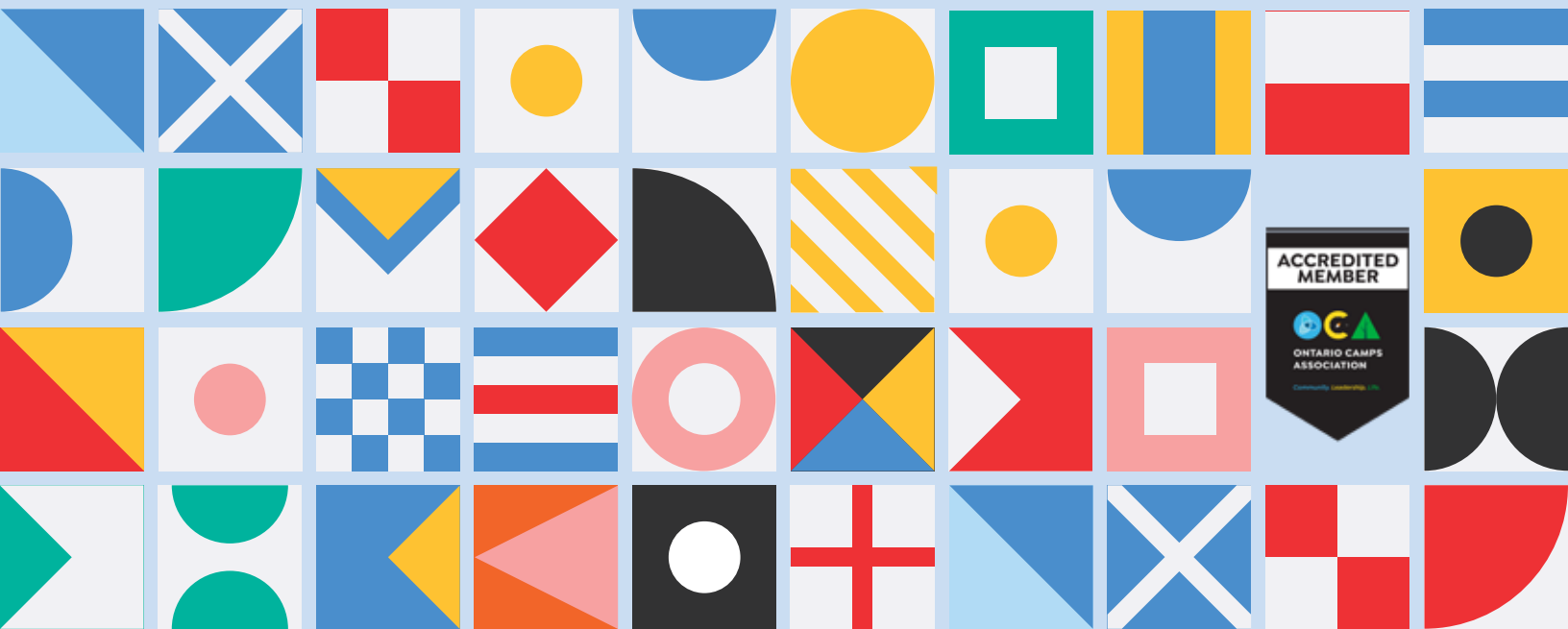





Harbourfront Centre

camps

sailing appendix '22





Harbourfront Centre Sailing Camps are delivered by Harbourfront Centre Sailing and Powerboating, a division of Harbourfront Centre. Our team of qualified instructors are committed to holding the highest standards of instruction and safety in regards to your child's welfare. Students are grouped by ability, age, size, and instructor recommendation. Placement decisions are guided by safety considerations and the skills demonstrated by campers. We recognize that campers mature and progress at different rates; our instructors closely monitor and assess each participant on an on-going basis.

