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# SAILING KIDS:

have fun and let's keep the environment in mind



As Canadian sailors we enjoy many special connections with water. Canada has the longest coastline and the most lakes in the world, and more than 5 million rivers! All of this water flows across the land and drains into one of our three oceans – the Pacific, Atlantic and the Arctic.

With all that water it's often easy to forget about the importance of keeping these watery spaces squeaky clean, safe and healthy for your club, neighbourhood and even the wild creatures and plants that share your space. Did you know that if you see many varieties of wild creatures or plants, such as birds soaring above you, fish swimming by a dock or plants like willows growing near your club, these are signs that your environment, and the water in it, is likely in pretty good shape? It's true – and it's because they like to live in healthy places!

The *Environmental Resource Manual for Sail Canada Instructors* will help you teach young people about keeping their environment in mind when learning how to sail. Here is an extract of the key ideas it teaches:

1. The water we drink today is the same water the dinosaurs drank millions of years ago; it is still here all around us, and is the basis for all life on earth
2. All living things require clean water and a healthy environment. Did you know that when you're sailing, you're having fun in a place that is a home for many creatures that live in or around the water? It's true! They depend on you to keep their homes healthy to survive.
3. Unfortunately in some places humans are making the water dirty with litter and various types of pollution.
4. It is our job to change this not just for wildlife but for ourselves. Young sailors can play an important role to keep the sailing environment safe, clean and healthy.



## CLEAN CLUB CHECKLIST



LOCATION	TASK	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CLUBHOUSE	Clean Club Checklist posted				
	Recycling bins available				
OUTSIDE GROUNDS	Clean from litter				
BEACH AND LAUNCH SITE	Clean from litter				
ON THE WATER	No obvious pollution				
	No litter				
	No habitat disturbance				

# BEST PRACTICES FOR SAILING KIDS



## ON THE WATER

I have learned the rules of my sport and I know how to be prepared.	
I enjoy going out on the water with my friends and family.	
Anything that I take on the boat must come back off the boat.	
I never throw litter over the side of the boat; my garbage does not belong in the water.	
I make sure that my parents clean the trailer and boat of any plants every time we take it out of the water.	
If I see a problem, such as a lot of litter, spilled oil or an injured animal, I tell my parents or instructor.	
I clean up the beach or sailing area when necessary, but only with adult supervision, and I always wear gloves.	
I fill out a "Clean Club Checklist" at the club.	
I respect wild areas and other water users and I don't make too much noise.	
I love looking for wildlife, but I try not to disturb it.	

## OUTSIDE

I enjoy going outside and enjoying the outdoors.	
I prefer to walk or bicycle instead of getting in the car.	
I use the garbage bin and when I recycle I place things in the correct recycling bins.	
When I go camping I try not to disturb the campsite.	
I love learning about the world around me and I ask lots of questions about it!	

## INDOORS

I use the things that I own instead of wasting them.	
If something is broken I ask for help to fix it instead of asking for a new one.	
I only use the water I need, then I turn off the tap.	
I use a reusable water bottle instead of plastic ones.	
I use a lunch box instead of plastic bags.	
I put paper fish on the drains and sinks at home to remind everyone that our liquids end up in the sea.	
I use only the electricity I need. For example, I turn off the lights and TV when I leave the room.	

## OTHER THINGS

Make a list of things you get from the water and how these things are affected by human behaviour.	
Get involved and adopt a local river or lake. Take water samples!	
Ask your parents or instructors about age-appropriate jobs you might try.	

