

PCYC Sailing School

Parent's Guide

Welcome to the Sailing Season!

Pointe-Claire Yacht Club offers safe, hands-on training programs from Sail Canada's CANSail program. For your sailor to be safe and comfortable, please follow the guidelines listed below.

Time

All our sailing programs are from 9:00 AM to 4:00 PM, Monday to Friday. Courses carry-on during statutory holidays if they fall on a week day. Race Teams run on individual schedules issued by the coaches. Please note that we do not offer a babysitting service; there is no instructor supervision before 9:00 AM or after 4:00 PM.

Drop-off and Pick-up

The City of Pointe-Claire has asked if parents would cooperate in keeping Cartier Avenue open for emergency flow of traffic by picking up or dropping off children on only one side of the street. We ask parents to use the Yacht Club side and stop at the gate entrance to let their children out of the car or pick them up. This will stop children from crossing the road when traffic is busy.

Eligibility

Our programs are offered to children 7 to 17 years of age. The children must know how to swim, tread water and be comfortable in a lifejacket.

Cold and Rainy Days

Our programs continue rain or shine. The clubhouse provides rain shelter and foul weather provides an opportunity to teach several necessary theoretical points off the water. Proper dress for such days is essential. Our staff monitors the weather from radar views on Environment Canada's website. Our own weather station measures wind velocity.

What to send with each student

To insure your sailor has a safe and comfortable experience sailing, a certain amount of equipment and preparation is needed. All students must bring the following items:

- Appropriate sized lifejacket approved by the Canadian Coast Guard with a whistle (Life jacket should be a bright colour)
- Clothes for the forecasted weather (jacket, rainwear if needed)
- A second set of clothes;
- Towel, hat sunscreen, sunglasses
- Proper footwear (closed toe shoes that may get wet). For safety reasons, flip flops are not allowed.
- Drink bottle (It is important to stay hydrated)

Lost and Found

Please label everything! We will do our best to keep sailors and their possessions together. Do not allow expensive items to come to the Club - running shoes, watches, jewelry. Any item can be lost or dropped overboard.

Staff and Equipment

All instructors and coaches are certified to Sail Canada standards and follow the recommended maximum of students per instructor/coach. Our instructors and coaches are bilingual and supervise the students in power rescue boats while on the water. The PCYC Sailing School fleet includes Optimists, FJs and Club 420s. Race Team members provide their own boats.

Lunch and Snacks

Lunch is included in our course fee for Learn-to-Sail and Learn-to-Race programs and is served in our Clubhouse restaurant. A two-week menu plan offers both hot and cold main courses. Students may bring snacks if needed. *Everyone should bring a water bottle.* Please note that the Club is not a peanut-free environment. Parents who have children with allergies are asked to contact the office and are reminded to fill out the section on the registration for allergies.

Absentees

Please email the Sailing Office (pcycsailingschool@gmail.com) in the morning and let us know if your child will be absent. If you know in advance of an absence, please send a note with your child. An email on your part takes only a moment but it can save us considerable time confirming where your child is.

Photographs

Over the course of the summer, our instructors document events by taking photos. At the Awards Presentation, a slideshow will be shown with pictures taken throughout the summer. The slideshow is available online after the ceremony and these photos may be used in future years to market our programs.

Awards Presentation

Each year at the end of the summer, the instructors and coaches organize a party for the sailors and families. During the evening, certificates and trophies are awarded to sailors from the entire summer. An email will be sent out at the end of your child's course.

Sailor Code of Conduct

The Pointe-Claire Yacht Club is committed to providing the best possible training programs. In return, the membership and executive of PCYC expects a commitment from all participating students. Each student is expected to treat Club equipment and property with care, as if it was his or her own, and to exhibit appropriate behavior at all times. PCYC reserves the right to refuse registration to students whose involvement would cause a disruption to the course and interfere with the instruction of other students. For safety reasons the students are not to leave the Club's premises. Students risk being expelled (without refund) if they refuse to follow this specific rule.

Checklick

Your sailor's progress is monitored using an online athlete development program called Checklick. Each athlete will have his or her file updated weekly online by their instructor or coach. Sailors and parents can log on to the website to monitor the improvement and skills achieved as the session progresses.

Course Certification

A full standard level is achieved only when 100% of the skill list is achieved. This means "Performing Consistently" for all tasks on the CANSail checklist sheet.

Limited Space Available

We do our best to accommodate parents when registering their children for the summer. For safety reasons, we have limits on the number of sailors in each program and session. We encourage you to register early to avoid disappointment.

Deadlines and Cancellations

Openings in the program are filled on a first-come first-served basis, members and non-members alike. Your registration will be confirmed upon reception of full payment of fees and a completed registration form. Refunds will only be granted if notice of cancellation is received at least 14 days prior to the start of the session, subject to an administration fee of \$25 per week of program length. *There are no refunds once a session is underway. There are no partial refunds if your child drops out or is absent for part of a session.*

Registration

Registrations are accepted through online through Checklick, you can find the link our website. Registrations are no longer accepted at the office. If you have any questions regarding your child's registration, please send us an email.

Tax Information

PCYC does not issue RL-24 slips, you can submit your receipt to Revenue Quebec. Visit www.revenuquebec.ca/en/citoyen/credits

Contact Us:

By email: pcycsailingschool@gmail.com

Visit our website: www.pycq.qc.ca