This appendix details the additional information needed for all of our sailing programs, for information on other camp policies, how to get to camp, and other camp necessities, please see our Camps Handbook.




table of contents




program information

sailing progression	1
junior seadogs (ages 6-9)	2
senior seadogs (ages 10-15)	3
iCANSail (ages 6-8)	4
CANSail 1	5
CANSail 2	6
CANSail 3&4	7
CANSail 5&6	8
iCANCatch-up (ages 9-15)	9



additional sailing information

what to bring	10
FAQs	11
glossary of sailing terms	12

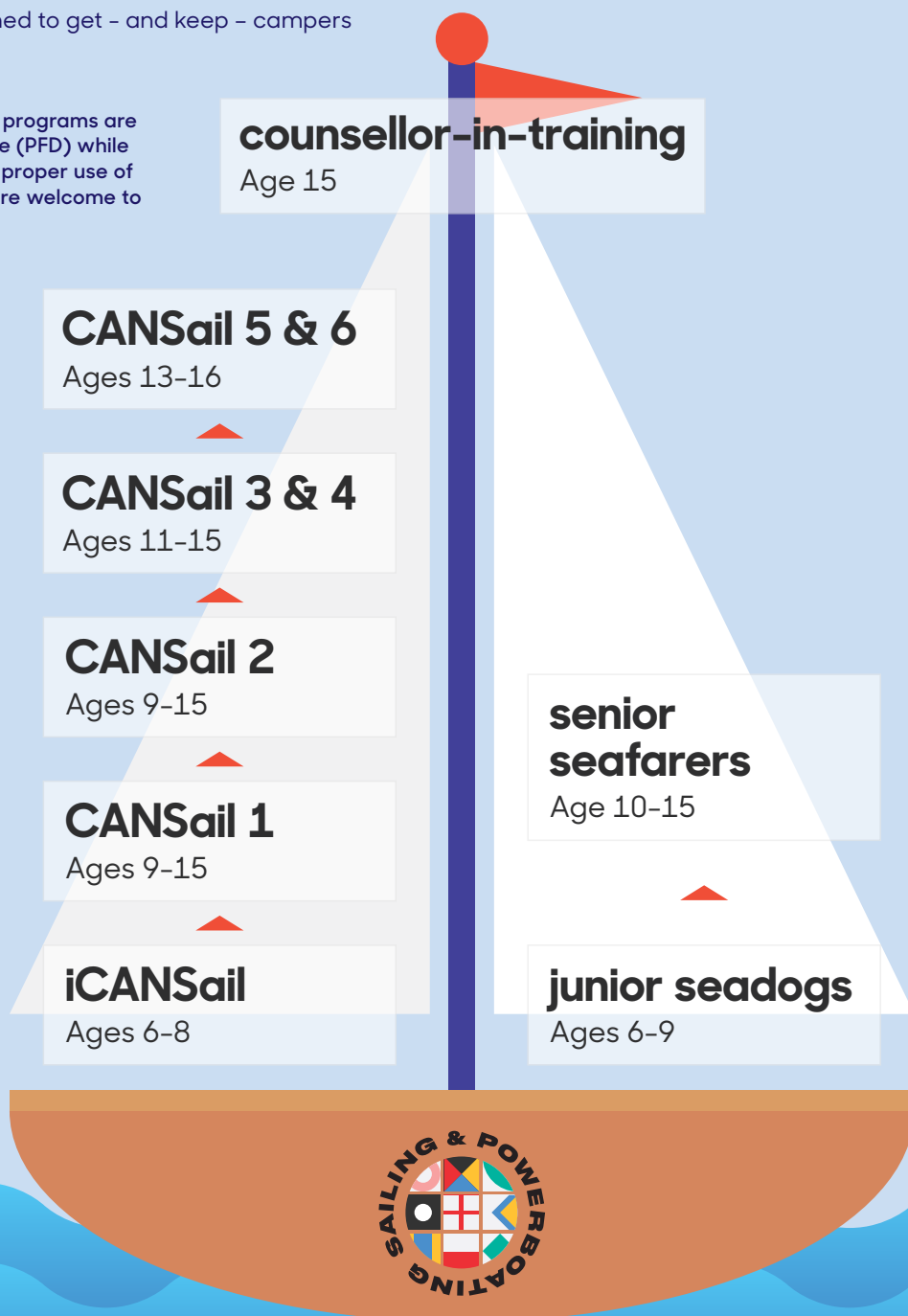


sailing progression

While at camps we have multiple programs available, some programs are CANSail certificate programs, and others are Harbourfront Centre's own recreational programs. CANSail refers to Sail Canada's updated sailor training standards. CANSail is a leading sail training initiative to foster performance in sailing and lifelong participation in the sport. The six CANSail levels promote progressive training of core dinghy sailing skills.

