Sailing Program Guide!!!

Opti Sailing 2025

This guide is to show everything Waeg Sailing, with all the information for parents and sailors! In it, you will find schedules, what to bring to sailing, tips, and our expectations for parental support. Waeg Sailing focuses on providing a fun, safe, and memorable summer experience for sailors of all ages.

The Waeg Sailing Program has a long history upon the Waegwoltic property for decades past and hopefully for decades to come! The majority of our coaches have all grown up as members of the Waeg and sailors of our great program, we aspire to keep that tradition going as it allows our participants to start out learning the basics as junior sailors and each year learn more and more until they are the next group of coaches and are able to inspire a whole new generation. With this cycle we hope to not only sustain what we have accomplished to get to this point but to grow this great sport to another level and allow it to reach a higher number of people. We always love to say at Waeg Sailing we are never truly done with this sport. As after the day you fall in love with the basics of the sport it pushes you to want to learn more giving way to finding new ways of excitement and understanding how each little step makes up the broader joy of the sport. This leads from starting at a beginner level as most of our sailors do to becoming fixed on finding every way to get themselves on a boat.

We pride ourselves to not only support and push the youth to get out and experience what the water and the wind have to offer but to also make way for individuals of all ages to grow a love for this sport. As it is a unique sport in the way it's adapted to let any person of any age to fall in love and enjoy it as if they are a kid again. We make this known in our adult sailing which we welcome anyone of any skill to not only allow parents to see what their kids are up to daily but to also gain their own love for the sport.

Should you find yourself wondering how I can know more or have a question answered by one of our great staff feel free to reach out to our Head Coach, Nate Santarpia and we will work to find a solution or an answer to any issue or question you may have. The coaching staff is here to provide a committed effort to growing the love of the sport for anyone interested and providing a joyful and exciting experience to all who take part.

Nate Santarpia
Head of Sailing
w. 902.429.2822 ext. 2108
c. 613.866.9914

A Day at Waeg Sailing!

Every day we try to take each opportunity we can to get out on the water but sometimes are days are based off weather for the day. This could be because there is too much wind, too little wind, rain, thunder & lightning. We work with the sailor's ability along with the weather to plan for each day and each class depending on their ability. Safety is our number one priority as we take each day differently making sure each sailor has an enjoyable and safe experience whether on land or water.

Here is a layout of an average day at Waeg Sailing:

8:45 – 9:00 am Sailors are signed in with their coach at the Sailing Building. If you wish to skip this process and allow your child to arrive at sailing without requiring parent sign-in, please let the Head Coach Nate Santarpia know as soon as you can, by emailing sailing@waegwoltic.ca.

9:00am Attendance is taken in respective classrooms.

9:20am Weather dependent: rigging boats to hit the water or lessons in the classroom!

10:00am Weather permitting, fitting the water for a morning sailing.

12:00pm Kids are given a 60-minute lunch hour. This is the time to eat and hang out with friends in each class, time for sunscreen and a supervised dip in the Lido when we have time! Sailors must stay on Waeg property over lunch. If you wish to pick your child up for lunch or take them off-property, please let your child's instructor know!

1:00pm Attendance is taken following the end of lunch, and the plan for the afternoon is discussed. Skills from the morning are further developed during the afternoon sail.

3:30pm Sailors head back to the Waeg to de-rig and take boats out of the water. A short debrief is held once all sailors are back in the classroom, and any end-of-day announcements are made. If a swim or another afternoon activity is on the agenda, boats will be brought in earlier and derigged.

4:00 – 4:30pm End of day! Sailors are picked up at the Waeg Sailing building and signed out of the program by a parent or babysitter. Just like the drop-off procedure, if you wish to have your child skip this process and be able to leave on their own, please let our Head Coach Nate Santarpia know at your earliest convenience by emailing sailing@waegwoltic.ca.

We will always have staff members here until 5PM to ensure all sailors get home safe!

