



INTERNATIONAL SAILING FEDERATION TRAINING SCHOLARSHIP



In partnership with:





INTRODUCTION

The 8-week ISAF Training Scholarship will provide the candidate with all the training and experience required to help develop and manage a successful sail-training programme within their MNA.

The ISAF Training Scholarship will develop Learn to Sail Dinghy Coach Trainer skills in sailing, windsurfing and powerboating. Candidates will be taught how to teach others and how to manage an accredited Sail Training Centre or Sailing Club. The ISAF Training Scholarship will also develop candidate's knowledge on all aspects of running a nationally accredited Sail Training Programme.



COURSE CONTENT

Theory

- 1 MNA SWOT Analysis & Presentation
- 2 Communication Techniques & Giving Presentations
- 3 MNA Development Budgeting
- 4 Setting MNA Development Targets & Managing Outcomes
- 5 Principles of Planning & Developing Training Plans
- 6 MNA Development Plan Presentations & Feedback
- 7 Increasing Grassroots Participation
- 8 Managing a National Sail Training Centre Accreditation Programme
- 9 Managing & Training Sail Training Centre Inspectors
- 10 Developing Industry Links
- 11 Introduction to ISAF including WADA / IFDS
- 12 ISAF Recognized Training Accreditation Process & Technical Courses for Coaches

Practical

- 13 Sailing competency assessment
- 14 Level 1 Technical Course for Coaches
- 15 Multi Hull Training & Coach Training Course
- 16 Level 2 Technical Course for Coaches
- 17 Level 3 Technical Course for Coaches
- 18 Windsurf Coach Training Course
- 19 Kiteboard Training
- 20 IFDS Awareness Training Workshop
- 21 First Aid Training
- 22 Powerboat skills training
- 23 Safetyboat Training Course
- 24 Powerboat Training Course

Total 53 days





THEORY COURSES

The primary function of a National Training Manager is to develop grassroots sailing participation within their MNA. A successful National Training Manager will need to manage and develop the standardised delivery of safe sail training within their MNA. The function of the National Training Manager will also be to facilitate, manage and co-ordinate the development of a network of nationally accredited Sail Training centres within their MNA. Successful training managers will need to have exceptional managerial skills to achieve their tasks. The ISAF Training Scholarship will not only develop a candidate's management competency but will also guide them in the formulation of a clear sail training development strategy. The following courses have been designed to satisfy these objectives:



THEORY COURSES

1. MNA SWOT Analysis

'By understanding the strengths, weaknesses, opportunities and threats within their MNA, future Training Manager will be able to formulate a clear development plan based on their analysis'

This workshop is lead by a marine industry management expert and will enable the candidate to understand the current position of Learn to Sail training within their MNA. By having an understanding of the strengths, weaknesses, opportunities and threats that exist with regards to Sail Training within their MNA the candidate will be better placed to develop a clear development plan over the length of the ISAF Training Scholarship Course.

2. Communication Techniques & Giving Presentations

'One of the key functions of the National Training Manager will be to sell their vision for the future of sail training to industry stakeholders. Having excellent presentational techniques will be pivotal to the National Training Manager role.'

This 1-day course will give the candidate an extensive knowledge in effective communication techniques. This course will be run by a specialist in communication and will give the candidate the skills and understanding needed to develop a presentation based on their vision of the future of sail training within their MNA.

3. MNA Development/Budgeting

'Understanding basic accounting and budgeting principles is key to the National Training Manager role. Producing a realistic budget for sailing development will be fundamental to the success of any training development project'

This 1-day course will provide the candidates with all the essential information need to produce a budget for the MNA Training Development Plan. The course will also enable the candidate to manage a training budget in conjunction with other stakeholders within the MNA.



THEORY COURSES

4. Setting Targets & Managing Outcomes

'When producing a MNA Sail Training Development Plan you need to identify and set key performance indicators and targets that are specific, measurable, achievable, realistic and timebound S.M.A.R.T.'

This 1-day workshop is designed to teach the candidate the processes involved with setting targets and then managing progress and outcomes. A management consultant will run this workshop.

