



Ottawa's Waterfront Sports Centre

Adult Sail Training Program Dryland Session
1 May 2025

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Agenda

- General information
 - and questions
- Training program
 - and questions
- Lessons Learned
 - and questions
- Knots



Location

After 5 years of being onshore due to the Riverhouse renovations, we are back in the building !

<https://ncc-ccn.gc.ca/places/ncc-river-house>

ONEC room is located on the lower level - When you enter look on the right side and you will see a sign and stairs leading down.



Sailing Program

is a volunteer-based sailing club within the Ottawa New Edinburgh Club.

- Boats available for members
- Training for Adult new members
- Racing program
- Social activities

All activities must be done in a safe environment

Sailboats commonly use by members

CL-16



1-4 persons
Stable
2 large sails
Comfortable

Laser



1 person
Olympic class - very fast (unstable)
One large sail
Small cockpit

Zest



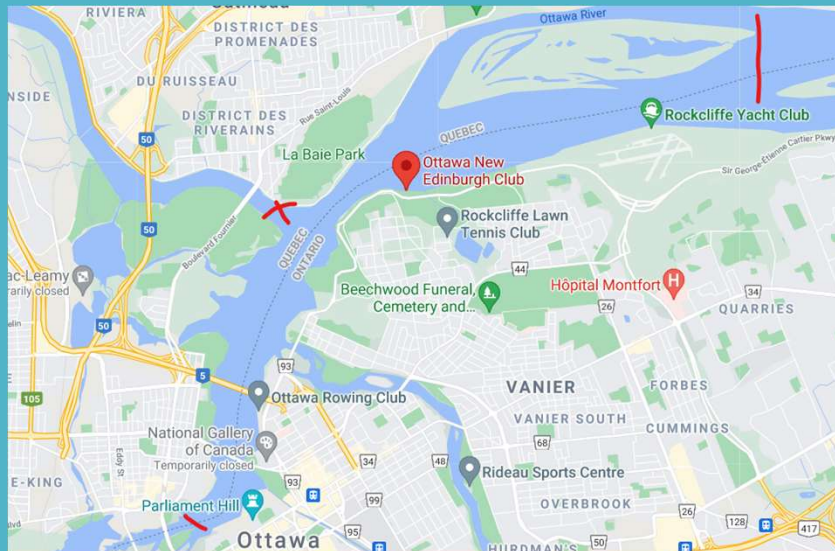
1-2 persons
Small sails
Not much power

Main Sailing Area for new members

East boundary: Eastern tip of Kettle Island – Rockcliffe Yacht Club (Last location that can provide help, if require).

Wester boundary: Parliament Hill -We cannot go up rapids.

North boundary: Gatineau river is out of bound - Too narrow and bridge is too low.



West / Upriver

East / Downriver

Safety

- All members must provide and wear Personal Flotation Device (PFD) and whistle while on docks or on boats. ONEC does not provide PFD & whistle.
- Sailboats to have mandatory safety equipment in accordance with Transport Canada Regulations except for the above.
- Be prepared to self-rescue. You cannot count on someone else rescuing you:
 - If you capsized; or
 - If the wind become too light to be able to sail.
- Multiples power boats that can be use for rescue operations.



Things to be careful about...

- Being on and around the water.
- Docks
 - relatively light and can move violently when subject to waves generate by power boats.
 - Joining of two docks. There is a gap
 - Made of wood/nails hence feet need to be protected.
- Damage fiberglass on boat, can easily cut the skin.
- Be careful of propeller when in the water and around powerboats.
- When the mainsail change side, it can hit people in the head... Could result in concussion : <https://sportottawa.ca/concussion-awareness/>
- Security of the site.. Keep doors closed when going on water as any at the Riverhouse could wander into our room.

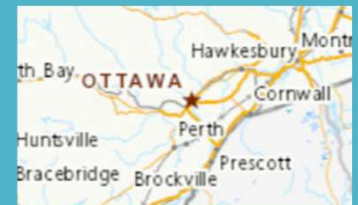


Weather

- Never underestimate the weather and the impacts on the sailing conditions. It may impact what you want to do.
- On water it feel different than on docks & shore.
- Look at forecast
- Environment Canada closet weather station is Gatineau :
 - Hourly forecast: https://weather.gc.ca/forecast/hourly/qc-126_metric_e.html
 - Radar for active weather: https://meteo.gc.ca/map_f.html?layers=radar&zoom=5¢er=44.94168881%2C-79.64551929
- In Ottawa there are often summer storm between 1600-1800 after which the weather clear up.



Hourly Forecast - Gatineau				
No Alerts in effect				
Date/Time (EDT)	Temp. (°C)	Weather Conditions	Likelihood of precip. %	Wind (km/h)
26 May 2021				
21:00	21	 Chance of showers	Low	SW 15
22:00	19	 Chance of showers	Low	SW 15
23:00	18	 Chance of showers	Low	NW 15



Communications

Email:

- Any sailing program questions (Martin Rheaume): Communications@sailonec.com
- Training Coordinator (John Boucher): Training@sailonec.com
- Sailing Director (Ian Leroux): Director@sailonec.com
- Admin: info@onec.ca (Will probably forward email to one of us above)

Facebook:

- Ottawa New Edinburgh Club – Public page
- SAIL ONEC: Closed group for members only

ONEc.ca

New web site based on a new platform. We are still learning all the functionalities. Way better to send emails indicate above.

References

Web sites:

ONEC.ca

Shop for sailing equipment:

The Chandlery

367 Poulin Ave.

Ottawa, Ontario, Canada

K2B 5V2

<https://www.thechandleryonline.com/>

QUESTIONS ?