In all sailing programs- campers will spend time on the water in a safe, fun and active learning environment, with relatively less time spent in a classroom. All programming is designed to get - and keep - campers excited about sailing for life!

Please note: all participants in our marine programs are provided with a Personal Floatation Device (PFD) while participating in the program and that the proper use of the PFD is strictly enforced. Participants are welcome to use their own Canada-approved PFDs should they have them.



junior seadogs (keelboat)

Facilitated by supportive and experienced Sail Canada instructors, this fun activity introduces new campers to the captivating world of on water adventure, whilst also engaging them in land based nautical themed arts and crafts. The day is split between these two areas, with the on water portion having campers start their journey of learning through the Sail Canada Basic Cruising based syllabus. The on land portion involves fun activities and crafts that will also encompass elements of the syllabus, enabling our campers to learn in an enjoyable and engaging way.

Prerequisites: No experience required. Suitable for first-time sailors.

Certificate: HCSP SEADOGS Completion Certificate

program outline

Day 1 & 2: Safety and equipment, wind awareness, parts of the boat.

Day 3 & 4: Practice sailing skills, learning to tack and gybe.

Day 5: Adventure Sailing and Putting Skills into Practice!

course syllabus overview

- On Land Sailing Lessons
- Lifejacket and PFD's Lesson: How they fit and Why we wear them
- Where's The Wind? Wind Direction and Speed Identification Lesson
- Parts of the Boat and Sailing Terminology
- Knots Lesson: Figure 8, Reef and Bowline Knots
- Points of Sail Lesson
- Winch 101: How to Sheet In and Out
- On Land Tacking and Gybing Practice
- Man overboard! (Demonstration is weather dependent)
- On Water Sailing Skills
- Starting and Stopping Your Boat: Red Light, Green Light Sailing Game
- Launching and Docking
- Hazards and Risks: Staying Safe on the water
- Mastering the Figure 8: Tacking Practice
- Mastering the Sausage Collector: Gybing Practice
- Understand three basic points of Sail- Head to wind, Close hauled, Beam reach.
- Crafts, Games and Special Events
- Making Your Own Vessel: Week Long Boat Making Craft
- Flower Power: Points of Sail Craft
- Where's The Wind? On Land Game
- Man Overboard! On Land Game
- Certificate Ceremony (Students Only)
- Adventure Sail – Island, Outer Harbour, Malting Silos etc. (weather dependent)

senior seafarers (keelboat)

Seafarers is one of our newest sailing programs that follows Sail Canada's Basic Cruising course syllabus. While in Seafarers, students will be working towards achieving their "Crew Status", the first step in completing Sail Canada's Basic Cruising level. Seafarers will sail all day, and travel in and out of the Toronto Inner Harbour working on refining skills such as: Sail Trim, Reefing and Anchoring. Seafarers is a course for young sailors who dream of crossing an ocean, lake, or pond like a pro.

Prerequisites: No experience required. Suitable for first-time sailors, and also graduates from the Seadogs program.

Certificate: HCSP SEAFARERS Completion Certificate

program outline

Day 1 & 2: Safety and equipment, wind awareness, parts of the boat.

Day 3 & 4: Practice sailing skills, tack around a figure-eight and exploration.

Day 5: Island Day/ Adventure Sailing and putting it all into practice.

course syllabus overview

- On Land Sailing Lessons
- Keeping safe before launching – personal safety equipment overview
- Where is the wind?
- Parts of the Boat
- Navigation – points of sail lesson
- What's a Winch? – sheeting in and out
- Knots! Learning the Figure 8, Reef Knot, Bowline
- Learning to Rig and Derig
- On Water Sailing Skills
- Anchoring Lesson and Practice
- Crew Overboard (Demonstration weather dependent)
- Starting and Stopping using sails, foils and hull
- Launching and Docking
- Tacking
- Gybing
- Sailing a set course – Tacking and Gybing practice
- Special Events
- Island Day – Last day of session (weather permitting)

iCANSail (dinghy)



This camp is intended to familiarize younger campers with safety and sailing. Under the guidance of our experienced Sail Canada instructors, our youngest group of sailors will work toward developing a solid foundation of skills in their first step within the Sail Canada accreditation system. Climbing aboard the stable Optimist dinghies, participants will gain enough confidence to sail and paddle their way around the protected waters of Toronto's Inner Harbour. They will learn about boating safety, balance, boat control and other sailing-specific skills. Campers will also participate in sail-related games and activities in this fun and safe camp.