5. Principles of Planning & Developing Training Plans

'A clear MNA Development Strategy and Plan will form the outline of work that the National Training Manager will complete and will be the document that is referred to when evaluating performance in line with set targets'

This 1-day workshop will focus on educating the candidate on the principles of planning and the production of a MNA Sail Training Developing Plan. A marine industry management expert will deliver the course and when completed the candidate will have formulated a framework for their MNA development plan.



THEORY COURSES



6. MNA Development Plan Presentations & Feedback

'Communicating a vision for the development of sailing within an MNA is a vital part of the role of the National Training Manager. A successful candidate will be confident in public speaking and able to articulate their development plans to a range of stakeholders from MNA president to a potential MNA sponsor'

During the ISAF Scholarship the candidates will be given opportunities to present to peers and industry experts. All candidates will be given feedback on their presentation styles and will be directed on how they can improve as a public speaker. The final day of the ISAF Training Scholarship will culminate in the candidate delivering their MNA Development Plan to a panel of experts.

7. Increasing Grassroots Participation

'By developing a grassroots participation initiative, the National Training Manger will ensure a constant increase in regular participants entering into the world of sailing, thus promoting all aspects of the sport – training, recreation and racing'

A Sailing Development Officer, who is a specialist in building cross-curricular links and partnerships between schools and clubs, will run the Increasing Participation workshops. Both days will explore the current initiatives being used by National Associations to promote grassroots participation and their delivery methods. The focus will be on informing the candidate on the importance of developing regionalised links with existing club structures, training centres and schools.



THEORY COURSES

8. Managing a National Sail Training Centre Accreditation Programme

'Developing a national standard for sail training will be a cornerstone of a successful scheme. Accrediting sailing centres needs to be co-ordinated by the MNA and is ultimately the responsibility of the National Training Manager'

The candidate will be taught how to develop a national accreditation system that is realistic, workable and in line with the ISAF 'Recognized Training' accreditation standards. This section of the Scholarship will be chaired by an industry expert and will draw upon their practical working knowledge. This section will enable the candidate to reflect upon the experiences and pitfalls of managing an accredited National Sail Training programme and ensure that a best practice approach is used.

9. Managing & Training Sail Training Centre Inspectors

'Having a trusted and established network of professional Sail Training Centre Inspectors will be key to maintaining a National Sail Training Centre Accreditation standard'

This 1-day course will teach the candidate to train Sail Training Centre Inspectors. During the course the candidate will be involved in inspecting two established Sail Training Centres as part of their learning experience.

10. Developing Industry Links

'Developing links with other national maritime organisations is one of the roles of the National Training Manager. Building relationships and contacts within these maritime organisations will ensure that the National Sail Training scheme is current with National legal requirements and is recognised at all levels'

5 days will be spent visiting UK maritime organisations. The days will consist of guided tours and presentations / explanations on the importance of developing links within a national maritime framework and the legal considerations. The organisations will include:

- National Federations
- Governmental Maritime Organisations
- Private Companies
- Charity / Volunteer Organisations



THEORY COURSES

11. Introduction to ISAF including WADA / IFDS

'Understanding ISAF and meeting the executive will give the candidate the opportunity to forge links and build relationships that can be utilised in the future'

The 1-day course will be run in the format of short 30-minute workshops and will introduce the candidate to all aspects of ISAF. Key workshops will include an introduction to the World Anti Doping Authority (WADA) and the International Association of Disabled Sailing (IFDS).

12. ISAF Recognized Training Accreditation Process & Technical Courses for Coaches

'Understanding the ISAF National Accreditation and Inspection process for 'Recognized Training' status will give the ISAF Training Scholarship Candidate the knowledge needed to help their MNA fulfil all of its requirements'

This 1-day training course will be run by an ISAF Inspector and will explore the national accreditation requirements for the ISAF 'Recognized Training' status. The aim of the day will be to develop a National Action Plan clearly defining the steps needed for MNA accreditation by the ISAF Training and Development department.





PRACTICAL COURSES

All experience gained will be recorded in the ISAF / Rockley Academy Scholarship Candidate Logbook. The Logbook will act as the evidence for the candidate on the completion of each course within the Scholarship. The candidate will also receive an ISAF Certificate of Attendance upon completion.



