



2017 Canada Summer Games Sailing Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Technical Packages are developed by sport, not disciplines.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve

NATIONAL PARTNERS / PARTENAIRES NATIONAUX





2017 Canada Summer Games Sailing Technical Package



within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

NATIONAL PARTNERS / PARTENAIRES NATIONAUX



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**2017 Canada Summer Games
Sailing Technical Package**

1. SPORT: SAILING

2. PARTICIPANTS:

2.1. Competitors:

Able Bodied: 3 males and 3 females
Para: 1 athlete (male or female)

2.2. Staff:

One (1) Coach and one (1) Manager

- If female athletes are being sent, one of the staff must be female. If male athletes are being sent, one of the staff must be male.

2.3. Drivers:

For safety reasons, 2 boat drivers will be permitted for Provinces/Territories that trailer their boats to the Games. Upon arrival on-site, the drivers shall receive week-long spectator access, accommodations and a per diem.

2.4. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.
- Venue Pass Holder
 - See [Venue Pass Holder Policy:](#)
 - Venue pass holders do not have access to the field of play
 - Venue Pass Holder's access
 - Front of House (Spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Missions process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.5. Para Reallocation Policy

- The Para Reallocation policy recognizes the challenges that exist in para sport and the level of participation needed in order to ensure meaningful and quality competition. Should the para athlete quota permissible to each team not be filled by each jurisdiction, the Para Reallocation Policy will be followed to allocate additional para athletes to the competition.
- See [Para Reallocation Policy](#)

3. CLASSIFICATION:

3.1. Able Bodied:

Must be under 21 years of age and no younger than 15 years of age as of December 31, 2017.

Date of Birth between: January 1, 1997 - December 31, 2002

3.2. Para:

Must be under 35 years of age and no younger than 17 years of age as of December 31, 2017.

Date of Birth between: January 1, 1983 – December 31 2000.*

Competition is restricted to athletes with a Disability Classification of up to 7*.

*In keeping with the objective of targeting athletes within the Training to Compete (T2C) level of the LTAD, age exceptions will be considered for Para-Sailing athletes born outside the years listed whose athlete development level is consistent with T2C. The Canada Games and the Sail Canada recognize that an age-dependent criterion may not adequately reflect the entry of the developing para-athlete into sailing due to late onset disabilities through injury or medical condition. Sail Canada's Paralympic Development Review Group in cooperation with the CGC will consider these special cases up to June 1 2017.

4. ELIGIBILITY

4.1. Coaches:

Any staff listed as coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program to at least Level 3 or Development Coach Certified in Sailing. These coaches must be so certified not later than 90 days before the opening of the Games (May 1st, 2017). All coaches must be in good standing with the Sail Canada, and have signed Sail Canada's Coach's Code of Conduct.

4.2. Competitors:

Excluded from the Canada Games are:

- Senior National Team Athletes are not eligible for the Canada Games*.

Able Bodied:

- Athletes that have held any SR card (as defined by Sport Canada's Athlete Assistance program) at any time;

Para:

- Athletes that have held any SR card (as defined by Sport Canada's Athlete Assistance program) at any time;

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status (i.e., no athlete will be excluded if they are granted carding status after May 1st, 2017).

*Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION:

5.1. General

The Canada Games are organized by the Canada Games Council, the 2017 Canada Games Host Society in Winnipeg, Manitoba, Sail Canada, Sail Manitoba and Gimli Yacht Club.

5.2. Rules

5.2.1. The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS), the Canada Games Competitor Eligibility Rules (Appendix 1) and Canada Games rules, regulations, and requirements.

5.2.2. All boats are subject to measurement prior to the regatta as well as inspection for compliance with class rules at any time during the regatta.

5.2.3. Each boat is required to have valid third party liability insurance with a minimum coverage of one million dollars CAD per event. Boats shall provide a photocopy of the insurance certificate to the organizing authority at registration.

5.2.4. The Notice of Race (NoR) will be posted on the Sail Canada website.

5.2.5. Sailing Instructions will be provided at registration.

5.2.6. Each boat will be required to display on each side of the mainsail her Provincial/Territorial letters. They will be provided by the organizing authority and applied under its direction.

