

SAILING

in the Okanagan

NOSA

LEARN-TO-SAIL

Youth Learn-to-Sail

Indulge in daytime sailing with the sun at your back

General Information

We teach Canadian Yachting Association (CYA) accredited courses.

This unique program brings together all levels of sailing experience including those who have never sailed before. Sailors first learn how to sail in our fleet of PICO's, Flying Juniors, CLUB 420's and Lasers. Students are taught the basics of navigation on water, boat terminology and the theory behind how a boat sails. The focus will be on rigging, knots, tacking/gybing and sailboat maneuvering. They will also gain valuable leadership skills and make friendships. This program emphasizes safety, fun and learning, and provides preparation for solo sailing. Students are also encouraged to take their parents for a sail.

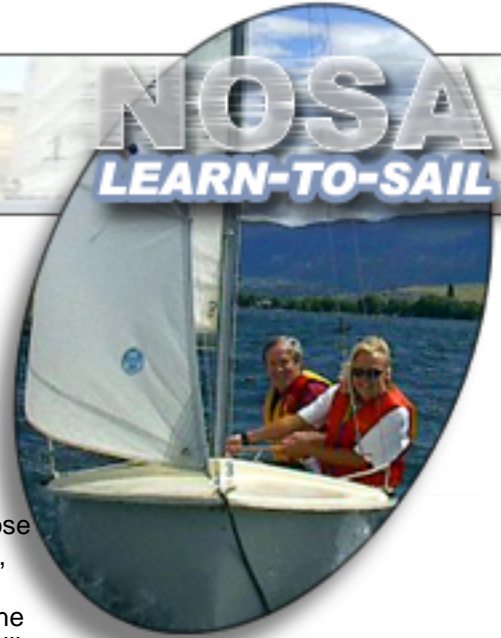
The Canadian Yachting Association (CYA) has adopted the standard to take account of different skill levels available in a single group. This allows different people with different skills to progress at their own pace. From this new idea, we have eliminated all written tests! That's right, no final exams! 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.

Students will experience the first 2 evenings together in common sessions and then may be able to specialize for the duration of time, 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.

About Lessons

Youth Learn-to-Sail, they will be using Pico's, Flying Juniors and 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.

NOSA's sailing lessons provide a thrilling and active environment for your kids. Students will meet new friends and gain excellent skills in safety and sailing. The classes are directed by certified CYA instructors who bring fun and interest into the sport.



Dates Available For 2012:

Youth Learn to Sail Mornings or Afternoons

Class size limit of 10 students **\$160.00**
Mornings classes 9 am till noon
Afternoon classes 1 pm till 4 pm

M1 or A1 July 2-6
M2 or A2 July 16-20
M3 or A3 July 23-27
M4 or A4 July 30-Aug 3
M5 or A5 Aug 6-10
M6 or A6 Aug 20-24
M7 or A7 Aug 27-31

Youth Learn to Sail Full Days

Class size limit of 10 students **\$160.00**
Each class is from 9 am to 3 pm.
F1 July 11-13
F2 Aug 15-17

Youth White Sail III 11-17 Years

Class size limit of 10 students **\$320.00**
Two sessions (sets) to complete WSIII

Special **\$290.00**

Students signed up for both morning and afternoon lessons in the same week.

Requirements:

In order to ensure your child is registered, we must receive:

- Payment in full (by mail or in person)
- Completed registration and waiver forms

Required Items: (To be brought each day)

- Lunch and snacks, Microwave access is available.
- Closed-toe shoes that can get wet (NO open-toe sandals)
- Water, sun hat / ball cap, sunglasses, water proof sunscreen and towel
- Complete change of clothing
- Windproof / rainproof jacket and pants



** Please note: Students can leave the premises only if picked up by their parent or they have a note of permission.

North Okanagan Sailing Association

NOSA Youth Learn-to-Sail

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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 & Course Prerequisites

Youth White Sail I & II: This program will introduce new sailors to the sport and will provide the fundamental skills to rig and sail a small 2 person sailboat. The focus will be on Fun and Safety in the sport, knot tying, boat rigging, launching/landing, tacking, gybing and steering on the water. Youth attending this course will learn basic sailing techniques and on the water sailing safety rules. Successful students will receive their Canadian Yachting Association White Sail Level 1 or Level 2. Prerequisite for Level 2 is White Sail Level 1.

