



**Association québécoise de voile adaptée (AQVA)**  
**Office at P.C.Y.C. 514-694-8021**  
**[aqva.reservation@gmail.com](mailto:aqva.reservation@gmail.com)**

## **INFORMATION FOR SAILORS**

### **1) COST**

The annual membership fee for AQVA is \$15.00. Membership provides you with: The right to reserve sailing outings

- The possibility to enroll in the CANSail 1 & 2 certification process
- The possibility to experience sailboat racing
- Social activities organized by A.Q.V.A.
- The opportunity to become a member of P.C.Y.C.

This membership fee includes a \$5.00 contribution to the provincial association which gives you the right to vote at the Annual General Meeting of the Association and to run for a position on the Board of Directors.

Each sailing outing costs \$15.00 and lasts for approximately 1.5 hours (including transfer time). You may sail for less time if you choose but there is no discount in price.

### **2) EVALUATION**

First time sailors are required to undergo an evaluation by an AQVA occupational therapist or physiotherapist. (There is no charge for this.) This way, the staff is able to anticipate the individual sailor's needs for their outing and use the safest method of transferring in and out of the boat. We would like to remind all sailors to please respect the recommendations of the therapist. The recommendations are in place to ensure the safety and enjoyment of each sailor, to facilitate the staff's ability to provide assistance, and to ensure the staff's own safety while they help you.

### **3) RESERVATIONS**

AQVA hopes that as many sailors as possible will enjoy time well spent on the water. In order to achieve this goal, certain guidelines are in place regarding scheduling:

- Sailors may make one reservation per week Monday to Friday and one reservation per weekend up to a maximum of 4 weekends.
- Reservations cannot be made more than two weeks in advance.

Reservations may be made by phone by calling (514) 694-8021. If you leave a message, we will make every attempt to return your call as soon as possible, if not the same day, within 24 hours. Reservations may also be made in person at the AQVA office, or by e-mail at **[aqva.reservation@gmail.com](mailto:aqva.reservation@gmail.com)**



**4) SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-17:00 Recreation Sailing	10:00-21:00 Recreation /Group sailing	10:00 – 20:00 Recreation /Group sailing	10:00 – 17:00 Recreation /Group sailing	10:00-21:00 Recreation Sailing	9:00 – 12:00 Learn-to-Race	10:00-17:00 Recreation Sailing
17:00 – 21:00 Learn-To-Race	16:45 – 18:30 Learn-To-Sail	17:00 – 21:00 Learn-to-Race		16:45 – 18:30 Learn-To-Sail	13:00-17:00 Recreation Sailing	

**5) CANCELLATION**

Occasionally sails may have to be cancelled due to unsuitable weather. Given certain weather conditions (for example, little or no wind, excessive wind or rain, or predicted/actual thunderstorm/lightning activity) it is possible your sail may have to be re-scheduled. The decision to cancel a sail because of weather conditions *will be made by the AQVA staff the day of the sail*. Please note that the weather at the Club is often quite different than in the City. If it is raining downtown the sun may be shining in Pointe Claire. Please check your answering machine or voice mail before coming to the club in case we have had to cancel your outing due to weather conditions. For sailors travelling by adapted transport we will make every effort to notify you of a cancellation as soon as possible.

If you must cancel your reservation we ask that you do so at least 48 hours in advance if possible so that we can schedule another sailor. ***Sailors who do not cancel their outing will not be allowed to make another reservation for two weeks or will forfeit the next scheduled reservation. If this occurs a second time a \$5 fine will be added to the cost of the next sailing outing.***

**6) SAFETY**

As mentioned earlier, it is the sailor’s responsibility to confirm their correct sailing time and the status of the sail depending on weather. While every attempt will be made to notify the sailor of changes in the schedule, occasionally weather conditions will deteriorate rapidly, necessitating a last-minute cancellation of a planned sail. Please be aware that these decisions are based on the safety of all persons involved, and it is at the discretion of AQVA staff to cancel an outing.



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Getting in and out of the harbor can be a challenge on some days, depending on wind direction and speed. For this reason, it is *always the sailing instructor* who makes the decision as to who will steer the boat in and out of the harbor. If a sailor does not cooperate with this he/she may be refused further sailing outings with AQVA.

## **7) CLOTHING AND ACCESSORIES**

While AQVA is pleased to provide the sailboats, use of facilities, volunteers and staff, please remember that other equipment is the responsibility of the sailor. We have some lifejackets (Personal Flotation Devices - PFDs) available but, if you plan to sail frequently, you might want to consider purchasing your own lifejacket which fits you comfortably. Also, check the day's weather conditions and consider what items you may need to bring with you. A list of suggested equipment follows:

- Hat
- Sunglasses
- Water bottle
- Special cushion (if desired, though we have many at our facility)
- Sun screen
- Foul weather gear (if you have your own)
- Personal PFD (life jacket)
- Waterproof footwear
- Sailing gloves

## **8) PROGRAMS OFFERED**

### Recreation

For people who wish to experience some time on the water but are not necessarily interested in learning to sail themselves. This sailing is intended to provide a change of scenery as well provide new experiences for what can be done in a sailboat.

### Learn to Sail

Participants who wish to do a little more with their sailing may be attracted to this program. It is a certified learn-to-sail program that will cover the first two levels of Sail Canada's CANSail certification. There is an extra cost and the program can be modified to take the sailor's capabilities into account.



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## Racing

This is an opportunity for sailors of all skill levels to enjoy the competitive aspects of sailing. Prerequisites for evening race participation include successful completion of the Learn to Sail program. Racing occurs every Monday and Wednesday evening and Saturday mornings at PCYC. As well, AQVA participates in regattas with other organizations for sailors with disabilities. (For example, in Ontario, New York and Vermont.)

## **9) GROUPS**

AQVA welcomes groups to come experience sailing. Please speak with the coordinator or manager for information about our group policies.

## **10) ADAPTED TRANSPORT**

Give the address of the Pointe Claire Yacht Club: 1 Cartier Ave. Pointe Claire. There is a Transport Adapté bus stop sign at the south gate of the yacht club (closer to the lake, second gate on your left as you drive south on Cartier Ave.)

## **11) POLICIES**

AQVA is very fortunate to be able to run our program at the Pointe-Claire Yacht Club which is a private club. Members of AQVA are welcome on the club premises for sailing outings and during AQVA social events only. The deck, bar and restaurant are open to yacht club members only. Therefore, please plan to bring your own snacks, lunches, beverages, etc. We also ask that you leave the premises shortly after your sailing session ends. If you arrive very early for your sailing session because of adapted transport please use the time to visit the village of Pointe-Claire or spend some time along the water in the park across the street.

You are welcome to become a member of Pointe-Claire Yacht Club, as well as AQVA. The AQVA office can provide information on this.