



ROYAL ST. LAWRENCE YACHT CLUB
1350 Lakeshore Drive Dorval, QC, H9S 2E3
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Safety

Your child must be able to swim. In addition, she/he must have his/her own appropriately sized life jacket or personal flotation device (PFD). Look for a lifejacket or PFD with a label that states it has been approved by Transport Canada; Canadian Coast Guard; Fisheries and Oceans Canada; or any combination of the above. The PFD must be worn at all times on docks and boats. It should have your child's name on it.

Language of instruction

Instruction is given in English. However, all instructors are bilingual and offer the various tests for Sail Canada-CANSail Certificates in both languages.

Required equipment and clothing.

Sailors are advised to bring the following items to the Club each day:

- Transport Canada, Canadian Coast Guard, or Fisheries and Oceans Canada approved life jacket
- Hat (for sun, rain, and cold protection)
- Splash top or waterproof windbreaker
- Closed-toe shoes
- Sweater and long pants (depending on the weather)
- Towel
- Bathing suit
- Waterproof sunscreen
- Extra clothes for end of the day
- Sunglasses (recommended)

There are lockers for storing this gear during the day. All personal items should be clearly marked with the owner's name.

Lunch & snacks

Each junior sailor should have a personal identified water bottle (we discourage non-reusable bottles as part our sustainable development practices). Sailors bring their own lunch and snacks. With a Junior RStLYC Membership (not available for Wet Feet participants), a sailor can buy food at the pool's Snack Bar.

Please note that the Club is not a peanut-free environment.