



National Sailing and Windsurfing Scheme Update 2012

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General Update

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General Update

SI Workbook

- Currently being revised
 - Editable pdf
- Spring 2012
- Have your say.....

SENIOR INSTRUCTOR WORKBOOK

The Senior Instructor's role at RYA Training Centres

This booklet contains explanations and exercises for the **Dinghy Senior Instructor** and the new **Windsurfing Senior Instructor** award.

The material should be read and the exercises completed as part of the training and assessment process.

To complete the Senior Instructor award candidates will attend a minimum four-day practical course which will involve course management afloat. Please refer to G14/2003 for more information. Very experienced candidates may choose a two-day assessment arranged by the Regional Coach/Development Officer.





General Update.....cont'd

- RYA Safety Management work
- Centre Guide to Writing Operating Procedures





Wavelength

- New look
- Improved content
- Coaching articles
- Volunteers please!



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Instructor courses

Health Declaration: I declare that I am not suffering from any physical or mental impairment which has an adverse effect on my ability to properly discharge my duty of care as an instructor. I undertake to inform the RYA if this changes and agree to submit to a medical examination if requested by the RYA.

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Instructor Courses

- Instructor cards to be sent by Trainer **NOT** candidates
- Fast track £20/15/10



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General Update.....cont'd

- RYA 'original' Interactive
 - Ends 19/2/12
- Duke of Edinburgh
 - Should we be working closer with organisations such as DofE to boost instructor numbers?
 - **WANTED: Case Studies – tell us what you have done!!**
- Connecting with the Curriculum
 - How can we connect more effectively?
 - Onboard - Further information will be placed on the web
 - **WANTED: Case Studies – tell us what you have done!!!**

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First Aid Update - To blow or not to blow.....

- Campaign aimed at untrained people
- Principle of something is better than nothing
- CPR guidelines remain unchanged
- Trained first aiders should still use compressions and breaths
- National Heart Foundation TV Campaign



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National Sailing Scheme Update

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Lessons Learnt: Incidents, accidents and lessons learnt

Keelboating

- Near-drowning – altered vessel stability?
- Self-righting vessel?
- Auto lifejackets used

Genuinely assess the risks





Lessons Learnt:.....cont'd

Multihull:

- Risk Asses Mast Head flotation on Advance High Sided craft (Dinghy and multihull)
- Recreational Sailing: How are you determining the eligibility of clients choice in boat?
 - And who is responsible for this.....?
 - Are there any restrictions in place.....?
- Make sure all Staff Training is being logged and is provided consistently

General: Take time to discuss the centres entrapment training

- general staff training, use of scenarios, safety boat crew training and possible use of masthead flotation

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National Sailing Scheme Update

- Youth Scheme
 - How can we make it more inspirational:
Q: Badges/medals.....???
 - The syllabus is fine, does the logbook need a revamp to increase usage
 - W1 – Youth Windsurfing Scheme is a little more fun and creative
 - Take a challenge
- Adult Scheme
 - The scheme is fit for purpose
 - Should we re-jig to encourage a clinic approach (Saturdays out come)

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Publications

- G14
- Small amendments to the Multihull section
- Pictures to support text

G14 Dinghy Coaching, Part 1, Jan 2012, Layout 1 18610202 23 10 Page 82

11 The RYA Teaching Method – Adaptations for Multihulls



4. The helm takes hold of the mast/bow tie with the new foot and with a positive movement guides the mast/bow tie through the gibe at the back of the boat passing through the wind.

5. As the mast/bow tie and the boom 'pop', the crew should be compressed. The crew, being coiled the boat, steers in on the new tack.

6. The helm braces and sits, leaning forward, and steers onto the new course. Once seated, the boat can be powered up and sailed at maximum speed once more.

Coming Ashore

- Use the seaward rudder first.
- Take the mast/bow tie downwind and full up.
- Sail in slowly with the rudder eased off.
- With an engine wind the crew can lengthen the legs in the water on the windward side, forward of the boat to slow the boat down.
- Crew can by main beam and cross legs move to slide off the water on windward side to hold boat.
- An alternative for the lee shore landing is for the helm to go head to wind and off shore, drop the mast/bow tie and remove the halyard. Raise the rudders, then both crew sit on the hulls, forward of the main beam and 'step' the boat as directed on page 79.
- For an offshore wind the helm can sit the windward rudder when close to shore.

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11 The RYA Teaching Method – Adaptations for Multihulls



3. The righting line is thrown over the top hull.

4. Using the righting line, both of the crew can then lean back, using their body weight to begin the righting process. The hull of the boat will have 'taken' downwards of the rig. Consequently, the wind will now be blowing on the trampole to assist with the righting. However, if this is the case, the crew must be prepared for the boat coming up very quickly.

As the rig releases from the water, the boat will begin to right itself quickly.

5. To deal with this, the crew get ready to move quickly between the hulls and apply their body weight onto the forward crossbeam.

6. ... preventing the boom going right over and re-capturing. **This action can be reduced by righting the boat head to wind.**

7. Once the boat is righted, the crew can climb back aboard, prioritise over the forward crossbeam, then all shores and lines can be tidied before setting away.

