



Sail Parry Sound

Youth Learn to Sail Handbook

Summer 2021

WELCOME TO SAIL PARRY SOUND SAILING SCHOOL!

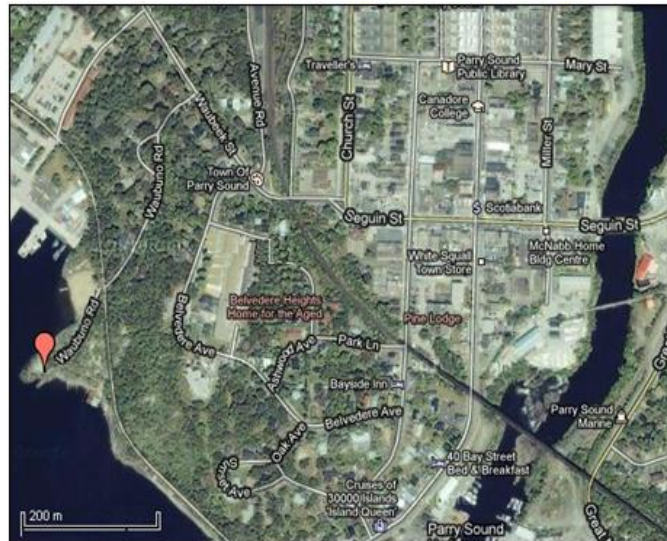
Thank you for your sailing school registration this summer. We look forward to an enjoyable learning experience with your child. Please take a moment to read through this handbook for important information about sailing school, and forms to be signed and emailed or brought back to us.

PROGRAM BASICS

Where to find us and drop off procedures: Sail Parry Sound Sailing School is at Sail Parry Sound, near the “Old Town Beach” at 30 Waubuno Road, off Waubeek Street. Please take great care as you approach the narrow trestle bridge as this area can get very congested during the summer months, and visibility for drivers is limited.

Drop Off and Pick Up Procedures:

For the summer of 2021 we will ask that all parents remain in their car on the first Monday of each sailing week, and the staff will come to your car window to ask COVID-19 assessment screening questions, take a forehead temperature, and then direct your child to their instructor for the week. For the rest of the week, please ensure that all answers to the self-assessment screening questions (in Appendix) are “No”, and the sailors can then go directly to the registration table to sign in, parents/guardians are asked to remain in their cars. The children will go to directly to their parent/guardian’s car at the end of the day, please wait for them there. If you are walking or your child is walking to sailing school the same self-assessment procedures apply, and we ask that parents please wear a mask, and maintain a safe distance from other students and staff.



PROGRAM HOURS:

Regular Sailing School Hours are from 9:00 am to 4:00 pm daily, Monday to Friday (except the August Civic Holiday).

Please do not be late to drop off or pick up your child. Our instructors have preparation and planning to do before and after classes and cannot be responsible for your child outside these hours.

HOW TO REACH US: Contact us as: sailingschool@sailparrysound.on.ca or by phone during July and August, 705-774-5228. If you are going to be late or absent for sailing school, please let us know!

RULES AND REGULATIONS

- Safety is a priority. Children are not permitted on any dock without a PFD (life jacket). We encourage adults to do the same.
- Sailors of any age or experience are reminded not to over-extend themselves by setting sail in conditions which exceed their capabilities.
- The sailing centre is considered a Municipal Public Park, although Sail Parry Sound has made all the investment in the Boathouse, the Boatyard, the fleet and the grounds. Most people respect this, and we welcome the public after hours.
- Any person using the club facilities, member or guest alike, is asked to behave in a manner appropriate to a peaceful, family facility. Playing loud music, creating a disturbance, or acting in a manner hazardous to oneself or others is not permitted. Members are reminded that they are responsible for the conduct of their guests at all times.
- If your child chooses to bring a phone or other electronic device, its use is only permitted at lunch time, and must be kept in their bags at all other times. Sail Parry Sound is not responsible for any lost or damaged devices.
- Everyone entering our premises must adhere to the current COVID-19 guidelines that are required by Public Health and that are posted at our location.

WHAT TO BRING EACH DAY

- Personal Flotation Device (PFD).** A well-fitting CSA approved PFD (life jacket).
- Proper Shoes.** Shoes that can get wet and dry quickly and/or a change of shoes as footwear must be worn on and off the water at all times.
- Proper Clothing.** Sailors should bring or wear a swimsuit and towel, a hat, sunglasses, weather appropriate clothing (splash/wind jacket, warm clothing if cool, and an extra set of dry clothing). Label all personal belongings with a waterproof permanent marker. Sailors will be assigned their own personal bin to store their belongings at the beginning of each week.
- Waterproof Sunscreen.** The sun is stronger on the water and sailors will be required to reapply their sunscreen frequently. Please bring your own sunscreen as sharing is not permitted.
- Nut Free/Litter Free Lunch and Snacks.** We frequently have sailors or instructors with nut allergies so we ask you to bring nut free lunches and snacks. We also want to preserve our wonderful Georgian Bay environment and ask that you pack in litter free containers as much as possible. A freezer pack or frozen bottle of water in an insulated lunch bag helps to keep the food cool during the hot days. Send plenty of food for your sailor as there will be no sharing of food or drink due to COVID-19 protocols.
- Water.** Sailors need to re-hydrate frequently, especially on those hot summer days. Bring lots of water to drink in a re-fillable bottle. We will have a water jug on hand for refilling.
- Personal Protective Equipment (PPE).** To keep everyone safe and protect our environment a fresh, clean, reusable (washable) mask is required every day. Spares are highly recommended in case it gets wet or soiled. Students are required to bring a personal hand sanitizer as they will be asked to sanitize their hands frequently throughout the day.
- COVID-19 Vaccinations and/or Rapid Tests** are recommended where appropriate.