PRACTICAL COURSES



13. Sailing Competency Assessment

'The Training Scholarship Candidate must be a competent and confident sailor with the ability to enthuse others with their passion for the sport. There is a minimum level of sailing ability required to become a successful Trainer of Level 1, 2 & 3 Coaches Courses. If coaches are not confident sailors then they will be unable to demonstrate sailing manoeuvres and techniques to others – an assessment of sailing skills is necessary to ensure a consistent national minimum standard'

This day will be a formal assessment of the candidate's sailing skills. During the day the candidate will need to demonstrate the following sailing techniques and manoeuvres in line with best practice training methods:

- Person Over Board Drill
- Sailing a Triangular course
- Sailing a follow my leader course
- Stopping alongside a moored Safetyboat
- Picking up a Mooring buoy

If unable to demonstrate the techniques and manoeuvres then the Scholarship programme will be modified to allow a greater time for the candidate to improve their personal sailing standard.



PRACTICAL COURSES

14. Level 1 Technical Course for Coaches

'The backbone of a National Sailing Scheme is the Learn to Sail (LTS) Coach. There needs to be a large number of individuals trained as LTS Coaches annually to ensure quality instruction is available within Nationally recognised Sail Training Centres and Clubs'

This 5-day course will instruct the candidate to train others to teach sailing using a best practice approach in line with the ISAF Learn to Sail programme. The course will use a variety of one person and two person boats and will be based around both land-based and water-based sessions. Shore based workshops will include:

- The Roles and Responsibilities of a Learn to Sail Dinghy Coach
- Child Protection Issues • Learning Styles and Presentation Techniques
- Briefing and De Briefing Techniques • Teaching Basic Navigation / Pilotage
- Teaching people with disabilities • Avoiding Complaints

The aim of the ISAF Level 1 LTS Dinghy Coach Trainers course is to give the candidate the knowledge and ability to train LTS Dinghy Coaches within their MNA.

15. Multi-Hull Coaches Course

'A large proportion of first sailing experiences occur on a multi-hull on a beach holiday – a National Training Manager needs to understand the importance of quality multi-hull training within their National Sail Training Programme. Teaching multi-hull sailing involves specialist techniques. Having an understanding of these techniques will enable the candidates to develop a National Multi-hull Instructor Training programme'

It is essential that the candidate has a good understanding of all types of sailing craft - including Multi-Hulls. This course will develop the candidate's knowledge and experience in sailing multi-hulls and will teach the practical competencies that will enable the candidate to become a Multi-Hull Learn to Sail Coach Trainer.



PRACTICAL COURSES

16. Level 2 Technical Course for Coaches

'Being able to train Coaches in all aspects of managing fleets of boats on the water and the management of a Sail Training Centre is an essential element in the process of developing a network of safe sailing centre managers'

The Level 2 technical course for coaches is 5 days in length and will train the candidate to teach others to manage a Sail Training Centre. The course will focus on training the candidate to teach Senior Coaches to oversee groups of coaches on the water and maintain fleet control. The course will also train the candidate in:

- Roles & Responsibilities of a Senior Coach • Child Protection
- Managing Safety – risk assessments • Operating procedures
- Emergency action plans & teaching ratios • Assistant coach Training
- Developing Session and Lesson plans • Dealing with complaints
- An introduction to National Accreditation Inspections

During the course the candidate will be tested on their communication techniques and will be expected to chair discussions. Having good background knowledge is essential for a senior Coach so that they may act as a role model and be able to respond to Coach candidate questions – the candidate will be tested throughout the course on their knowledge through a series of formal tests.





PRACTICAL COURSES



17. Level 3 Technical Course for Coaches

'International Competitions and Continental / Olympic Games medals are the ultimate goal for most MNAs. Having a link between Sail Training and Racing is essential to achieve international success'

The Level 3 Race Coach course will train the candidate to teach a basic introduction to managing the coaching of Racing. The course will be both water-based and land-based and will develop the candidate's knowledge of club racing. This will include:

- The different types of club racing • Starting tactics plus starting sequence
- The different types of courses, mark rounding • Upwind sailing tactics
- The racing rules • Racing exercises with aims • Physiological / psychological effects on sailors • Boat Preparation • Managing a team at an event

18. Windsurf Coach Course

'Windsurfing is an internationally popular and inspirational sport. Windsurfing taught well at beginner levels will allow a pathway between training, recreational sport and racing. Being able to understand and instruct others in the principles of teaching windsurfing will give the National Training Manager the skills needed to develop a National Windsurf training scheme'

The Windsurf Coach Course will instruct the candidate how to train potential Coaches basic windsurfing manoeuvres. The course will be taught using land-based demonstrations as well as water-based sessions. The course will involve the candidate teaching and evaluating others in simulated scenarios. The candidate will be expected to give a presentation on a given subject and will need to have sound background knowledge in Windsurfing, as this will be tested throughout.