Prerequisites: No experience required. Just be ready to have fun!

Certificate: iCANSail Sail Canada Accreditation

program outline

Day 1 & 2: Safety and equipment, parts of the boat and paddle races!

Day 3 & 4: Practice sailing skills, learning to steer and tack.

Day 5: Sailing to the Inner Harbour and Open House!

over the course of the camp campers will have the have the following lessons and experiences:

- Personal safety and equipment
- Wind awareness – concept of wind direction and how to find on water and on land
- Optimist rigging and Parts of Boat lesson with drills
- Paddling and Helming (steering)
- Beam to beam sailing lesson
- Paddling in the harbour (a fundamental and necessary skill)
- Towing lesson – correct positioning and team
- Tack (Turn) around a figure-eight course.
- Docking successfully
- Knots – Figure of 8 and a Reef knot
- "Opti's on tour" search for navigation marks in the harbour and other fun objects
- Sailing themed games and crafts (i.e. Boat Making and Testing)



CANSail 1 (dinghy)

Taught by our experienced Sail Canada certified instructors, this two-week course will have campers navigating Toronto's Inner Harbour in comfortable, easy-to-sail dinghies, all the while learning about water and boat safety, boat control, knots, rigging, capsizing and other topics relevant to developing young sailors. The curriculum is based on Sail Canada standards and campers will work toward earning internationally recognized certificates for each level by demonstrating skills learned in the program.

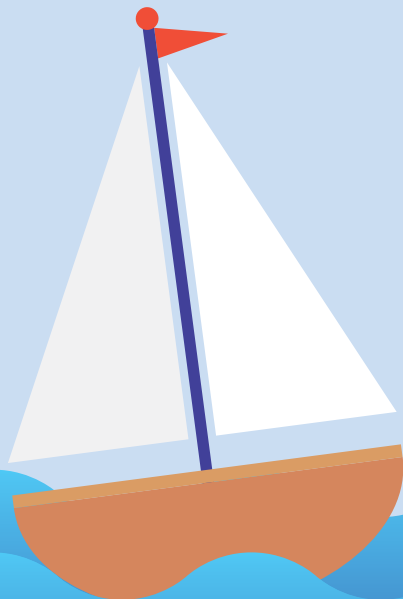
Prerequisites: iCANSail certification is recommended but not essential. Suitable for first-time sailors.

Certificate: Successful candidates will receive a recognized CANSail certificate.

Each individual's progress towards the CANSail 1 level will be tracked through their personalized CANSail 1 checklist, provided by Sail Canada.

course syllabus overview

- Sail using correct body positioning/posture
- Adjust body to keep boat afloat
- Sail Trim
- Trim sails accurately while sailing to a point
- Direction
- Steer to keep tell tales flying while sailing
- Sail within defined boundaries
- Control steering with intentional movements
- Identify and sail within 3 boats lengths of a point
- Manoeuvre to avoid boats and hazards
- Launch boat safely out of the sailing facility
- Dock or land a boat safely at the sailing facility
- Rig sails, foils and control lines on training boat
- Identify wind directions when sailing
- Right a capsized boat
- Select appropriate clothing and PED for sailing
- Receive and secure tow line and tow behind coach boat



CANSail 2 (dinghy)

After your young sailor has successfully passed their CANSail 1 certification, CANSail 2 is the natural next step in their development. Under the experienced guidance of our Sail Canada Instructors, sailors are able to build on previously taught skills and work their way toward earning an internationally recognized certificate for this level by demonstrating skills learned in the program.

