

SAILING

in the Okanagan

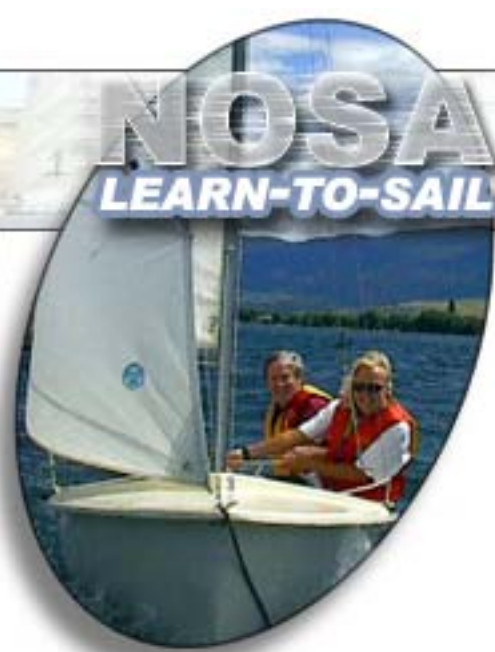
NOSA

LEARN-TO-SAIL

Adult Learn-to-Sail

Indulge in evening sailing with the sunset at your back

Come join us this summer for some sailing lessons. Experience the action and excitement of sailing in the Okanagan and take advantage of what Vernon has to offer. Tucked away in Paddlewheel Park, this club provides an intimate setting for families and friends to gather. What better way to get exercise and meet new people than on Okanagan Lake. Located in Vernon, British Columbia, at the north end of Okanagan Lake, the North Okanagan Sailing Assoc. is offering lessons all summer long.



Course content

Students learn the basics to sailboat navigation and are introduced to the sport in an entertaining and positive learning atmosphere. Students will engage in technical and practical detail that is important to develop navigational skills. Based around the Competency Based Education Training (CBET) curriculum,



the Canadian Yachting Association (CYA) has adopted the standard to take account of different skill levels available in a single group. This allows different people with different skills to progress at their own pace. From this new idea, we have eliminated all written tests! That's right, no final exams! Within this curriculum, you will be responsible for your own focus. This gives room for students to learn on different boats, learn different skills and move into a sailing specialty independent of others. More information on this can be found on our website.

www.nosa.bc.ca

Students will experience the first 2 evenings together in common sessions and may then be able to specialize during days 3 and 4, allowing each student to complete their chosen skill set checklist. Lessons will cover theory such as parts of a boat, points of sail, knot tying, safety, basic seamanship, navigation, wind prediction, and gain skills both as crew and as a skipper. At the end of your White Sail III course, a certified skipper can purchase a membership to NOSA with full BoatShare privileges to access all NOSA Boatshare sail craft. Further information available on our website.

General information

Lessons will start in 14' Mistrals (shown above) and the move to Club 420's. These dinghy boats provide room for two persons maximum. The lessons may also use NOSA's fleet of one person Lasers. All of NOSA's dinghy sailboats have center boards that can be raised or lowered for added stability.

None of these are keelboats and although we are not associated with the Vernon Yacht Club, lots of our grads crew for Yacht Owners at VYC.

Students are encouraged to follow skill sets that use our different boats such as Lasers (1 person) and other club owned boats. These boats are generally more efficient and have higher speed capabilities. The club has a Catamaran, a 16' Hobie Cat. but use is restricted to persons completing a Bronze 4 equivalent.

Course dates

Adult Learn-to-Sail Courses

Thurs-Fri 6-9pm Sat-Sun 9am-3pm

Each class runs for 4 sessions, depending on the Calendar of Events. First class starts Saturday, June 24th. This program works around your work schedule by operating on weekday evenings and during the day on weekends.