5.2.7. Each sailor may be required to wear a Provincial/Territorial bib on the outside of all other clothing and equipment. The organizing authority will provide bibs to each competitor.

5.3. Events

5.3.1. There shall be competition in the following events:

Under 21 (no younger than 15) Male category

Single-handed - Laser: 1 competitor per boat (individual competition)

Double handed – 29er: 2 competitors per boat (team competition)

Under 21 (no younger than 15) Female category

Single-handed – Laser Radial: 1 competitor per boat (individual competition)

Double handed – 29er: 2 competitors per boat (team competition)

Para Sailing Mixed category

2.4m: 1 competitor per boat (individual competition)

- 5.3.2. A competitor may compete in only one event and each Province/Territory may make only one entry per event.

5.4. Schedule

- 5.4.1. The schedule is as follows:

27 July	All day	Arrival
28 July	1000	Training & Opening Ceremonies
29 July	1000	Training
30 July	1000	Racing
31 July	1000	Racing
1 August	1000	Racing
2 August	1000	Weather Day
3 August	1000	Racing
4 August	1000	Racing

- 5.4.2. Ten races are scheduled for the Laser, Laser Radial and 2.4mR events. Fifteen races are scheduled for the 29er events. Five days of racing are scheduled for all events, with one Weather Day. If necessary, the Weather Day may be used for racing to maintain the schedule of races in the series.

- 5.4.3. Two races are scheduled per day for the Laser, Laser Radial and 2.4M events and three races are scheduled per day for the 29er's events. One additional race per day may be races to maintain the schedule or to go one race ahead of schedule.

- 5.4.4. On the last scheduled racing day for each event no warning signal will be made after 1600.

- 5.4.5. From 29 July to 4 August, a coaches meeting will be held at 0830 in the clubhouse.

5.5. Venue

5.5.1. The sailing competition venue will be Gimli Yacht Club on Lake Winnipeg.

6. PROVINCIAL/TERRITORIAL RANKING:

Provinces/Territories will be ranked from first to last in each class (event) following the completion of the overall regatta.

Men and women will be ranked separately. Sport scoring points will then be applied to each individual class as follows:

Position	Pts
1st place	100
2nd place	97
3rd place	94
4th place	91
5th place	88

Position	Pts
6th place	85
7th place	83
8th place	81
9th place	79
10th place	77

Position	Pts
11th place	75
12th place	74
13th place	73

Men and women teams will be ranked separately. Sport Scoring will be applied to each team class as follows:

Position	Pts
1st place	150
2nd place	140
3rd place	130
4th place	120
5th place	110

Position	Pts
6th place	100
7th place	90
8th place	80
9th place	70
10th place	60

Position	Pts
11th place	50
12th place	40
13th place	30

The Para class will be ranked separately. Sport Scoring will be applied to the Para class as follows:

Position	Pts
1st place	100
2nd place	97
3rd place	94
4th place	91
5th place	88

Position	Pts
6th place	85
7th place	83
8th place	81
9th place	79
10th place	77

Position	Pts
11th place	75
12th place	74
13th place	73

Final Rankings will be established by adding sport scoring points from all individual, para and team events.

Men and Women will be ranked together.

Points for the Games flag will be distributed as follows:

Position	Points
1 st place	20
2 nd place	18
3 rd place	16
4 th place	14
5 th place	12

Position	Points
6 th place	10
7 th place	8
8 th place	6
9 th place	5
10 th place	4

Position	Points
11 th place	3
12 th place	2
13 th place	1

7. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

When there is a tie in Provincial/Territorial ranking on total points between two or more Provinces/Territories, the tie will be broken in favor of the Province/Territory with the most event first places, and when the tie remains, the most event second places, and so on.

8. MEDALS:

Total: Gold: 7 Silver: 7 Bronze: 7

Medals will be awarded in each event in the male and female categories. Five event gold, silver and bronze medals will be presented.

9. COMPETITIVE UNIFORM:

Provincial/Territorial colors must be worn for ceremonies. On the water, sailors will wear their own technical sailing clothing/gear.

10. EQUIPMENT:

10.1. Safety

When on the water, each competitor/coach/manager is required to wear, at all times, (except when changing clothing), a PFD. This changes Rule 40 and the preamble to Part 4 of the Racing Rules of Sailing.

