

Agenda



Eastern Regional Instructor Training Day 2015

Sunday 8th March 2015 – Grafham Water Sailing Club, Perry, Huntingdon, Cambridgeshire, PE28 0BU

Cost £15

Time	Agenda Item
09:30 – 10:00	Arrival, Registration, Tea and Coffee
10:00 – 11:00	Welcome and Introduction Robbie Bell – RYA Eastern Regional Development Officer RYA Training Update Rachel Andrews – RYA Chief Powerboat and Motor Cruising Instructor
11:00 – 11:30	Break, Refreshments Brows RYA Publications/Talk to Manufacturers
11:30 – 12:30	Workshops – Choice of 1 x 1 hour workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Rig Tuning• Coaching Skills Development (Dinghy)• First Aid• Personal Skills Development (Windsurfing)• Personal Skills Development (Powerboat)• Games with Aims• Start Sailing• Start Racing (Dinghy)
12:30 – 13:45	Lunch (Provided), get changed for afternoon sessions
13:45 – 16:00	Workshops – Choice of 1 x 2 hour 30 minutes workshop (All sessions are afloat unless specified) <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Personal Skills Development (Windsurfing)• Demo Session• Sailing with Spinnakers• Go Racing (Team Racing)• Personal Skills Development (Powerboat)• Safety Boat Skills Development (Powerboat)• Performance Sailing• Multihull Sailing• Passage Planning & Pilotage [ashore]
16:00 – 16:30	Summary, Feedback and Close

When completing the booking form you will be asked to select one morning workshop and one afternoon workshop from the list below. Please consult the information in these lists to help make your decision.

Morning Workshops (11:30 – 12:30)

Workshop Title	Workshop Description
Rig Tuning	How to utilise sail controls to enhance your dinghies performance
Coaching Skills Development	The fundamentals of running a good training session, making the most of the brief and debrief
First Aid	Shore-based session in a practical scenario; how to deal with first aid situations afloat. Focusing on cold water shock and hypothermia
Personal Skills Development (Windsurfing)	Pre-cursor to the afternoon windsurfing afternoon development session
Personal Skills Development (Powerboat)	Rough weather handling led by the RNLI Sea Safety Advisor
Games with Aims	Chance to learn how to maximise the effectiveness of games during dinghy sailing sessions
Start Sailing	Method session refresher and guidance on how to make the most of land drills
Start Racing (Dinghy)	How best to introduce and develop racing skills at an introductory level.

Afternoon Workshops (13:30 – 15:30)

Workshop Title	Workshop Description
Personal Skills Development (Windsurfing)	Trainer led session using the latest RRD Kit
Demo Session	Opportunity to try boats from the manufacturers (Harley, Laser Performance, RS and Suzuki/Ribcraft and Challenger trimarans
Sailing with Spinnakers	Asymmetric spinnaker session looking at downwind velocity made good
Go Racing (Team Racing)	Single hander team racing session aiming to be fun and inspirational
Personal Skills Development (Powerboat)	Advanced powerboat technique practice with individual feedback
Safety Boat Skills Development	Practice rescue scenarios including dealing with suspected entrapment
Performance Sailing	Coaching to improve your performance sailing techniques
Multihull Sailing	Dart 16 sailing for those looking to learn the basics of develop their basic Cat sailing techniques
Passage Planning and Pilotage	How best to navigate inshore/coastal waters in small craft including putting together a passage plan [ashore]