Dates available:

- A1 White Sail 1, 2, & 3: June 24, 25, 26, 27
- A2 White Sail 1, 2 & 3: July 1, 2, 3, 4
- A3 White Sail 1, 2 & 3: July 8, 9, 10, 11
- A4 White Sail 1, 2 & 3: July 15, 16, 17, 18
- A5 White Sail 1, 2 & 3: July 22, 23, 24, 25
- A6 White Sail 1, 2 & 3: July 29, 30, 31 Aug 1
- A7 White Sail 1, 2 & 3: Aug 5, 6, 7, 8
- A8 White Sail 1, 2 & 3: Aug 12, 13, 14, 15
- A9 White Sail 1, 2 & 3: Aug 19, 20, 21, 22
- A10 White Sail 1, 2 & 3: Aug 26, 27, 28, 29



NOSA's YOUTH Learn to Sail Program is perfect for your child's summer activities. Your child will build friendships and sailing skills. Check our website for more information.

Revised: March 22, 2010

North Okanagan Sailing Association

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North Okanagan Sailing Association
P.O. Box 4, Vernon BC V1T 6M1
7812 Okanagan Lake Road
Phone 250-260-4255
www.nosa.bc.ca



Registration Information and Prerequisites

Adult Learn to Sail Course 15 hrs White Sail Level I or II. These introductory courses will introduce new sailors to the sport and will provide the fundamental skills to rig and sail a small boat. Beginners are introduced to and taught the basic skills of sailing. These levels cover safety, seamanship and boat handling as a crew in winds to 0-9 knots velocity. Successful students will receive their Canadian Yachting Association (CYA) White Sail Levels I or II certificate. No prerequisite required.

Cost: \$165.00 per student

Total hours: Targets 18 hours instruction of which 15 hours are on the water

Suitable for: Male or Female age 16+, Parent/Child (8+) combinations.

Adult Learn to Sail Course 15 hrs White Sail Level III. This introductory course builds on Whitesail Level II will provide the student with the skills to skipper a dinghy sail boat. Progressing forward from Whitesail 2, the Whitesail 3 course covers Canadian Lateral buoy system, hypothermia, safety hazards and weather, expanded parts of a boat, docking and towing, sail trim, man overboard procedures, self recovery (from turtled capsize position), and boat handling and helming as a skipper in winds to 8-15 knots velocity. Successful students will receive their Canadian Yachting Association (CYA) White Sail Levels III. Prerequisite includes White Sail II and 15 hours on the water experience. CYA Whitesail 3 standard is minimum 30 hours on the water.

Cost: \$165.00 per student

Total hours: Targets 18 hours instruction of which 15 hours are on the water

Suitable for: Male or Female age 16+,

Adult Advanced Sailing Bronze IV and Bronze 5 courses: Building on the Whitesail 3, advanced sailing are taught to include sailing theory on performance, advanced sail and boat trim, sailing backwards advanced knots & splices, heavy weather sailing, self recovery in heavy winds. Both Bronze courses double the on the water exposure of a White Sail III. Bronze 5 course includes use of spinnaker and trapeze in heavier winds up to 25 knots. Bronze courses may be made available depending on the demand. Prerequisite for Bronze IV & V is White Sail Level III. CYA standard Bronze IV is minimum 50 hours on the water.

Cost: Bronze 4 \$310.00 per student. Bronze 5 \$310.00 per student

Suitable for: Male or Female age 16+

What You Should Know

Life jackets and sailboats are provided by N.O.S.A.. Students should bring shorts, sandals or old shoes, change of dry clothes, windproof rainproof pants/jacket, sunglasses, lunch and snacks, lots of liquids, and sunscreen to lessons. Courses are taught from our clubhouse at the east side of Paddlewheel Park next to the Okanagan Landing Hall.

Courses are taught by an instructor certified by the **Canadian Yachting Association**. Our instructor have cleared a RCMP criminal record check, and is a certified lifeguard/lifesaving coach or certified boat safety coach.

Please arrive at the club compound **15 minutes prior to the stated started time**. If your course is scheduled for 9am to 3pm, be at the compound at **8:45 am** – don't disappoint the other participants (who are also paying for their lessons) by being late!

Sorry – we do not accept registrations on the start date of the course.

