions. Athletes must bring all their sailing gear each day as conditions can change quickly. Some basic gear that sailors should own:

- Life Jacket
- Wet Suit (optional)
- Closed toe sailing shoes
- Waterproof Jacket/Wind Breaker/Splash Top
- Waterproof Pants
- Hat (summer) /Toque (spring/fall)
- Fleece Top
- Dry Bag
- Sunglasses with a strap
- Watch with a countdown timer
- Sailing Gloves
- UV protective rash guard
- A water bottle that can be clipped onto the boat (mandatory)

Preparation and layering is the best way to ensure that your child is comfortable on the water and able to fully enjoy their sailing experience.

*Please leave all valuables at home or bring a lock for the lockers. CYC is not responsible for damaged or

lost items.

The Rule of Two & Open and Observable Environments

As a **Calgary Yacht Club** coach attending the away regattas you will be working closely with a group of youth athletes including, travelling, eating, and staying with the team. It is important that you familiarize yourself with the "Rule of Two" and "Open and Observable Environments". These policies were designed to ensure the safety of all parties, both athletes and coaches.

Rule of Two Definition (by the CAC):

The Rule of Two states that there will always be two screened and NCCP trained or certified coaches with an athlete, especially a minor athlete, when in a potentially vulnerable situation. This means that any one-on-one interaction between a coach and an athlete must take place within earshot and view of the second coach, except for medical emergencies. One of the coaches must also be of the same gender as the athlete. Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened volunteer, parent, or adult can be recruited.

This rule serves to protect minor athletes in potentially vulnerable situations by ensuring that more than one adult is present. Vulnerable situations can include closed doors meetings, travel, and training environments amongst others.

Open and Observable Environments Definition

An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situations, should be avoided unless they are open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.

It is understandable that unforeseen circumstances may arise, such as a medical emergency, however, it is important that the coaches do everything possible to be mindful of the Rule of Two and open and observable environments and use common sense to make the necessary adjustments.

Please review the Best Practice Guidelines and the Calgary Yacht Club Team Travel Policy.

The Rule of Two Best Practices Guidelines

1. When travelling or visiting public places such as shopping malls, movie theatres, tourist attractions etc., sailors and coaches will stay in groups of no less than three persons.
2. During team travel, when doing room checks, attending team meetings and/or other activities, the rule of two and open and observable environments should be maintained.
3. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete unless prior parental permission is obtained.
4. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age.

I, _____, hereby have read, understand, and accept the above policies.

Coach Signature

Date

Witness

Date

Youth Team Travel Policy

Purpose:

During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles, and hotel rooms – is less structured and less familiar. The purpose of a Team Travel Policy is to establish standards of behavior and manage expectations of the team and coaches, thereby providing a sense of structure and familiarity while in an otherwise less familiar setting.

Team Travel is defined as overnight travel or other team activity that is planned and supervised by the coaches.

Section 1 - Required Policies

1. Regardless of gender, a coach will not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that athlete).
2. **Calgary Yacht Club** coaches/ team leaders must be Sail Canada registered coaches and have successfully passed a criminal background check within 6 months prior to the 2022 Sailing Season.
3. When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. It is encouraged that coaches try to organize travel with at least two athletes and during travel (regardless of mode) maintain open and observable environments.
4. **Calgary Yacht Club** travel policies must be signed and agreed to by all athletes and coaches travelling in the 2022 Sailing Season as well as each athlete's parent(s) or guardian(s).
5. **Calgary Yacht Club** coaches will carry a signed medical consent or authorization to treat form for each athlete.
6. During team travel, when conducting room checks and attending team meetings and/or other activities, **the rule of two** and **open and observable environments** should be maintained.

7. A copy of the Sail Canada Code of Conduct must be signed by the athlete and his/her parent or legal guardian.

Section 2 - Recommended Policies

1. When travelling or visiting public places such as shopping malls, movie theatres, tourist attractions etc., sailors and coaches will stay in groups of no less than three persons.
2. Athletes should not ride in a vehicle with a coach without another adult present who is the same gender as the athlete unless prior parental permission is obtained.
3. During overnight team travel, if athletes' room with other athletes they shall be of the same gender and should be a similar age. Coaches/team leaders should stay in nearby rooms.
4. When only one athlete and one coach travel in the 2022 sailing season prior to the rest of the team, the coach and athlete should attempt to establish a "buddy" team to associate with and work to maintain open and observable environments until the rest of the team arrives.
5. To ensure the propriety of the athletes and to protect the staff, there should be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms.
6. Curfews will be established by the team or coaching staff each day of the trip.
7. Sailors are expected to always remain with the team during the trip. Sailors are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission of the coach.

I, _____, hereby have read, understand, and accept the above policies.

Signature

Date

Witness

Date

Parent/Guardian Consent Form

I, _____
(Full name - Parent or Guardian)

Being the parent / legal guardian of _____
(Name of Competitor)

hereby give permission for my child, a member of the Calgary Yacht Club Youth Race Team to travel with the Calgary Yacht Club Coaches, Brianna Brand and Andrew Baird to regattas during the 2022 sailing season where he/she will participate in the sailing competition. This travel will occur between January 1, 2022, and December 31, 2022. I understand that the Coach will be acting as a chaperone for my child between these dates.

