

ISAF Level 1 Technical Course for Coaches

Aim:

To teach potential coaches how to introduce the fundamental skills required for non sailors to be able to take part in their first experience on the water learning how to independently manoeuvre a boat on all points of sail in no more than moderate conditions. The Level 1 course candidates will need to be competent sailors who wish to pass on their passion, knowledge and practical experiences to anyone (youth or adult) wishing to take part in the sport of sailing. The Level 1 course covers the skills required to deliver entry level participation oriented practical and theoretical sessions and includes the development of skills required to turn novices into independent sailors.

THIS COURSE WILL NOT RESULT IN THE COACH CANDIDATES RECEIVING AN ISAF QUALIFICATION

Suggested Course Contents:

- **Introduction to developing a National Training Programme**
 - ISAF Certificate for attendance and not attainment
 - ISAF Coaching Framework (national qualifications structure)
 - ISAF Connect to Sailing Initiative (Partners)
 - ISAF Learn to Sail Boat Initiative (List boats)

- Personal Sailing – Coach Entry level skills required for Level 1.
 - Sail a Triangular Course (using all points of sail)
 - Sailing a Tight circle – 1 Tack and 1 Gybe
 - Person overboard recovery
 - Sailing backwards
 - Mooring
 - Rudderless sailing (tethered rudder exercise)
 - Leaving and returning to a beach, pontoon or jetty

- **Introducing beginners to sailing - Considerations**
 - Sailing environment
 - Boats
 - Weather (inc localized scenarios)
 - Learning environment
 - Games with learning outcomes
 - SELL Sailing (Safe, Enjoyable, Learning for a Lifetime)

- **ISAF Training Sequence**
 - Suggested sequence of sessions to enable learners to get onto the water, control their boat, and sail towards / away from the wind and return to the shore in a moderate breeze.
 - Land drills – Use of appropriate demonstrations (simulator) to aid learning
 - Teaching and managing capsizing
 - Basic theory presentations for beginner sessions (shore based)

- **Learning / Coaching Styles**
 - How people learn (youth and adults)
 - Identifying individual learning styles (Visual, Hearing, Reading, Practical)
 - Including the whole group in learning (differentiated outcomes))

- **Plan – Do – Review**
 - Course candidates to plan, brief, run and then de-brief practical sessions
 - Session planning including risk assessment
 - The use of reviewing to help develop coaching / learning skills

- **Use of safety / power boat in the water-based environment**
 - Coach boat position
 - Kill cord usage (mandatory)
 - Awareness of others
 - Basic safety techniques / manoeuvres

- **Management of sailors in a dynamic environment**
 - Sailing area
 - Communication
 - Other water users
 - Changes in weather
 - Emergency scenarios

- **Introduction to racing**
 - Starts and basic course tactics
 - Race training exercises (games with learning outcomes)

Suggested 5 day Course Plan:

<u>Day</u>	<u>Morning</u>	<u>Afternoon</u>
1	Introduction to course Aims and objectives Personal Sailing Skills	Introducing beginners to sailing Basic Coaching Fundamentals First experience Daily debrief
2	Land drills Sailing across the wind Getting out of irons	Sailing towards / away from wind Gybing Daily debrief
3	Brief – run – Debrief Plan – do - review	Run practical sessions Mid-course individual debrief
4	Suggest Coaching of ‘real’ students. Managing sailors in dynamic environment.	Continue morning’s activity. Powerboat use in Coaching environment. Development of student’s personal sailing.
5	Introduction to Racing Mini regatta	End of Course debriefs. Personal Action Plans.