Prerequisites: Successful completion of CANSail 1 is a requirement for this program.

Certificate: Successful candidates will receive a recognized CANSail certificate.

Equipment: A variety of dinghies including 420's, Hobie Bravos, Hobie Waves and Laser Pico's are used to learn basic theory, terminology, knots and emergency procedures in a safe and fun environment. Various sailing related activities take place both on-land and on-water to build sailing confidence and introduce the concepts of steering, tacking and gybing.

Each individual's progress towards the CANSail 2 level will be tracked through their personalized CANSail 2 checklist, provided by Sail Canada.

course syllabus overview

- Rigging the boat
- Wind awareness and knowledge of spars & rigging
- Parts of the sail, controls and foils
- Can tie figure of eight knot, round turn & two half hitches and secure a rope to a cleat
- Practical understanding of the basic principles of Reaching – sailing across the wind
- Stopping – Lying a hull / Hove to
- Controlling speed
- Tacking – turning the front of the boat through the wind
- Getting out of irons
- Sailing upwind, sailing downwind
- Gybing – turning the back of the boat through the wind
- Wheeling a trolley clear of other boats & overhead cables
- Launching & leaving the shore
- Coming ashore & recovery of dinghy
- Sailing theory & background
- Aware of other water users
- Basic knowledge of rules of the road – port/ starboard, windward boat, overtaking boat, power/sail
- Awareness of onshore & offshore winds. Knows sources of weather information
- Importance of appropriate clothing, footwear and personal buoyancy
- Capsize recovery practical and theory – knows importance of staying with the boat
- Introduction to racing

CANSail 3 or 4 (dinghy)

Taught by experienced and certified Sail Canada instructors, this comprehensive four-week course builds on the fundamental skills established in the CANSail 1 and 2 programs both on and off the water. This program is taught to Sail Canada's CANSail 3 and 4 training standards and focuses on advanced sail theory and sailing skills. Participants will be required to sail in a variety of weather conditions and prove a high standard of sailing to pass.

Prerequisites: Must have CANSail 1 and 2 certification prior to enrolling in this program.

Certificate: Successful candidates will receive a recognized CANSail 3 or 4 certificate.

Each individual's progress towards the CANSail 3 level will be tracked through their personalized CANSail 3 checklist, provided by Sail Canada.

course syllabus overview

- Adjust sheeting/balance to accelerate into different conditions
- Accelerate from a line between marks
- Accelerate at the end of a 2 minute countdown
- Head up around a mark
- Match sheeting to rate of turn
- Adjust foils and balance boat to head up
- Demonstrate a tactical rounding (wide/close)
- Take to clear air when covered
- Take on command and at 1 minute intervals
- Take into a clean lane
- Take into a layline
- Roll for optimal speed during tack
- Identify lifts and headers, communicate shifts to a partner
- Demonstrate understanding of parts 1, 2A & 2B of the rules
- Physical Literacy
- Play games/activities to promote endurance and flexibility
- Set skills/process-based goals for training and racing sessions
- Maintain a written log book throughout training
- Participate in a club race or training camp at a local club

CANSail 5 or 6 (dinghy)

The most advanced sail program at camp, CANSail 5/6 is an introduction to racing, and more advanced sailing skills. CANSail 5 fully integrates boat handling with tactics and strategy. Sailors are also introduced to the concept of rig tuning and its relation to boat trim and conditions. Sailors participate in a one to two-day local race regatta*. CANSail 6 fully integrates boat handling, sail trim, and rig setup with racing. Sailors train to perform all skills within a competitive race setting in order to achieve accurate sailing within a regatta and in all conditions. Sailors have the opportunity to participate in a regional or provincial regatta*.

