



2022 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 Host Societies by detailing competition formats and scoring procedures, assist provincial/territorial mission team (P/T Team) Chefs de Mission in verifying eligibility, identify the maximum 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 "Train to Compete" phase of its Long Term Athlete Development Framework (LTAD), or other suitable phase of the framework as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' technical representative, coach, manager, sport leader and mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete their 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, they are to seek clarification from the CGC Sport Committee through their Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following the Principles that Govern Technical Packages, 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. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

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 Department for consideration. The NSO or Chef de Mission will provide the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered within 36 months of the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered within 24 months of the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered within 18 months of the Games, unless approved by all participating Provincial/Territorial Sport Organizations (P/TSO) and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' stakeholders early.

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2022 Canada Summer Games

Sailing Technical Package

1. SPORT: SAILING

2. PARTICIPANTS

2.1. Athletes

Able Bodied: 3 females and 3 males

Para: 1 athlete (female or male)

All registered athletes must intend to compete in at least one event.

2.2. Staff

1 Coach and 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, two [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 the same access as athletes 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 venue access

- Sport Operational Zone (Zone 2)
- Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's 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 permitted to each team not be filled by each jurisdiction, the Para Reallocation Policy will be followed to allocate additional para athletes to the competition.

2.6. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

3.1. Able Bodied

- 15-22 as of December 31, 2022
 - Year of birth: 2000-2007

3.2. Para

- 15-35 as of December 31, 2022*
 - Year of birth: 1987-2007
- Competition is restricted to athletes with a Disability Classification of up to 7.

*No overage exceptions will be considered for Para-Sailing.

4. ELIGIBILITY

4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or, athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships
 - Olympic Games
 - Paralympic Games
 - Pan Am Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competed in an excluded event after May 8, 2022 they will still be considered eligible to compete at the 2022 Canada Games).

* Athletes who hold a C1 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 to the respective P/T Team Chef de Mission and approved by the Canada Games Council's Eligibility Committee.

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

4.2. Coaches

- 4.2.1. Coaches named on the official registration form must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Sailing.
- Coaches must be so certified no later than 90 days prior to the opening ceremony (May 8, 2022).
 - Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2022 Canada Summer Games.
 - Please refer to the CGC’s [Coach Certification Policy](#) for additional information:
 - For more information on the coach certification pathway, please see Appendix 1.
- 4.2.2. All coaches must be in good standing with Sail Canada, and have signed Sail Canada’s Coach’s Code of Conduct.
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5. COMPETITION

5.1. Events

There shall be competition in the following events:

- Under 22 (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 22 (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)

5.2. Weather Protocol

In the event of a postponement, racing could commence up until 8:00pm. Protocol for postponement and cancelation will follow the Racing Rules of Sailing.

5.3. General

The Canada Games are organized by the Canada Games Council, the 2022 Canada Games Host Society, Sail Canada, Ontario Sailing.

5.4. Rules

- 5.4.1. The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS), the Canada Games Council [Eligibility Policy](#) and Canada Games rules, regulations, and requirements.
- 5.4.2. 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.
- 5.4.3. 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.
- 5.4.4. The Notice of Race (NoR) will be posted on the Sail Canada website.
- 5.4.5. Sailing Instructions will be provided at registration.
- 5.4.6. 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.
- 5.4.7. 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.

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

5.5. Schedule

5.5.1. The schedule is as follows:

Date	Start	Event
August 14	All day	Arrival
August 15	10:30 am	Training
August 16	10:30 am	Training
August 17	11:00 am	Racing
August 18	11:00 am	Racing
August 19	11:00 am	Racing
August 20	11:00 am	Racing
August 21	/ 8:30 pm	Weather Day Closing Ceremony

5.5.2. Eight races are scheduled for the Laser, Laser Radial and 2.4mR events. Twelve races are scheduled for the 29er events. Four 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.

5.5.3. 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 raced to maintain the schedule or to go one race ahead of schedule.

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

5.5.5. From 15 August to 20 August, a coaches meeting will be held at 0900 in the clubhouse.

5.6. Venue

5.6.1. Niagara-on-the-Lake Sailing Club

6. TIE BREAKING RULES - COMPETITION

In the case of a tie, the Racing Rules of Sailing will be referenced.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

7.1.1. All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (July 23rd, 2022).

7.2. Event Entries

7.2.1. A competitor may compete in only one event and each province/territory may make only one entry per event.

7.2.2. Event entries for each participant must be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Single Hand Events

- Athletes will be ranked from first through last place

- If an athlete does not finish or is disqualified, the athlete will not receive sport scoring points
- If there is a tie, points will be shared equally between competitors (i.e. If two athletes are tied for first then each competitor would receive 98.5 points $[(100+97)/2]$ and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	100	6th	85	11th	75
2nd	97	7th	83	12th	74
3rd	94	8th	81	13th	73
4th	91	9th	79		
5th	88	10th	77		

8.2. Team Events

- Teams will be ranked from first through last place
- If a team does not finish or is disqualified, the team will not receive sport scoring points
- If there is a tie, points will be shared equally between teams (i.e. If two teams are tied for first, then each team would receive 98.5 points $[(100+97)/2]$ and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40
3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

8.3. Para Events

- Athletes will be ranked from first through last place
- If an athlete does not finish or is disqualified, the athlete will not receive sport scoring points
- If there is a tie, points will be shared equally between competitors (i.e. If two athletes are tied for first then each competitor would receive 98.5 points $[(100+97)/2]$ and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	100	6th	85	11th	75
2nd	97	7th	83	12th	74
3rd	94	8th	81	13th	73
4th	91	9th	79		
5th	88	10th	77		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Sailing, Flag Points will be awarded together for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in [Section 10 \(Tie Breaking Rules - Flag Points\)](#), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
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1st	20	6th	10	11th	3
2nd	18	7th	8	12th	2
3rd	16	8th	6	13th	1
4th	14	9th	5		
5th	12	10th	4		

10. TIE BREAKING RULES - FLAG POINTS

If, at the completion of all events, two or more provinces/territories have the same number of accumulated sport scoring points, the team with the most event first place finishes will be given the higher ranking. If still tied, the team with the highest number of second place finishes will be given the higher ranking and so on, until the tie is broken.