Lunch Plan

There is a healthy, brown-bag **Lunch Plan** available for sailors, which also requires registration online at www.waegwoltic.ca. Lunch Plans can be added at any point, but registration prior to the start date of programs will ensure your child receives their lunch every day of the week. No partial week, or by-the-day lunch options are available. Lunch plan is $55 plus tax per week, attached is a picture of the Summer 2025 menu.

CAMP LUNCH MENU |

Summer 2025

Week 1:

Monday: Mac & cheese, cesar salad, fruit
Tuesday: Chicken burger, french fries, yogurt
Wednesday: Lasagna, fresh vegetables, crackers
Thursday: Hot dog, cesar salad, chips
Friday: Fish & chips, french fries, fruit

Week 2:

Monday: Hamburger, french fries, fruit
Tuesday: Grilled cheese, tomato soup, crackers
Wednesday: Chicken & cheese quesadilla, fresh vegetables, jello
Thursday: Alfredo, cesar salad, yogurt
Friday: Chicken fingers, sweet potato fries, fruit

The weeks operate on an alternating schedule so week 1 will happen during weeks 1,3,5,7 and vice versa for week 2 (weeks 2,4,6,8)

Opti!

At Waeg Sailing we have Three levels of Opti classes:

Opti 1, Opti 2, and Opti 3!

Opti 1 (Intro)

Opti 1 is our introductory Opti class. Sailors will be introduced to the boat and learn the basics of sailing. Opti 1 is geared towards new sailors who have never sailed Opti. Sailors may sail single-handed or may be paired up in their boat, sailors in this class will be able to progress through and move onto the next progressive class.

Opti 2 (LTR)

Opti 2 is our learn to race class. Sailors will learn the basics of single-handed sailing and racing and will have the opportunity to sail in green fleet in local regattas. This class is a great transition from Junior Sailing to Opti! This class is geared towards sailors who have some sailing experience but want to transition into Opti and try racing!

Opti 3 (Race Team)

Opti 3 is our Opti race team. This class is for sailors who have some Opti experience and builds on Opti 2. Sailors will continue to improve their racing skills and will sail in red fleet for regattas and follow a more structured training schedule.

Regattas

The 2025 season will have the local regatta circuit once again! More information will come on these dates and other logistics. The class will sail to regattas if they are local, or trailer to the host yacht club. Sailors will train from the host yacht club in the days leading up to the regatta and race against other sailors! Much more info will come as we learn our schedule and see the class's sailing abilities. Regatta Dates are scheduled on the Sail Nova Scotia website. Regattas usually attended by Waeg Sailing include ARK (BBYC), Baywind (SMSC), Sail Fest (LYC), Bamse Cup (DYC), and the NWALTS (AYC).

Race Team Parents!

Traveling to regattas is a large part of our race team and its sailors. It provides awesome opportunities to sail out of different locations and clubs against larger competitors. Regattas are a great platform to increasingly learn more about sailing, racing and for our coaches to develop athletes into lifelong sailors.

Traveling to regattas brings with it a lot of work for us, and any help our race team parents can provide is crucial to the entire team! Best forms of helping can be carpooling to regattas, trailering a coach boat for us or even helping us load our boats. We will always appreciate any and all help that is provided to us!

Respect

Respect is a crucial element of the success of the Waeg Sailing program. Sailors and staff absolutely must respect the sailing building and all equipment, the entire Waeg Staff, themselves, and their fellow sailors while at Sailing Camp. Any disrespect will not be tolerated, and parents will be alerted of negative behaviour immediately. Being on the water is an amazing opportunity, but also carries with it a lot of risks, and thus listening to and respecting coaches is always necessary for the successful, safe, and fun provision of any sailing camp. Disciplinary action is dealt with on a case- by-case basis and will involve sailors' parents if necessary.