***Students will participate in either Four Sisters Regatta at PCYC (Session 1) or a Local Toronto Harbour Regatta with IYC and RCYC (Session 2).**

course syllabus overview

- Maintain optimal fore/aft balance when sailing
- Maintain neutral helm at all times while sailing
- Use body weight to initiate all boat handling manoeuvres
- Perform all balance/sail trim manoeuvres in most effective sequential order
- Tune up each day by lining up on a beat with a tuning partner
- Helm trim main for optimal speed while crew balancing
- Trim sailing to keep leech telltales 2/3 flying
- Describe how to trim sails for apparent wind
- Describe how pre-bend affects luff and leech pro
- Crew initiate tactical decisions upwind (in a double handed boat)
- Helm initiate tactical decisions downwind
- Form a strategic plan to incorporate wind, geography & tide
- Defend position on a reach, a run, and a leeward mark
- Exonerate yourself from a penalty while racing
- Set skills/process based goals for training and racing sessions
- Maintain a written log book throughout training
- Participate in a regional or provincial regatta



iCANCatch-Up

Any CANSail participants who have not completed their certification have the opportunity to come join us for one more week session. During this Catch Up week, sailors will be coached by experienced and certified Sail Canada instructors who are eager to make sure every child has equal opportunity to attempt to complete their CANSail level. This program is developed based on the individual needs of each participant and is tailored by our development progress monitoring report through Sail Canada's evaluation tracking system. It should be noted that participants' involvement does not guarantee

certification if they do not meet Sail Canada standards. Regardless, participants who show they have a passion and initiative for sailing will gain a lot from this additional week.

Prerequisites: Sailors must have participated in a CANSail program and have an active CANSail profile.

Certificate: Successful candidates will receive a recognized CANSail certification.

Please note: Campers will be grouped into Junior and Senior categories on the first day of camp. Course Syllabus will depend on participants.

sailing counsellor in training

The one-month Sailing Counsellor-in-Training program introduces young sailors – who show interest in both the sport of sailing, and childcare and education – to the responsibilities and daily procedures of Harbourfront Centre's Junior Sail Camp. The overall goal of the Sailing CIT Program is to train future Sailing Instructors and Camp Counsellors in the day-to-day operations of sailing. This program requires participants to experience both on-land and on-water camp procedures and situations, and be evaluated on their decision-making within those environments. All CITs who complete this course are guaranteed an interview at HCSP for the following year's Junior Sail Camps Staff.

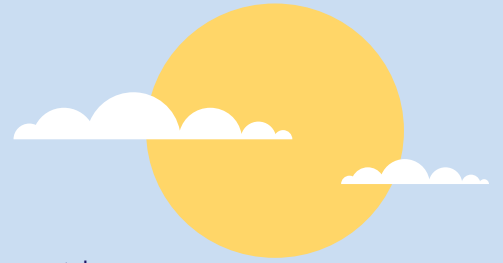
Prerequisites: Must have CANSail certification of any level prior to enrolling in this program.

Certificate: Successful candidates will receive an interview at HCSP for the following year's Junior Sail Camp staff.

Please Note: Prior to arriving at camp, CITs will be asked to fill in an information sheet to give our staff a better understanding of the individual's motivation. There is also an overnight excursion during each session. CITs are encouraged to attend, as it serves as a valuable tool in team-building. All participants are required to work with a wide range of age groups.



what to bring



Campers will be spending the majority of their time outdoors, on the water. **Make sure to bring the following items each day:**

- Refillable Water bottle
- Sunscreen with a minimum SPF of 30 or above
- Hat, sunglasses with UVA & UVB protection
- Soft-soled water shoes
or any shoes that can get wet and not get ruined – no flip flops please
- Spare set of dry clothes
- A waterproof jacket
even on sunny days
- A bathing suit and towel
- Personal Flotation Device
if you have one
- Sailing gloves
or rugged gloves – mandatory for CANSail 3 & 4, and 5 & 6 campers
- Note pad, pencil and watch with a countdown timer
CANSail 3 & 4 and 5 & 6 only

Please label all of your camper's items with first and last names to ensure that it is returned to you, should something go missing. Life jackets/PDFs will be provided; if your camper has a Canada-approved life jacket they are welcome to bring it to camp. Campers who use their own equipment will have it checked by instructors prior to use.

Please leave all unnecessary valuables at home.
(ie. phones, game systems, etc.)

frequently asked questions

how do I know my camper will be safe?