Cost: \$160.00 per student
Hours: Minimum 15 hours

Suitable For: Ages 8 – 17
Class Size: 10 students' maximum

Youth White Sail III: This program will instruct experienced sailors to the sport and will provide the fundamental skills to rig and sail a small Club 420 sail boat. The focus will be on Fun and Safety in the sport, knots, rigging, launching / landing, tacking, gybing, capsizing recovery and steering on the water. Juniors attending this course will learn more challenging sailing techniques and sailing safety rules. Successful students will receive their Canadian Yachting Association White Sail III certificate. Prerequisite includes White Sail II and 15 hours on the water experience. CYA White Sail III standard is minimum 30 hours on the water.

Cost: \$320.00 per student
Hours: Minimum 30 hours

Suitable For: Ages 11 – 17
Class Size: 10 students maximum

Important Information

NOSA provides life jackets that are Canadian Coast Guard approved and the sailboats, but students should bring water bottle(s), shorts, close toed sandals/shoes, change of dry clothes, windproof/rainproof pants and jacket, sunglasses, lunch and snacks and sunscreen to lessons. Courses are taught from our clubhouse at the east side of Paddlewheel Park, next to the Okanagan Landing Park Hall.

Courses are taught by an instructor certified by the **Canadian Yachting Association** and are certified Red Cross boat safety coach; as well they have each passed a RCMP criminal record check.

You must be at the club compound **15 minutes prior to the stated started time**. If your course is scheduled for 9am to noon, be at the compound at **8:45 am**, same applies for the afternoon class of 1pm to 4pm, please arrive at 12:45, – 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:			
Student Name:		Telephone:	
Address:		Work Phone:	
Postal Code:		Email Address:	
City:		Date of Birth:	
Age:		YYYY/MM/DD	
Guardian Information			
Mother's name:		Email Address:	use as primary contact <input type="checkbox"/>
Res#:	Bus#:	Cell#:	
Father's name:		Email Address:	use as primary contact <input type="checkbox"/>
Res#:	Bus#:	Cell#:	
Emergency contact (if different from above):		Relation:	
Res#:	Bus#:	Cell#:	
Will student be walking home?			
Medical Information:			
Does your child have any of the following conditions?			
Allergies <input type="checkbox"/>	Asthma <input type="checkbox"/>	Diabetes <input type="checkbox"/>	Epilepsy <input type="checkbox"/>
Do they carry an:			
Epipen	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Medication type
Inhaler	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Medication type
Is your child on any medication? Please list:			
Sailing			
Please outline student's previous sailing experience:			
Previous CYA Standards achieved: (submit copies for verification)			
Swimming Ability:			
Sign-up			
Dates Attending Course:		Total \$ _____	

Youth 8-17 Years			\$160.00	Youth White Sail III 11-17 Years	\$320.00
M1	A1	July 2 – 6			
M2	A2	July 16-20			
M3	A3	July 23-27			
M4	A4	July 30 – Aug 3			
M5	A5	Aug 6 – 10			
M6	A6	Aug 20 – 24			
M7	A7	Aug 27 – 31			
F1		July 11 – 13			
F2		Aug 15 – 17			

NOSA 2012 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 my child to participate in courses noted on my application, I, on behalf of myself and my child, 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 my child or my property, howsoever caused, arising out of or in connection with my child 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 my child may be subjected to risks of injury of every nature. My child's activities may include the maneuvering 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 my child or other family member or anyone on behalf of my child 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 attorney's fees or costs that may be incurred in defending such claims. I accept responsibility for the participation of my child and agree that it is my responsibility to determine whether my child should be participating. I also agree that my child and I are also bound by the rules, which may govern my child's 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.

Child's Name: _____ Signature: _____

Parent's Name: _____ Signature: _____

Date: _____

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

Please Circle One: YES / NO

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 9am – 3pm. Please phone ahead (250-260-4255) to ensure NOSA can receive your registration.
2. **In person, you can bring your in your registration to Briteland Holdings at 3208 28th Street, Vernon BC,** behind Bearisto Elementary School. Registrations must be received with payment by cash or cheque. There are registration forms available at Briteland, just ask the front counter for registration with NOSA Sailing.
3. **By mail, to NOSA P.O. Box 4, Vernon, BC V1T 6M1,** please include payment by cheque. Also, allow for sufficient lead time for you registration to **arrive 5 days before course.**
4. **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.**

How to make an enquiry:

1. **By Phone** – 250-260-4255
2. **By Email** – info@nosa.bc.ca

**** Please make all cheques payable to NOSA ****