PRACTICAL COURSES

19. Kiteboard Training

'Kiteboarding is now part of the ISAF family of sailing disciplines, represented by the IKA as the international class association. The popularity of Kiteboarding is growing internationally. Having an understanding of the basic principles of Kiteboarding will allow ISAF Training Scholarship candidates to understand the sport and develop links with the associations, within their MNA, that are responsible for kiteboarding'

This 2-day course will focus on developing a basic understanding of Kiteboard training methods and developing individual's personal kiteboarding skills. Candidates will be taught by an expert to develop their Kiteboarding skills initially by flying powerkites on land before progressing onto using kites specifically design for use on the water.

20. IFDS Workshop

'Sailing is an all-inclusive sport that enables all people of all abilities to get onto the water and to participate on equal terms. A successful Training Manager will encourage the development of a sailing participation programme that includes both able-bodied and disabled individuals'

This 2-day workshop will give the candidate the skills, knowledge and information needed to work with the appropriate organisations within their country to promote sailing as an all-inclusive sport. The candidates will experience, first hand, a developed disabled sailing programme and will be given the opportunity to work with the volunteers that make the programme a success.





PRACTICAL COURSES

21. First Aid

'Having an understanding of First Aid is required by all those involved with Sail Training. Accidents may occur in the Sail Training environment and individuals need to be able to react in a responsible and considered way'

This 1-day course will teach the candidate basic first aid techniques including:

- Cardio Pulmonary Resuscitation (CPR)
- Dealing with hypo/hyper thermia • Drowning

The candidate on completion, will be able to deal with emergency situations arising within the sailing environment and understand the importance of training Instructors to a minimum standard in First Aid techniques.

22. Powerboat Skills Training

'The majority of Sail Training will be delivered from a powerboat. It is therefore a necessity that all those delivering Sail Training have a practical understanding of powerboating within a learn to sail environment'

This 2-day course will teach the candidate launch and recovery techniques and to drive a variety of powerboats at both high speed and low speed in a tidal location. The candidate will be taught:

- The different types of powerboats • Different engine types and engine checks
- Types of anchors and anchoring • Leaving and coming alongside a jetty
- Securing to a buoy • Person over board recovery • Manoeuvring in a tight space

23. Safety Boat Skills Training

'As a National Training Manager you need to be aware of all water safety issues arising from the use of a powerboat, including rescue techniques'

The Safety Boat skills training course will concentrate on teaching the candidate to manoeuvre safely around fleets of boats and other water users. The course will include rescue techniques for dinghies, windsurfers, kayaks and kite surfers and will bring awareness of dealing with entrapment issues.



PRACTICAL COURSES

24. Powerboat Instructor Training Course

'A powerboat is the most essential tool used by a coach teaching on the water. It is recommended that within a National Sailing Programme, powerboat skills be taught by a competent and knowledgeable Powerboat Instructor inline with a national standard'

This 4-day course will train the candidate on how to teach powerboating to others. The course will teach briefing and de briefing techniques and will be delivered in a practical environment. Each practical session will develop the candidate's teaching abilities and will develop the approach:

explain – demonstrate – coach – review

During the course the candidate will be assessed on their background understanding of powerboating and be expected to give a presentation based on a given topic.





IMPORTANT INFORMATION

Pre-Requisites

• Sailing Ability

Any candidate entering onto the Scholarship programme will need to have a good level of sailing ability. This should include:

- 3 years of sailing experience
- Have sailed in a variety of one person and two person dinghies
- Have sailed in a range of wind conditions

• Background Knowledge

Any candidate entering on to the Scholarship should have read and understood the basic principles of the ISAF Connect to Sailing initiative and the ISAF Learn to Sail (LSTP).

2012 Scholarship dates

3rd September – 26th October 2012

2013 Scholarship dates

2nd September – 25th October 2013

Location

Rockley Academy - ISAF Training Centre, Poole, UK

More Information

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