In most cases, parents will be informed of their child's misdemeanour at the end of the day. In more serious cases, parents will be called during the day, or, in severe cases, we will require parents to come to the Waeg to discuss the conduct or pick up their child from sailing programming. These are very rare circumstances, but must be dealt with swiftly and effectively, with parents and our coaches working together to find the best solution to any issue.
We have three strikes for this, and if a sailor receives three strikes they are removed from the program. Unacceptable behaviour we do not tolerate can be:

- Bullying, both verbal and physical

- Swearing or use of inappropriate language

- Failure to listen to instructions from Sailing Staff

- Disobeying Waeg Sailing Rules

Strike 1: Verbal Warning – Instructor will go over the behaviour with the sailor(s) to discuss why it might be disruptive/harmful for others and what can be done to make it right. The sailor will also be taken to the Sailing Office to speak with the Head Instructor who will hand out strike 1.

Strike 2: Written Warning – If behaviour continues, a parent or guardian will be notified of their child's behaviour and discuss. The sailor is once again taken to the Sailing Office to meet with the Head Instructor to discuss their behaviour and the sailor will receive their second strike.

The Head Coach and the sailor's instructor will speak with the sailor and their parent/guardian to discuss behaviour and possible solutions. A behavioural incident report will be made that will need to be signed by a parent/guardian and handed to the General Manager.

Strike 3: Meeting – If behaviour persists, the Head Coach, Programs Manager, and Parents/Guardians will work together to discuss the sailor's future in Sailing. In some cases, the sailor may be removed from the Program entirely.

Respect and Sportsmanship is a high priority for us as we do not tolerate any behaviour or language that is offensive or unfit. We strive to create a safe and enjoyable space and for that to take place we need every sailor on board to ensure fun is had by all.

What to Bring

Now on to a lighter note! What to bring when you make your way down for a wonderful day at Waeg Sailing.

It's your first day at sailing! What on earth do sailors wear on the water? Please refer to this list of suggested attire and what to pack in your bag for a day at Waeg Sailing:

1. **Coast Guard approved PFD**
2. **Waterproof Layers – rain jacket, splash pants**
3. **Change of clothes**
4. **Reusable Water bottle**
5. **Long-sleeved shirt**
6. **Swimsuit and towel**
7. **Close toed shoes**
8. **SUNSCREEN!!! – SPF 50 or higher**
9. **Lunch and snacks**
10. **Hat**
11. **Sunglasses**

If you have any questions or concerns about where to find the necessary gear to bring to sailing (particularly lifejackets and sailing gear), please get in touch with us! All items brought to sailing are at the owner's risk as the Waeg is not responsible for any lost or stolen items left in the lockers, in the lifejacket bin, or in the building overnight. **We recommend sailors leave electronics at home while they are at sailing camp.** If, for communication purposes, you would prefer your sailor keeps their cell phone with them, they are to be kept in backpacks, lockers, or in a safe place and not to be used during camp time.

PFDs (Life Jackets)

Coast Guard approved, size-appropriate Personal Flotation Devices (PFDs) must be always worn by sailors and staff, on the docks and on the water. To ensure your child's PFD fits properly, pick them up by the lifejacket - if they can slip out of it, the PFD either doesn't fit or hasn't been adjusted to fit them.

Sailors that do not have a PFD that fits them properly will not be allowed on the water. If you require assistance finding a suitable PFD for your child, please do not hesitate to get in contact with the Head Coach at sailing@waegwoltic.ca for recommendations. PFDs can be purchased at Canadian Tire, the Binnacle, and the Yacht Shop.

Closed-Toe Shoes

To protect our feet at sailing, on the boats and on the docks, we wear closed- toe shoes. If you can see your toes in your shoes, they aren't safe for sailing! **Closed-toe shoes are mandatory to wear at sailing** and children without them will not be allowed to sail. Closed-toe shoes (such as water shoes or Keens) can be purchased at Canadian Tire, Sportchek, the Binnacle, and the Yacht Shop.

Clothing Tips

Choosing the right clothes to wear to sailing is important! The best advice we can give **don't send your sailor in their nicest clothes**. Clothes and belongings are often lost in the vortex of the building, and our sailors usually don't get sent home as clean as they arrived! Each sailor will have access to a locker or cubby in our building to keep their belongings for the day. Sailors are welcome to leave their PFDs overnight, but all other belongings should be brought home at the end of the day.

