

RYA Training Conference, 2th and 3th February 2013

Summary

This year's conference started off remarkably smoothly, no traffic delays or adverse weather to speak of, pretty much everyone who was due to come actually turned up. It was virtually a full house, with numbers down just a handful from last year.

This year, in answer to last year's feedback, we allocated more time to presentation and discussion workshops and did not have a keynote speaker to start the day. This seemed to go down well with delegates remarking that it was a good to have more time to get into their chosen topics.

There was a great buzz about the weekend, lots of smiley faces catching up with old friends and plenty of first timers getting the feel for a national conference and seeing the benefit of catching up with centre principals and RYA personnel face-to-face.

Disappointingly for some, there was no snow art to be had this year though.

After a short welcome and introduction to the conference by Rachel Andrews we got straight down to business with a variety of presentation workshops run by RYA staff, Coaches/Trainers and other industry experts.

Presentation Workshops

RYA Sports Development Plan, Jon White

Supporting the future of sailing clubs and centres which introduce and retain participants is a central thread of the RYA's sports development plan 2013-17

The Telling Tales, Adam Bowers

A presentation for sailors given by Adam Bowers, author of the RYA Speed DVD, talking about rig tuning/controls and effective use of power to help you and your students get the best performance for the boat's rig.

Learning Styles, Mike Hart

Mike gave a whistle stop tour of adapting coaching to reflect people's learning styles so as to achieve the best performance

CPD within an RTC, Graham Stones and Ali Selby-Nicholls

Graham and Ali presented a number of ideas for how centres can keep their instructors up to date, progress and motivate them within the RYA schemes.

Effective Briefing and Reviewing Skills, Clive Grant and Laurence West

Clive and Laurence delivered an entertaining look at breaking down the skills of briefing and reviewing to get the most out of your students. Encouraging consideration of how messages are conveyed, not just what. Helping instructors to focus on their own performance and get the most out of the student!

Coding for Advanced Powerboats, Bas Edmonds and Rachel Andrews

In light of the changes to boat requirements for delivering the RYA Intermediate and Advanced Powerboat courses, Rachel looked at the background of the changes to the powerboat scheme and Bas explained the concept of coding, how to go about it but also highlighted possible pitfalls when coding a small RIB.

Duke of Edinburgh

The RYA becoming a Duke of Edinburgh (DofE) National Operating Authority, which will provide new and exciting opportunities for RYA centres and young people (across a range of disciplines). The workshop covered the partnership and how this can increase opportunities, broaden existing routes to gaining awards and enhance the support and promotion available at our centres.

Disability Awareness Training

An introduction to the new Sailability disability awareness training and some helpful tips on working with the disabled in a club or commercial environment.

Publications Suggest Fest, Anthony Lovell

An ideas and prioritisation session which looked at what subjects within the schemes (i.e. weather, spinnakers) you feel are important to get across to students. The results of this workshop will be mapped against the range of publications to ensure there are no gap and that we are prioritising the right books. Participants had their say on student resources that fully support our schemes.

Saturday afternoon saw discussions on a number of different topics, many of which are current hot topics in the RYA Training Department, were feedback from coaches, trainers and principals are imperative to the process and decision making:

Discussion Workshops

Powerboat Instructor and Advanced Powerboat course

The discussion centred on drawing up a syllabus for Powerboat and Advanced Powerboat Instructor courses. There was call for delivering more guidance on session planning and how to teach the safety boat course. There was some suggestion that courses should be longer, but this was not universally agreed. Participants felt that the pre-assessment for the Powerboat Instructor course is working well and has had a very positive impact on the running of instructor courses.

Disability Awareness

Participants shared ideas on how to involve more people with disabilities in club and centre activities. Discussions focussed on the importance of speaking with individuals to see how to get them afloat – adaptations can sometime be made, but specialist equipment is not always necessary.

Duke of Edinburgh

The group discussed ways to encourage new and retain current participation through a working partnership with Duke of Edinburgh. Participants welcomed a new emphasis on sailing and would welcome more information as it becomes available. It was thought that case studies would be particularly helpful, especially with regard to expeditions.

Olympic Legacy

Discussions centred on how the success of London 2012 Olympics and Paralympics can be harnessed to maintain and increase participation. Suggestions included the RYA publicising information about future talent to follow and also dispelling the myths – how accessible sailing is – anyone can compete on an equal footing. One idea was that clubs could adopt a Games Maker approach with volunteers dedicated to welcoming new members and promoting the social aspect to the club.

RYA Training Centre Principal Course and On-Going Support

In general, there was good support for an RYA Principal course, the content of which was debated but much emphasis was on understanding roles and responsibilities. Some suggestions for the kind of support the RYA is able to offer to its centre principals included a mentor scheme for principals, workshops specifically for principal at conferences. The idea of the principal course being available online was popular.

Child Protection in Instructor Training

There were strong suggestions that child protection should be covered as an online module prior to attending an instructor course. It was felt that as it stands, scenarios are useful to go through as a group discussion.

Inspiring the youth

This group discussed ways of motivating new and current participants in our sport and how to encourage and inspire them. Suggestions included the use of role models; better information about the squads; sponsoring children for whom cost is a barrier; use of badges and the development of apps or e-books to support the learning and promoting good targeted games.

PW Instructor Course and Resources

The group felt it was important for instructor courses to include practice students (guinea pigs) whenever possible and that at some point during the course the candidate should be exposed to having to run a group with multiple (up to 3) PWs to practice group control skills. More guidance on setting up practical exercises was suggested as an area to be considered as well as course structure and planning.

Sunday, was an RYA update day, with a general training and organisational update by RYA Training Manager, Richard Falk, followed by scheme specific presentations by Rachel Andrews, RYA Chief Instructor, Motor Cruising and Power and Amanda Van Santen, RYA Chief Instructor, Dinghy and Windsurfing

RYA Training would like to extend special thanks to '[Gallagher Heath](#)' Insurance Services for once again supporting our conference, without their support the conference would be very different. Also thank you to the industries exhibitors* showing their dedication and all the delegates for travelling to be with us!!

*exhibitors: Duke Of Edinburgh Award Scheme, Hartley Boats, Mast High Ltd, North/Fanatic, Ocean Safety, Personal Watercraft Partnership, Rigiflex, RS, Spinlock, Topper International, Total Option, Tushingam, Zero Gravity Distribution