11. MEDALS

The Canada Games will award medals to athletes only.

Gold: 7 Silver: 7 Bronze: 7

12. COMPETITION UNIFORM

Provincial/Territorial colors must be worn for ceremonies. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's [P/T Team Uniform and Sponsorship Policy](#). On the water, sailors will wear their own technical sailing clothing/gear.

13. EQUIPMENT

13.1. 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.

13.2. Boats

Each Provincial/Territorial athlete shall be responsible for providing and maintaining their own equipment at the event.

13.3. Support Boats

- 13.3.1. Support boats will be permitted for team staff only, and must be supplied by the Provincial/Territorial Sailing Organization.
- 13.3.2. Support boats can carry no more than 1 staff person from any one Province/Territory and no more than 3 staff persons total.
- 13.3.3. Provinces/Territories that do bring a support boat may be required to carry a staff member from another Province/Territory.
- 13.3.4. Support boats shall display Provincial/Territorial identification.

14. **PROTEST & APPEALS**

14.1. Canada Games Council Appeal Policy

Appeals relating to the Sailing Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

15. **ANTI-DOPING**

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation
- APPENDIX 4 - Boat Transportation Policy

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS



CANSail Development Coach



Pathway to Coach Development & 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/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 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC 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.

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 2021 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 2021 competitive season (Youth &/or Senior Nationals).

Para:

2.4m Class - It is recommended that athletes compete in train to compete events (as defined by Sail Canada) during the 2021 competitive season.

APPENDIX 3 - AGE DISPENSATION

The decision to set a minimum age for participation in the Canada Games was made in the best interest of the young competitive sailors across Canada. It is intended to protect very young athletes from possible physical, psychological and/or emotional harm that could occur by competing at the Games and is based on the following rationale:

1. Two of the main goals of the Canada Games are to foster participation from across the country and to contribute to the development of high performance athletes.
2. The Canada Summer Games competition is classified as a “junior” level competition by Canada Games Council and Sail Canada.
3. The multi-sport nature of this event, combined with the atmosphere and social reality of a “Games village” and the wide range in age of all the athletes (up to 25 years of age depending on the sport) add to the pressure experienced by the athletes.
4. Sail Canada does not currently require athletes to meet any performance standard to participate in the Canada Games. For this reason, the Council has requested that a process be put in place to provide a dispensation from the minimum age. This process supersedes the Technical Package.

If your Provincial/Territorial Sailing Organization wishes to request a special dispensation from the minimum age requirement for an athlete who is 14 years of age (born in 2008), the following documents must arrive at the Sail Canada national office no later than May 1, 2022.

1. A letter of support from the respective Provincial/Territorial Sailing Organization.
2. A letter of support from the athlete’s parents.
3. A letter of support from the athlete’s coach confirming that the athlete has the technical ability to compete at the Canada Games level and sail in winds up to 20 knots, and that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.
4. P/TSO CSG training program outlining LTAD appropriate training for the athlete in the year leading up to and including the Games.
5. Recent competition results demonstrating that the athlete has obtained results comparable or superior to those of the age eligible athletes, which have been selected to the respective team for the Games.

In order to request the entry of an athlete who does not meet the minimum age requirement, the Provincial/Territorial Sailing Organization must submit a completed copy of the following form, together with the required objective evidence, to Sail Canada.

The form below should be used when seeking age dispensation for an athlete.

SAIL CANADA AGE DISPENSATION FORM 2022

Name of Nominee: _____

Gender of Nominee: _____

Date of Birth: _____

Name of Coach: _____

Coach's Certification Number: _____

Coach's Statement of Ethics

I understand that the principle of responsible coaching carries the basic ethical expectation that the activities and decisions of my coaching will benefit my athletes in general and in particular, and will do them no harm. As such I attest that fundamental to the implementation of this principle is the notion of competence and responsible coaching (maximizing benefits and minimizing risks to participants) and that I adhere to this principle. By signing this age exemption request for the above named athlete, I believe that I am acting in the best interest of the athlete's development as a whole person as well as accepting the responsibility to ensure that he/she is adequately prepared for the 2022 Canada Summer Games.

Listed below, and enclosed with this form, are the results of three competitions for the Youth Men/Youth Women Class in which the nominee successfully participated.

Competition Event (boat class): _____

Coach Signature: _____

Date of Signature: _____

Parent/Guardian Authorization

As the parent(s)/guardian(s) of the above named athlete, by signing this age exemption request, I/we believe that I am/we are acting in the best interest of his/her development and I/we understand that he/she will be competing against athletes aged from 15 to 22 years old.

Parent/Guardian Signature(s): _____

Date of Signature(s): _____

Parent/Guardian Name(s): _____

Provincial Sailing Association (PSA)

As the authorized representative of the Provincial Sailing Association within which this athlete normally competes, I am satisfied that this athlete is fully capable of competing at the Canada Summer Games and I further certify that the enclosed results are true copies of the results of competitions in which this athlete successfully participated.

Signatory for the Athlete's Provincial Sailing Association (signature): _____

Date of Signature: _____

Name and Appointment of PSA Signatory: _____

APPENDIX 4 – BOAT TRANSPORTATION

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