10.2. Boats

Each Provincial/Territorial sailor shall be responsible for providing and maintaining his/her own equipment at the event.

10.3. Support Boats

10.3.1. Support boats will be permitted for team staff only, and must be supplied by the Provincial/Territorial Sailing Organization.

10.3.2. Support boats can carry no more than 1 staff person from any one Province/Territory and no more than 3 staff persons total.

10.3.3. Provinces/Territories that do bring a support boat may be required to carry a staff member from another Province/Territory.

10.3.4. Support boats shall display Provincial/Territorial identification.

11. APPENDICES:

The attached appendices are an integral part of this technical package.

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province/Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

Pathway to Development Coach Certification

Development Coach Candidate Selection Process

- Potential candidates who have had previous racing experience (preference for having campaigned an ISAF-recognized class) and show an interest in race coaching are to submit an application to Sail Canada including an endorsement of their Provincial Sailing Association or Regional Training Centre.
- Endorsed applications are sent to the Development Coach Program Selection Panel, which selects the 10-12 strongest candidates for the National Development Coach Course.
- Candidates begin work on fulfilling the prerequisites associated with Development Coach Program certification:
 - Pleasure Craft Operator Card
 - Boat Rescue and First Aid Certification
 - Completion of the 6 NCCP Competition-Development Multi-Sport Modules

Development Coach Course

At the 5-day national course, coach candidates are trained on how to:

- Structure and execute an effective on-water practice
- Analyze performance, give feedback, and use video
- Teach tactics and strategy specific to sailing
- Design and manage 4-12 month Race Team programs
- Incorporate fitness, nutrition, and mental training into their program
- Coach at regattas
- Be an effective leader
- Recognize essential rigging, tuning, and technique in 2 or more Sail Canada recognized classes (Likely C420, Laser, Laser Radial, or 29er)

At the end of the course, candidates who meet Sail Canada professionalism and safety standards will be awarded **“CANSail Development Coach – Trained”** status. In addition, at their discretion Development Coach Program Course Facilitators may begin checking off items on candidates “Evaluation Checklist” when transitioning “Trained” candidates to the Mentoring and Certification stage.

Mentoring, Evaluation, and Full Certification

Trained Candidates are assigned Mentors after the Development Coach Course.

Trained Candidates and Mentors work together to:

- Ensure candidates complete all prerequisites
- Practice and hone the 8 skills developed at the Development Coach Course
- Evaluate/verify proficiency and check off all items on the Evaluation Checklist (a minimum of three face-to-face sessions are required to do this – once where the Candidate sees the Mentor at work, once where the Mentor sees the Candidate at work, and once at a regatta)

An External Evaluator must take part in components of the evaluation and sign off on the final Evaluation Checklist.

Coaches that successfully complete all prerequisites and are evaluated as complete on all items on the Evaluation Checklist will be awarded **“CANSail Development Coach – Certified”** status.

Maintaining Certification

To maintain certification as a Sail Canada Development Coach / NCCP Comp Dev coaches must:

- Maintain validity of Prerequisites (First Aid/CPR and Coach Boat Safety)
- Undergo Practical re-evaluation in the program every 3 years. Re-evaluation sessions may be arranged by contacting coach@sailing.ca.

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

The following performance guidelines are the recommended level of competition athletes should have competed in prior to competing at the 2017 Canada Summer Games. Please note that it is not mandatory that athletes meet these guidelines, only recommended.

Able Bodied:

Single Handed – Laser / Laser Radial: It is recommended that athletes compete in train to compete events (as defined by Sail Canada) during the 2016 competitive season (Laser / Laser Radial Youth &/or Senior Nationals).

Doubles Handed – 29er Class: It is recommended that athletes compete in train to compete events (as defined by Sail Canada) during the 2016 competitive season (Youth &/or Senior Nationals).

Para:

2.4m Class - It is recommended that athletes compete in training to compete events (as defined by Sail Canada) during the 2016 competitive season.

APPENDIX 4 – BOAT TRANSPORTATION

Boat Transportation

Please see the CGC [Boat Transportation Policy](#) and reimbursement form for detail on procedures, costs and logistics of transporting Provincial/Territorial boats to and from the Host Community.