CONCUSSION CODE OF CONDUCT

All parents/guardians must review and agree to the concussion Code of Conduct:

In recognition of the potential seriousness of a concussion, I, _____, commit to following the concussion protocols and expectations highlighted below.

I will help prevent concussions by:

- Respecting the rules of my sport
- Being committed to fair play and respect for all, including other athletes, coaches, and officials.

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short and long-term effects.
- A blow to my head, face, neck, or body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including if I think I might have a concussion I should stop participating in further training, practice or competition immediately and tell a coach; as well as reporting to my coach if I think another participant has a concussion.
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, parent or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization where I am registered.

I will take the time I need to recover because it is important for my health.

- I understand my commitment to following the return-to-sport process.
- I will respect my coaches, parents, health-care professionals, and medical doctors/nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.

Sailor: _____

Parent/Guardian (of athletes who are under 18 years of age): _____

Date: _____

SAILOR CODE OF CONDUCT

By enrolling in Sail Parry Sound Sailing School, we (Parent/Guardian and Sailor) agree to:

1. Encourage and demonstrate good sportsmanship and by acting in a respectful and courteous manner with all those involved with sailing school.
2. Show respect to and follow the direction of the sailing school instructors and other SPS officials. If I need to address an issue, I will take the time to speak with an SPS official at an agreed upon appropriate time and place.
3. Respect the property of SPS, its Members and other participants, including buildings, grounds and equipment.
4. Participate in positive group activities and not be involved in any bullying, intimidating, or harassing of instructors or fellow sailors, and try to resolve conflicts without resorting to hostility or violence, and ask instructors for help when it is needed.
5. Refrain from any kind of unsportsmanlike conduct including, but not limited to, ridiculing, yelling, booing, and use of profane gestures or language.
6. Inform program staff with advance written notice of any late, absence, or scheduling changes to the best of my abilities.
7. Refrain from possessing and using cigarettes, drugs or alcohol.
8. Wear an appropriate sailing PFD at all times while in a boat, on the docks or in the water.
9. Follow all COVID-19 protocols and guidelines including:
 - a. Wearing a mask at all times while on land.
 - b. Staying 2m apart from fellow sailors and instructors.
 - c. Hand sanitizing frequently.
 - d. Completing the self-assessment health check screening (attached in Appendix) every day and having my forehead temperature taken before entering sailing school.
 - e. Reporting immediately any symptoms of COVID-19 or a positive COVID-19 test to the manager@sailparrysound.on.ca.
 - f. Picking up my child immediately should they exhibit any signs of COVID-19 during the sailing day.
 - g. If not enrolled with another member from my household, I agree to be in a 2 person boat with a sailor from another household if provincial guidelines permit.
 - h. I acknowledge that the 2m physical distancing will not be adhered to if there is any type of rescue requirement on the water or land.
 - i. I agree that masks do not need to be worn while on the water in the sailboat unless there is a provincial requirement for two person boats.
 - j. Sharing of food, water bottles, and sunscreen is not permitted.
 - k. Consider keeping your child home during inclement weather when on water lessons are not possible, i.e. thunderstorms, high winds (above 15km) or picking them up early should this occur throughout the sailing day. We are working on possible virtual or take home activities as alternatives for these days.

Failure to comply with any of the above could result in the child being sent home.

Printed Name of Parent/Guardian: _____

Signature: _____ Date: _____

Printed Name of Participant: _____

Signature: _____ Date: _____

APPENDIX:

COVID-19 Self-Assessment Daily Screening Questions

Screening Questions:	Yes	No
1. In the last 14 days, have you or anyone you live with travelled outside Canada?		
2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating / staying at home?		
3. Are you currently experiencing any of these symptoms? a. Fever and / or chills? b. Cough or barking cough (croup)? c. Shortness of Breath? d. Decrease or Loss of taste or smell? e. Pink Eye? f. Headache? g. Digestive issues like nausea / vomiting, diarrhea, stomach pain? h. Muscle aches? i. Extreme tiredness? j. Falling down often (older people)		
4. In the last 14 days, have you been identified as a 'close contact' of someone who currently has COVID-19?		
5. In the last 14 days, have you received a COVID Alert exposure notification on your cell phone?		
6. Is anyone you live with currently experiencing any new COVID-19 symptoms or waiting for test results after experiencing symptoms?		

If you answered 'No' to all questions, you may enter Sail Parry Sound because you seem to be healthy and have not been exposed to COVID-19.