North Okanagan Sailing Association



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Student to complete Learn to Sail Registration and return to NOSA

Note: Learn to Sail registration is separate from Membership registration

Student Information			
Name:		Phone:	
Address:		Work Phone:	
City:		E-mail:	
Province	Postal Code:	DOB	
		YYYY/DD/MM	
Emergency Contact:		Phone:	
Medical Information			
Do you have any of the following conditions?			
Allergies <input type="checkbox"/>	Asthma <input type="checkbox"/>	Diabetes <input type="checkbox"/>	Epilepsy <input type="checkbox"/>
Heart Problems <input type="checkbox"/>			
Do you carry an:			
Epi-pen	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Medication type:
Inhaler	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Medication type:
Are you on any medication? Please list:			
Sailing			
Please outline student's previous sailing experience:			
Previous CYA Standards achieved: (submit copies for verification)			
Where did you hear about us?			
Swimming Ability:			
Sign-up			
Dates Course Attending:		Adult White Sail Cost \$165.00	Bronze 4 or 5 \$310.00
		Total \$ _____	
	A1	June 24-27	A6
	A2	July 1-4	A7
	A3	July 8-11	A8
	A4	July 15-18	A9
	A5	July 22-25	A10
	June 29 - Aug 1		
	Aug 5-8		
	Aug 12-15		
	Aug 19-22		
	Aug 26-29		

NOSA 2010 RELEASE FORM

RELEASE OF LIABILITY, HOLD HARMLESS, AND INDEMNITY AGREEMENT

In consideration of the British Columbia Sailing Association and the North Okanagan Sailing Association allowing me to participate in courses noted on my application, I, on behalf of myself, hereby release the Host venue, BC Sailing Association / North Okanagan Sailing Association, and their respective officers, directors and members, any volunteers, parents of other children, and other participants from any claims or causes of action that may arise as a result of my child's, or my, participation. This includes demands in respect to death, injury, loss, or damage to myself or my property, howsoever caused, arising out of or in connection with myself taking part in this course notwithstanding that the same may have been contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents, officials, servants, or representatives. I acknowledge that by participating in this course I may be subjected to risks of injury of every nature. My activities may include the manoeuvring of a boat or other watercraft in deep waters and in potentially hazardous conditions which could include, among other risks, cold water temperatures with exposure to hypothermia, strong winds and high waves, sudden and unexpected immersion in deep waters as well as collision with other watercraft or stationary objects such as docks, pilings and buoys. In the event myself or other family member should attempt to pursue any claim against any of the released parties, I hereby agree to hold harmless and to indemnify such parties from any and all claims that may be brought against them including actual attorneys fees or costs that may be incurred in defending such claims. I accept responsibility for the my participation and agree that it is my responsibility to determine whether I should be participating. I also agree and I am also bound by the rules, which may govern my participation in this event.

This Release, Hold Harmless and Indemnity Agreement is intended by me to be without exception. It applies to any and all claims that might arise under any theory of liability.

Signed: _____

_____ (print name)

I also grant permission for any photographs taken of myself to be used in NOSA's Web page development or program promotion and advertising for NOSA.

YES ____

NO ____

SIGN THIS FORM AND RETURN TO NOSA.

Registrations should be received at least 5 days prior to the start of your course

How to sign up:

1. **In person, you can bring your in your registration to the North Okanagan Sailing Association at Paddlewheel Park, in Vernon.** Business hours 8 am – 4:30 pm. Please phone ahead to 250 260 4255 to arrange a meeting with the registrar to ensure NOSA can receive your registration..
2. **In person, you can bring your in your registration to Briteland Farm and Garden at 3208 28th Street, Vernon B.C.,** behind Bearisto Elementary School. – Can be received at Registrations will be received with payment by cash or cheque. Registration forms are also available at Briteland. Ask the front counter that you wish to register with NOSA Sailing.
3. **In person, you can bring your in your registration to the North Okanagan Sailing Association at Paddlewheel Park, in Vernon.** Business hours 8 am till 4 pm. Please call ahead to arrange a meeting, this insures that someone will be there.
4. **By mail, to NOSA P.O.Box 4, Vernon, BC V1T 6M1** please include payment by cheque. Please allow for sufficient lead time for you registration to **arrive 5 days before course.**
5. **By Phone** – Phone us at 250 260 4255 to make enquiries.
6. **By Email** – enquiries can be made to info@nosa.bc.ca
7. **By Submit Button** – After filling out form online, press **Submit Registration**, this will only indicate that you have an interest in that lesson set, **to confirm registration, NOSA must receive paper copy with full payment.**

Make all cheques payable to NOSA.