All items should be labelled with names!

If you have any questions or concerns about where to find the necessary gear to bring to sailing (particularly lifejackets and sailing gear), please get in touch with us! All items brought to sailing are at the owner's risk, the Waeg is not responsible for any lost or stolen items left in lockers, the lifejacket bin, or left in the building overnight.

Sun Safety

Fun in the sun is awesome, but we need to keep sun safety in mind! This means drinking lots of water throughout the day and at the end of every day. While we always wear sunscreen, we recommend everyone wears quick-dry long sleeve water shirts or sun shirts. This is a best practice we live by! Hats and buffs are also great sun protection products that protect the skin

while out on the water. Sunscreen should be applied throughout the day to any exposed skin; there will be designated water and sunscreen breaks throughout the day. **Make sure to have your sailor drink lots of water when they come home at the end of day!**

Progression & Report Card

Choosing the right level is the first step in ensuring you (or your child) receive(s) the most appropriate and effective programming for their age, size, and sailing ability. Please refer to this guide or contact our Head of Sailing at sailing@waegwoltic.ca to determine which program to register for each year.

These Waeg Sailing classes all run on CanSail Levels from 1-5. At the end of each session each sailor will come home with a progress report from their coach that has numerous levels on the page. The level the sailor is working on will appear with check marks either in progress or completed as well as a written note from their coach. This is a progress report that visualizes the sailor's ability on paper. Doing one of our classes does not necessarily mean your child will receive their entire level but it will show that they are putting both work and effort to get them to receive their next level.

Regardless of level of experience, sailing is for everyone and we as instructors of our sport work to make this sport accessible for all and ensure our program is putting out resilient sailors to keep our community sailing! If you have any suggestions as to programming offerings or other interests, please email sailing@waegwoltic.ca.

Expectations for Parents

The staff at Waeg Sailing are dedicated to delivering the best possible sailing programming for all sailors and their families at the Waeg. As we are lucky enough to be a part of the larger Waegwoltic community, we value the input of any involved or interested individuals and appreciate that parents of sailors remain supportive of their child's sailing education and experience at Waeg Sailing. With this, we ask that parents follow a few guidelines to ensure that staff and families alike are well-prepared for the summer, so that we can focus on delivering the best possible Sailing Camp every session.

Please encourage a positive attitude and excitement for sailing. In many cases, learning a new sport can be daunting or discouraging, but parental support can make a huge difference in facilitating a positive experience. Encourage your child to play by the rules!

Please refrain from addressing details of your child's experience at sailing camp during class time. Mentioning it to their instructor or the Head Coach at drop-off or pick-up time (or by emailing sailing@waegwoltic.ca) will allow us to set up a meeting and address any questions or

concerns you may have. We value every child's experience and want to handle anything that may arise as swiftly and as effectively as possible.

If your child is struggling with a specific coach, or you feel as though a coach acted in any way inappropriately, please contact the Head Coach at sailing@waegwoltic.ca as soon as possible, with as many details regarding the incident or conduct as possible.

Let your child be on the sailing property with us on their own. We avoid having parents on the boat yard and dock during our programming hours. Let your child be with their instructors and friends. They are in good hands!

Please make sure your child is dropped off and picked up on time, unless previously coordinated with your child's instructor. We ask that parents and babysitters try their best to coordinate other activities and commitments outside of sailing camp time.

We cannot easily bring kids on and off the water individually if someone comes late or leaves at odd time. To help facilitate this, other pickup and drop offs are best arranged over the noon hour. To avoid uninterrupted lessons; we ask that parents and babysitters notify the Head Coach upon their arrival and allow us to get their child from their class. For safety reasons, we also ask that parents and babysitters do not enter the sailing deck unless expressly asked by the instructor.

Disciplinary action for sailors is handled on a case-by-case basis, and parents will be involved once your child's instructor deems it necessary. In most cases, parents will be informed of their child's misdemeanor at the end of the day. In more serious cases, parents will be called during the run of the day, or, in severe cases, will require parents coming to the Waeg to discuss the conduct, or pick up their child from sailing programming. These are very rare circumstances, but must be dealt with swiftly and effectively, with parents and our coaches working together to find the best solution to any issue.