I give permission for my child to stay and eat meals at the host hotel, travel outside of the venue and host hotel to visit the local area and take part in team activities /outings and engage in physical activities in addition to the on-water competition.

In addition, I give permission for my child to travel in various modes of transportation with the Coach to and from the event location, as well as during the 2022 sailing season. There may be times (e.g., in a car etc.) where the child and the Coach may be alone, however, the Coach will attempt to avoid these situations, and follow the Rule of Two whenever possible.

Permission is also granted to my child's Calgary Yacht Club Coach to authorize any emergency medical treatment for my child as necessary during the 2022 sailing season. The Coach will make his or her best efforts to contact the parent/guardian prior to making any emergency medical decisions if possible.

I have read and acknowledge the Calgary Yacht Club Travel Policy and Guide to Using the Rule of Two & Open and Observable Environments.

Signature of Parent/Legal Guardian

Date

Sail Canada Youth Code of Conduct

I, _____, am a youth athlete (defined as under the age of 18) training and competing in the sport of sailing. I understand that while competing, training, and participating in the sailing community I must:

- a. Abide by the Sail Canada and Calgary Yacht Club Codes of Conduct.
- b. Respect fellow sailors, volunteers, staff, and coaches.
- c. Be gracious in victory and defeat, be 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.
- d. Regard the *Racing Rules of Sailing* as a form of agreement. The *Rules* represent the spirit as well as the letter of this agreement, which I shall not evade or break.
- e. Treat all venues, public areas, facilities as well as other people's property as I would my own. I understand that any wilful destruction of property or theft is not permitted. Full payment will be required for any destruction.
- f. Not get involved in any act considered to be an offence or violation under federal, provincial, or local laws.
- g. Neither possess nor use any prohibited drugs, alcohol, cigarettes, or non-medical drugs while attending a Sail Canada, PSA or member club run event.
- h. Neither possess nor use any drugs listed as banned substances by WADA at any time while a competitive athlete or other banned methods (such as blood doping). (<https://www.wada-ama.org/en/what-we-do/the-prohibited-list>)
- i. Become aware of what "anti-doping" is all about, and ensure that any medications/prescribed drugs /nutritional supplements I take are not considered banned/restricted substances (visit www.cces.ca for more information).
- j. Refrain from bullying in any form, including cyberbullying or any other form of social or other media.

I understand that the regatta jury, and/or Sail Canada personnel on site and/or the Organizing Authority shall investigate any disciplinary problems that arise. If it is decided that I am not adhering to the above guidelines, the following may be pursued:

- Termination of my participation in the given event
 - Removal of my right to compete in future related events
 - Withdrawal of funding for future Sail Canada / Provincial Sailing Association /Club events and teams
 - I may be subject to further discipline by Sail Canada and/or the Provincial Sailing Association
-

Athlete Signature

Date

Sail Canada Coach/Instructor Code of Conduct

1. Preamble

1.1. Sailing coaches and instructors play a vital role in the development of all sailors. They are instrumental in encouraging all sailors to expand their knowledge of seamanship, sportsmanship, and sailing in general. There is, however, the opportunity for coaches and instructors to abuse the power they hold in a coach/athlete or instructor/student relationship.

1.2. Sail Canada Race coaches and instructors who breach this Code of Conduct may face disciplinary action by Sail Canada including the possible termination of their certification.

1.3. It is the responsibility of the employer to make every effort to ensure a positive working environment. Therefore, the onus rests with any employer to complete a criminal record check on all staff.

2. Conduct

2.1. In addition to their responsibilities as participants under the *Sail Canada Code of Conduct*, which is an integral part of this agreement, coaches and instructors have a unique responsibility to:

- 2.1.1. Ensure the safety of all sailors and fellow coaches/instructors.
- 2.1.2. Direct comments or criticism at the performance rather than at the athlete or student.
- 2.1.3. Never allow the use of illicit drugs and other WADA banned substances.
- 2.1.4. Never provide students with drugs, alcohol, cannabis or tobacco products.
- 2.1.5. At no time attempt to become intimately and/or sexually involved with a student or athlete whom they are coaching or instructing.
- 2.1.6. PFD Requirements
 - 2.1.6.1. Have an approved PFD on the boat at all times and in addition, wear a PFD when required by law, sailing instructions or a local organizing committee.
 - 2.1.6.2. Wear an approved PFD when teaching, coaching and training sailors under the age of 18 while on the water.
- 2.1.7. Ensure their certification and registration is up to date at all times
- 2.1.8. Respect the skill level of athletes and students by:
 - 2.1.8.1. Ensuring that the activity being undertaken is suitable for the age, experience and ability.
 - 2.1.8.2. Educating athletes and students in their responsibility to contribute to a safe sailing environment.
 - 2.1.8.3. Encouraging all sailors to demonstrate their own code of conduct.

I, _____, hereby have read and accept the above terms as well as the terms and the process for investigation under the *Sail Canada Code of Conduct* and *Complaints Policy and Procedures*. I agree to comply by them in good faith and of my own accord.

Signature

Date

Witness

Date

Important Contact Information

Meaghan Sullivan – Club Manager – manager@cyc.ab.ca

Brianna Brand – Coach – (587) 580-7375 – briannaabrand@gmail.com

Andrew Baird – Coach – (403) 437-4372 – 112andrewb4@gmail.com

Jamie-Ann Kearns – Director of Youth – (403) 899-2279 – jammeranner@gmail.com