Training Program

New members sign up for one training night per week (Monday to Thursday), or Saturday mornings using CL16s , RS Zests and Lasers.

Weeknights: 1800- sunset (instructor may be there as of 1700)

Saturday: 1000-1300

On-Water training:

- Start date is 6 May

- May and June with full cadre of instructors

- July- Aug-Sept will be open training for anyone on Saturday morning.

On-water training sessions occur in all weather except when there is lightning. If there is lightning, we will do sailing theory inside the Riverhouse until the storm went by.

Training overview: See SailONEC Policy & Procedures

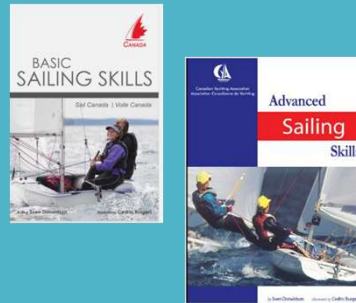
Sailing Theory & Terminology

Learning how to sail is like learning a whole new language.

Books from Sail Canada

<https://www.sailing.ca/shop/>

- Basic Sailing Skills
- Advanced Sailing Skills



Sailing Theory Presentation on Zoom (Date TBC)

Too many to list other resources on internet. Look for sailing theory, sailing terminology & knots.

Aft	batten
Beam	beam reached
Boom	bow
broad reached	clew
close hauled	close reached
dinghy	gooseneck
gybe	jib
helm	helmsman
leech	leeward
luff	mast
port	rigging
rudder	running
spar	starboard
stern	tiller
windward	

Requirements for Check-out (1)

- Crew/CL-16
 - Knots
 - Rigging
 - Unrigging
 - Practical as the crew
- Common Checkout (Mandatory for all skippers)
 - Harbour Safety
 - Sailing Theory <https://docs.google.com/viewer?a=v&pid=sites&srcid=c2FpbG9uZWMuY29tfHd3d3xneDoyMWQyNmM1NmM3OGJhOWQ4>

Requirements for Check-out (2)

- Sailing Skipper – CL-16
 - Capsize Drill
 - Practical Sail as the helm
- Skipper - Laser
 - Rigging
 - Unrigging
 - Capsize Drill
 - Practical Sail as the helm
- Additional levels
- Racing Skipper
- Racing Master

Members certified as skipper can....

- Use a boat without supervision without additional fees.
- Boats available from sunrise to sunset – no overnight trip.
- No reservation, first come first serve.
- Can bring guests
- How long does it take ? It depends....
 - On one abilities;
 - Assimilation of theory;
 - In attending class; and
 - In getting experience in all kind of weather.

To gain additional experience...

- Racing Program (CL-16)
 - Sunday 1200-1600
 - New member have priority to crew;
 - No experience required.
- Participate in the open training sessions on Saturday mornings (July, Aug and Sept)
- May have the opportunity to join an experienced member in pleasure sail.

- Racing program
 - Great way to get additional on water experience.
 - New members have priority to crew.
 - No experience required.
 - CL-16 racing events on Sunday 1200-1600 approx.

QUESTIONS ?

LESSONS LEARNED

Clothing – What to wear

Personal Flotation Device

- Transport Canada recommendation: <https://tc.canada.ca/en/marine-transportation/marine-safety/boating-safety/choosing-lifejackets-personal-flotation-devices-pfds>

Based on our own personal experience:

- Make sure the flotation device fits snugly but comfortably for weight/height as you may have to wear it for hours.
- Red, orange, or yellow are good colors as they are more visible when in water.
- “Bulkiness” - Too much material in the front may hinder when trying to go back in the boat after capsize
- When pulling-up, the PFD cannot go above the ears else it is not adapted to your body type
- Nice if you can attach a whistle
- Pockets for storing phone, keys, etc...
- Buy one within your own budget
- Inflatable PFD not recommended.
- **Do not buy it over the internet ! Go in a store and try one before buying it !**

Clothing – What to wear (1)

- Need clothing for: Warm /Cold & Sunny/ Rainy days
- A complete change of clothing and a towel. Possible to get wet even if it is not raining or you do not capsize.
- Running shoes / sailing shoes / paddling shoes



Clothing – What to wear (3)

- Wool or synthetic fibres are recommended
- Bring a windbreaker
- Lanyard for glasses / sunglasses
- Sailing gloves (gardening gloves work too)
- Waterproof case
- Hat - Protect from the sun or keep you warm
- Wetsuit ? It depends.....



What to bring with you

Water

Sunscreen

Waterproof bag

What not to wear/bring on a boat

- Open toes shoes/Sandals - easy to get hurt on wood, nails/fiberglass
- Clothing that keep water (i.e cotton / fleece)
- Jewellery, bracelets and large earrings – easy to loose or get snap on the rigging
- Watches that are not waterproof.
- Wallets, loose change and identification.
- Keys
- Cell phone

QUESTIONS ?

Knots

Figure 8 - Stopper knots – used a stopper knot at the end of a piece of rope.

<https://www.animatedknots.com/figure-8-knot>

Double Figure 8

Same as figure 8 but with an extra loop to make knots bigger.

Square knot - Simple way to join two ropes (useful when a line snap)

<https://www.animatedknots.com/square-knot>

Bowline -Reasonably secure loop in a rope's end - and easy to undo. Can be use to lift stuff

<https://www.animatedknots.com/bowline-knot>

Round Turn two half hitches - Excellent way of securing a rope to a post or ring. Tie a boat to the docks

<https://www.animatedknots.com/round-turn-two-half-hitches-knot>