

# Agenda



South and South East Regional Instructor Training Weekend 2015

Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> March 2015 – Hayling Island Sailing Club, Hayling Island, PO11 9SL

Cost: Saturday 28<sup>th</sup> March £15

Sunday 29<sup>th</sup> March £10

Full weekend £25

## Saturday 28<sup>th</sup> March

Instructors will select 1 x 3 hour workshop to be completed on the day. Instructors will then be split into groups accordingly to accommodate their choices with some instructors taking their workshops in the morning and others in the afternoon.

Time	Group A	Group B
0900 – 0945	Arrival and Registration	
0945 – 1000	Welcome/Briefing Andy Hooper – RYA SSE Regional Development Officer	
1000	On Land Presentation	Workshops On Water
1100		
1200	Lunch	
1300	Workshops On Water	Lunch
1400		On Land Presentation
1500		
1600-1630	Finish	

Overnight Accommodation is also available if required at the following prices:

Single/Double Occupancy: £30

Sharing (4 to a room): £15

If you require overnight accommodation for the Saturday night please contact Hayling Island SC on **023 9246 3768** to make a booking.

## Sunday 29<sup>th</sup> March

Instructors will select either 2 x 1 hour 30 minute workshops or 1 x 3 hour workshop to complete on the Sunday Afternoon.

Time	Activity
0915 – 0945	Registration
0945 – 1000	Welcome/Briefing
1000	RYA Training Update
1100	RYA Sport Development Update
1200	Lunch
1300 – 1600	Workshops
1600 – 1630	Finish

When completing the booking form you will have the option to select one workshop on Saturday and either two 1 hour 15 minute workshops or one 3 hour workshop on Sunday. *If you are only attending one of the days please do not select any workshops for the other day.* Please use the information in the tables below to help make your choices.

### **Saturday Workshops (28<sup>th</sup> March)**

If you wish to attend on the Saturday Please select one of the following workshops when completing the online booking form

Discipline	Workshop Title	Workshop Description
<b>Dinghy</b>	Sailing with Spinnakers (Asymmetric)	Learn the basic skills of using an asymmetric spinnaker in double handed boats. Both from a crewing and helming position
	Group Control Experience	Gain new skills in group control, this will ensure that your students learn quicker and more effectively with better service
	Games With Aims	New games that you can use to enhance your students learning and fun. For teaching both adults and kids
	Personal Sailing Skills	Using the method to understand the basics in course delivery and progress students learning
	Boat Tuning	Land based session followed by an on water practical session on developing boat tuning skills for teaching at higher levels
	Advanced Boat Handling	Skills development and practical training exercises to increase boat handling in performance boats
	Performance Sailing	Sailing high performance asymmetric boats and gaining the most from them
	Start Racing	Learn fun new sessions to run a good start racing course and enhance own training skills
	Multihull Sailing	Refresh skills for teaching multihull sailing or learn the basics of Cat Sailing
	Go Racing (Match Racing)	Learn ways to teach match racing
	Keelboat Sailing	What you need to know to teach and learn on a keelboat
<b>Windsurfing</b>	A Journey	Teaching a windsurfing trip from A to B
	Aspirant Trainers	Come and learn what you need to know and where your sailing and coaching need to be to become a future trainer
	Start Racing	Teaching T15 fundamental skills to get people racing in a fun, safe and challenging environment
<b>Powerboat</b>	Powerboat Pilotage	Pilotage, passage planning and chart plotters afloat
	Tidal Manoeuvres	Driving a powerboat in a more challenging environment using the tide to help you control the boat and make manoeuvres

<b>Powerboat</b>	Skills Assessment Prep	If you are thinking about becoming a power instructor why not take this opportunity to find out what skills you will need to hone for the assessment
	Safety Boat Skills Development	Refresh your safety boat skills ready for the season and ensure you know how to use techniques ready to teach students
<b>PWC</b>	PWC Coaching Skills Development	Teaching Skills for PWC instructors
	Introduction to PWC's	Intro to PWC and how to use them

### **Sunday Workshops (29<sup>th</sup> March)**

Instructors attending on the Sunday are required to pick either one workshop running from 13:00 – 14:15 and one workshop running from 14:15 – 16:00 or the single Safeguarding & Protecting Children workshop running from 13:00 – 16:00. Please make your choices when completing the online booking form.

#### **13:00 – 14:15**

<b>Workshop Title</b>	<b>Workshop Description</b>
<b>Coach/Trainer Pathway Discussion</b>	Opportunity to discuss the coach & trainer pathway, what's required to become a trainer and what it involves. (ashore)
<b>Coaching Skills Development (Dinghy)</b>	Learn techniques for teaching racing skills in training
<b>RS Kit Chat</b>	View and discuss the latest kit from RS
<b>Plan B – Running Alternative Sessions (Powerboat)</b>	Advice for teaching sessions weather is against you
<b>Rig Tuning</b>	Top tips on how to set up your rig for various conditions & effective use of your sail controls
<b>Senior Instructor Skills</b>	Information and advice for those interested in becoming a Senior Instructor

#### **14:15 – 16:00**

<b>Workshop Title</b>	<b>Workshop Description</b>
<b>Writing Ops Procedures</b>	Information on writing thorough Ops procedures
<b>Games with Aims</b>	Chance to learn how to maximise the effectiveness of games during dinghy sailing sessions for kids
<b>RS Kit Chat</b>	View and discuss the latest kit from RS
<b>Land Drills</b>	Refresher on teaching on shore session
<b>Using Radios Effectively</b>	Advice and guidance from ICOM on best practice for operating radios
<b>Navigation</b>	Basics for on water navigation

#### **13:00 – 16:00**

<b>Workshop Title</b>	<b>Workshop Description</b>
<b>Safeguarding &amp; Protecting Children</b>	Advice and guidance on best practice for developing and promoting a positive relationship with children and ensuring their safety