Our team of qualified instructors are committed to holding the highest standards of instruction and safety in regards to your child's welfare. Through intensive staff training and seminars, we employ instructors who demonstrate and adhere to our strict safety policies both on and off the water, and have been vetted accordingly under the Vulnerable Sector Screening Program. The nature of the sport and the equipment your child uses does come with an element of risk. The assessments made by our instructors will minimise the likelihood of an accident by monitoring and delivering the program within a safely managed environment. The experience and forethought of an instructor allows campers to process the skills required to better their sailing skills.

Students are grouped by ability, age, size, and instructor recommendation. Placement decisions are guided by safety considerations and the skills demonstrated by campers. We recognize that campers mature and progress at different rates; our instructors closely monitor and assess each participant on an on-going basis.

what happens when it rains or if there is strong wind?

On rainy days, we will plan on sailing provided that wind and weather conditions are safe. In the occurrence of thunder/lightning and/or other severe weather, classes will be conducted indoors or in a safe location. Please make sure your child has proper rain gear to keep warm and dry.

what if my child gets injured?

All of our instructors have valid First Aid and CPR certifications as a requirement of the job. We consider any accident, whether minor or major, serious. Injuries are assessed and treated via an Emergency Action Plan (EAP) which is regularly practiced by our staff to keep incidences to a minimum. Sailing comes with inherent risks, but we do hold parent contact details on hand should anything happen.

how do I sign up for private lessons?

If a camper misses several classes or simply wants an opportunity for additional learning, Private Lessons at HCSP centre are offered to all those interested. Private Lessons are available to youths (ages 6 to 16) and adults. Private Lessons cater to individual learning styles and skill levels. Scheduling a lesson may be made by contacting HCSP centre at 416-203-3000 or by email hcsp@harbourfrontcentre.com.

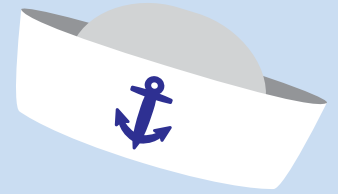
will they capsize and do they have to take part?

There is no guarantee that a sailing boat will not capsize (tip over) in sailing, but Lake Ontario's sheltered inner harbour and the specific training craft we use, minimize the chances of this happening. Unless stated in the course syllabus your child will not take part in a controlled capsizing. If a capsizing does occur, our staff are on-hand to help coach campers through the experience. Although there can be concerns around capsizing we assure you it is a lot of fun and very safe!

does my child wear a helmet and lifejacket?

Every person under the Harbourfront Centre Sailing and Powerboating umbrella (including the instructors) **MUST** wear a lifejacket or PFD (Personal Flotation Device) at all times on the water. Helmets are supplied for participants under the age of 12 but are not mandatory – instructors shall implement the use depending on the weather. Your camper is welcome to bring their own lifejacket as long as it meets Canadian standards and current weight ratio requirements.

sailing terms glossary



dinghy

A small vessel meant for 1-4 people. Usually sailed closer to shore. Dinghies are used in our CANSail programs.

keelboat

A larger vessel that can carry up to 9 campers. These boats can sail for longer distances away from shore. Keelboats are used for our Seadogs and Seafarers programs.

capsize

Is an over powering of wind in the sail, causing the boat to lay flat on its side with the mast in the water, to "Turtle" is to fully invert the mast so the underside of the boat points to the sky - this is taught and performed in a controlled environment - preparing the sailor situations that may happen with regard to capsize in their sailing career.

gybing

The opposite of tacking, refers to turning the stern of the boat through the wind so that the wind changes from one side of the boat to the other. Jibing is a less common than tacking, but still taught in a controlled manor.

hove to

Safely stalling the boat in the water so it stops.

man overboard recovery

Correctly recovering a "Dummy" person in the water for safety.

rigging

Setting up the boat for sailing.

reefing

Decreasing the size of the sails due to stronger winds -
Allowing better control of the boat.

rules of the road

Understanding who has the right of way on the water.

the five essentials

5 parts of the boats that must all work in tune to get the most from the boat.

tacking

The opposite of Gybing refers to turning the bow of the boat through the wind so that the wind changes from one side of the boat to the other side. It is the safer option for turning 180 degrees.

points of sail

The direction the boat can sail in with relevance to the wind. This includes: Close Hauled, Beam Reaching, Broad Reaching, and Running with the wind.