Frequently Asked Questions

Q: Does my child need to know how to swim?

A: Yes, for safety on the water as well as on the docks, we require all students to have basic swimming capabilities. Particularly for our Opti and 420 Race Teams, swimming is often used in workouts, and it is essential that Race Team athletes are comfortable in the water without their lifejacket.

Q: What if my child has an appointment during the day, or I have to drop off/pick them up early?

A: Please let your child's instructor know ahead of time, or email sailing@waegwoltic.ca with the details. Sending a note with your child is acceptable, if it is delivered to instructors promptly. Please do your best to schedule around sailing camp, to avoid having your child brought in from on-water sessions. Likewise, please limit early departures or late arrivals to as few times a session as possible.

Q: Does my child need their own PFD?

A: Yes! A Coast Guard approved, properly fitting PFD is required for sailing camp at the Waeg. Please don't hesitate to email sailing@waegwoltic.ca for recommendations, or tips on how to ensure your child's PFD fits properly.

Q: If my child and another child collide boats during a sailing lesson, what happens?

A: All our instructors can perform minor repairs, without undue cost to the families of the children involved. We understand that being so new to so many sailors, accidents happen!

Q: If it rains, will sailing camp still be offered?

A: Yes! Sailing will run regardless of weather. In cases of heavy rain, thunder and lightning, or wind too high for beginner groups, sailors will likely work through important lessons on-land and play games in the sailing building. Weather- appropriate clothing is required for sailing camp. Race team athletes should expect very few on-land days and always bring appropriate gear.

Q: I am registering my child in the same session as their friend. Can they sail together for the duration of the session?

A: Our instructors will take this into consideration when making boat crews for each day, but we do not guarantee nor encourage students sailing with the same sailors every day. For the first few days, we do our best to accommodate these so that sailors may get comfortable, but sailing with all other students is required of all recreational sailors.

Q: Do I need to know how to sail to register my child in sailing?

A: No! We cover everything from the very basics to advanced boat-handling skills. Don't be surprised if your sailor starts to try and teach you a thing or two themselves.

Q: Ok, I am interested, how do I learn to sail?

A: We offer private lessons with any of our instructors on an interest basis, simply email sailing@waegwoltic.ca to inquire, or chat with your child's sailing instructor before or after sailing

camp. These are designed with you in mind and can be for the whole family or one-on-one with an instructor. Rates vary.

Q: My child can only do a portion of a session, but would really like to sail, can this be accommodated?

A: Partial sessions are assessed on a case-by-case basis, so please get in touch with the Head Coach at sailing@waegwoltic.ca to discuss your options.

Termination of Childcare Space

The Waegwoltic Club recognizes that some summer camps are not always appropriate for all children. Many supports are put into place to create a happy and successful placement for all children. In cases of severe behaviour issues, it may be necessary to terminate the camper from the childcare space. A decision to terminate a child's space will be made in consultation with parents. The Waegwoltic Club's priority is for the safety of all children in its programs.

Custody Arrangements

Parents are asked to explain custodial arrangements when enrolling their children into Summer Camp. When special circumstances apply such as denial of access to one parent, we ask that you provide written documentation of custody and access schedules issued by the court.

Drugs/Alcohol

Children will not be released to accompany a parent or guardian who is under the influence of drugs or alcohol. In such circumstances, our Head Coach Nate Santarpia will call the other parent/guardian, or emergency contact listed and request that they come pick up the child.

Finally, as we've stated many times our overall goal is to provide a safe, fun and exciting learning space for our sailors and to hopefully push through the next generation of sailors who will take the place to grow it even further!

Again, if you have any question at all feel free to reach out to our Head of Sailing Nate Santarpia at sailing@waegwoltic.ca and we will do our very best to supply the needed information or help with any task you need completed.

We are so excited to be back for another summer and can't wait to see you all soon! Now excuse us as we head back to the water!