



Regina Sailing Club



Use of Club Owned Boats

◆ Background & Context

- The purpose of these boats is to provide club members an opportunity to enjoy a sailing experience and improve their sailing skills without the initial financial burden of boat ownership. Also, to attract new membership to the club.
- Through purchase, gifting and tax receipting the club has acquired a boat inventory including Lasers, Laser 2's, other dinghies and small cruisers
- Maintaining the boats in a seaworthy condition is an ongoing challenge
- There are inherent risks and dangers associated with sailing. These risks and dangers increase with wind strength, wave action and lowering of temperature. Immersion can result in injury, hypothermia or worse.
- A competent sailor exhibits a basic “skill set” which also provides for lifelong learning and endless enjoyment for individuals and families whether the preference is for recreational sailing or for competition
- **At all times the final decision to sail belongs to the skipper of the boat - not the club nor any other body.** An ability to assess wind strength and other relevant factors is an integral part of the competent sailor's skill set.
- The skill sets required for various types of sailing and boating can be found on the Sail Canada website. For a complete listing of *CANSail* Training and Standards for all levels of sailing, instruction, cruising, power boating and navigation etc link to: <http://www.sailing.ca/sailor-programs/>
- For club dinghies *Learning to Sail - CANSail 1, 2 and above*, are the guidelines used to assess a club member's skill and ability to competently sail a club boat.

◆ Policy:

Members who sail boats owned or leased by the club sail entirely at their own risk

- While enjoyment and learning are the objectives of the club boat program – risk and management of club liability require adherence to the following guidelines
- Only club members in good standing may use club boats and are subject to any rental rates which may be in force at the time
- **Club boats may only be utilized in designated “Sanctioned Events”** - consult the club schedule of sanctioned events and a club director for any updates
- A member must have achieved the appropriate CANSail certification or equivalent boat handling skills as assessed by an experienced designated Club Member. This latter is especially important for members with little previous time on the water
- A member who has achieved a CANSail 2 designation or “assessed equivalent” may sail a club boat as “skipper”.

- A member assessed at CANSail 1 may crew a club boat in winds up to 10 Knots (approx. 20 Km/hr) when accompanied by another member of at least CANSail 2 or equivalent.
- Alternatively, may, if supervised on land by a fully qualified member, sail within sight of the clubhouse between Alta Vista to the west and the Main Beach of Sask Beach to the east in winds up to 8 knots (approx. 15km/hr.)
- Each club boat must be clearly signed Out and back In (by boat name and class) on the member logbook at the clubhouse or (if available) in the Masthouse. Also check the Pre-Departure Checklist Sticker on each boat.
- It is important to report any boat damage or absence of rigging, equipment etc to the Harbourmaster by filing an Incident Report or by means of the sign-out sheets/logbook referred to above. Boat maintenance is an important safety consideration. The skipper will be held responsible for required repairs as assessed by the Harbourmaster – sailing a club boat should be considered a privilege of club membership
- Capsize can result in hypothermia which is hard to detect – especially if it is happening to you! Prolonged periods of dinghy sailing in demanding conditions require a high degree of physical fitness.
- Club boats may not be used in competition - except at RSC with prior permission from the Commodore or named designate such as Racing Director
- Life jackets or PFD approved by Transport Canada or Canadian Coastguard must be worn at all times by all aboard. A lifejacket is designed to turned an unconscious person face up allowing them to breathe.
- Always use common and sailing sense, watch the skies for changes in weather and storms and have a “buddy system”. Someone should know you are out sailing!
- To minimize the risk of difficulties sailing back as the wind dies off (especially in late afternoon or early evening) or for other reasons such as equipment failure, set out upwind and return to the club downwind.