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The RYA Teaching Method – Adaptations for Multihulls 11

- Meanwhile, the crew sits by the main beam and chooses the right moment to slide carefully off into the water on the windward side to hold the boat again. By the main beam.
- In strong winds with restricted access, the boat is sailed in under jib alone.
- Coming ashore or being beached with an onshore wind and large waves, the technique is different and the multihull is the only point it applies to:
 - Do power the mast/bow tie.
 - Put the rig into and boom horizontal and crew all sit at head the boat up.
 - At the right moment the helm can step the rudders and keep going straight for the shore.
 - Use care when slipping from the boat and setting a head to wind.

Further Questions
The ability to sail around a triangular course marks an important stage in basic instruction, as it shows the student can tackle all points of sailing. Teaching of race/level recovery (see page 80) offers fundamentally from monohull teaching, having required control, the person will almost feel safer to give rather than look to get back to the helm in the water, as it is simpler and the helm can sit in control throughout the manoeuvre. In addition, the helm is recovered from between the hulls and if necessary over the main beam, rather than at the stern.

Teaching Further Skills
Once the basic techniques have been covered in RYA Level 1, 2 and 3 courses, further multihull training allows the student to learn in the RYA National Sailing Scheme Logbook SA, amended as appropriate with specialised techniques.

Capsize Recovery



1. As the boat capsizes, the helm and crew must quickly decide on their side into the water. They should avoid the sail, shrouds and mainsheet. Sliding from the top spar can also be a painful experience. Once in the water, as with all capsize, both crew should remain in contact with the boat. The stern is a convenient place to float.

2. The helm and crew then climb out onto the lower hull and begin their tuck. The helm releases the mainsheet and trapeze with the crew releases the jib and pulls the righting line, usually at the base of the mast.

The RYA Teaching Method – Adaptations for Multihulls 11

Man Overboard



1. For the exercise a target (buoy) is used, and dropped in the water. The boat is sailed away on a down reach and the jib is released with the helm taking the position of the wind.

2. Once far enough away (15 boat lengths), the helm gives the boat.

3. The helm then sails back to the MOB on a close reach, ready any time.

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Windsurfing Update

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Windsurfing update

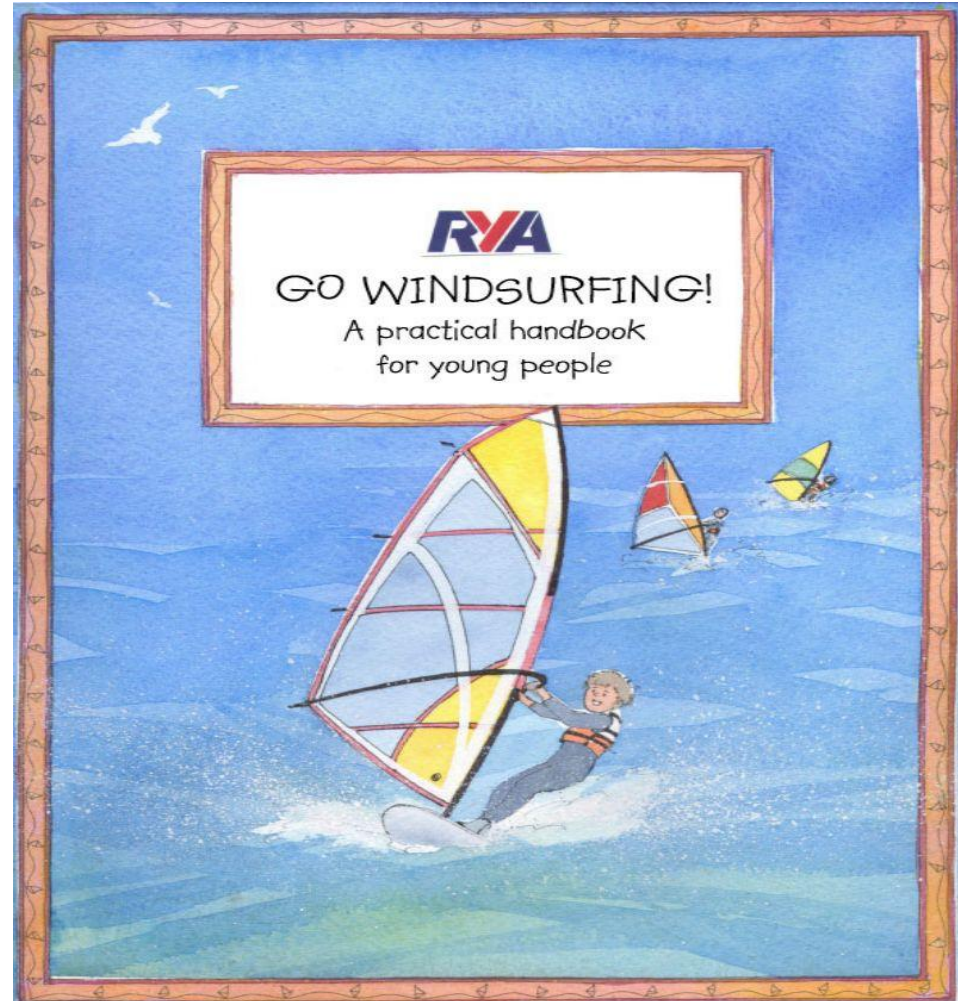
- **Race Trainers Course**
– 12th / 13th April
- **Streamlining certificates**

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Publications

- Go Windsurfing – to join the successful series
- Aimed at children, with a cartoon appearance
- Available: Winter 2012
- Price: TBC



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Any Questions.....???

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