Recommended review 2025

RSC Board of Directors
Approved: _____, 2021

(For your convenience the CANSail minimal standards for CANSail 1, and 2 are appended)

CANSail Level 1

Sail Canada: CANSail Checklist

Balance

- Correct starting position on each tack
- Sit in correct position fore and aft in the training boat
- Adjust body position to react to changes in heel

Sail Trim

- Adjust sails in/out while sailing to a point to test proper sail trim
- Luff sails to reduce heel
- Trim sails for a close haul course for 2 minutes

Direction

- Steer to keep tell tales flying 50% of the time while sailing
- Sail within defined boundaries
- Control steering with intentional movements
- Use body weight to assist with steering
- Identify and sail within 3 boat length of a point
- Maneuver to avoid boats and hazards

Head Up

- Head up to close haul from any point of sail
- Trim sails using both hands
- Steer boat smoothly while heading up
- Keep boat flat while heading up

Bear Off

- Bear off from close hauled course
- Ease sails while bearing off
- Steer boat smoothly while bearing off
- Minimize heel while bearing off

Tack

- Check for other boats before tacking
- Communicate tack to sailing partner/other boats
- Tack from gunwale to gunwale
- Crew switches jib as front 1/3 of sail backs
- Cross boat facing forward with aft foot first
- Helm sits on new side and straightens out boat

Helm switches tiller after tack is complete

Gybe

Check for other boats before Gybing

Communicate gybe to sailing partner/other boats

Crew switches jib as it backs

Helm pre-gybes tiller extension

Helm does not steer past a broad reach on the new tack

Cross boat facing forward with aft foot first

Helm switches tiller after gybe is complete

Gybe boom as wind crosses leech of main

Stop

Stop boat intentionally by easing sails

Stop boat intentionally by steering into irons

Slow boat while sailing downwind

Go/Accelerate

Trim sails to accelerate from stop

Skull to close reach from irons

Slow Down

Ease sails to slow down upwind

Seamanship

Launch a boat safely out of the sailing facility

Dock or land a boat safely out of the sailing facility

Rig sails, foil and control lines on training boat

Identify wind direction while sailing

Right a capsized boat

Select appropriate clothing and PFD for sailing

Receive and secure a tow line and tow behind coach boat-handling

Describe how to identify and treat hypothermia & heat stroke

Physical

Helm/crew wear adequate sun protection while sailing

CANSail Level 2

Sail Canada: CANSail Checklist

Balance

Sail consistently with less than 15% of heel
Adjust body position to keep boat balanced

Sail Trim

Luff tell tales fly more than 90% of the time
Adjust sail trim/heading for wind shifts
Adjust sail trim for puffs and lulls
Trim sails accurately on all points of sail
Trim sails while steering (double handed sheeting)

Direction

Steer to keep tell tales flying 90% of the time
Adjust sail trim within 5 seconds of course change
Use body weight to assist with steering
Identify and sail within 1 boat length of a point
Maneuver to avoid boats and hazards
Identify wind direction while sailing

Head Up

Head up within one boat length of a mark
Trim sails to keep them full while heading up
Jib and main are trimmed at the same rate
Keep boat balanced while heading up

Bear Off

Bear off from close hauled to a run and to the lee
Bear off to within 15 degrees of chosen course
Bear off within 1 boat length of a mark
Ease sails & adjust foils while bearing off
Clear sheets to bear off
Keep boat flat while bearing off

Tack

Consistently Sight new course to tack into
Communicate tack to sailing partner/other boats
Perform all steps in correct sequential order
Boat is controlled and balanced through tack
Correct body position is maintained through tack

Gybe

Consistently Sight new course to gybe into
Communicate gybe to sailing partner/other boats
Perform all steps in correct sequential order
Boat is controlled and balanced through tack
Correct body position is maintained through gybe

Stop

Stop boat intentionally within 1 boat length of a mark
Stop boat intentionally by heading up and backing main
Stop boat to leeward of coach boat and receive instruction

Go/Accelerate

Accelerate from irons, close hauled, and a reach
Adjust boat and sail trim as boat accelerates from a stop

Seamanship

Launch and dock boat safely at sailing facility
Tie a reef knot, figure 8, and bowline while rigging
Identify local hazards and describe how to avoid them
Right a turtled boat and continue sailing
Describe how to identify and treat hypothermia & heat stroke
**Apply the following rules: S/P, LW/WW, Overtaking, Tacking Sail
Canada**

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