

# Agenda



North West Regional Instructor Training Day 2015

Saturday 21<sup>st</sup> March 2015 – Crosby Lakeside Adventure Centre, Waterloo, Liverpool, L22 1RR

Cost £15

<b>Time</b>	<b>Agenda Item</b>
<b>09:30 – 10:00</b>	Arrival, Register, Tea and Coffee
<b>10:00 – 10:15</b>	Welcome, Introduction and Regional Updates Adam McGovern – RYA NW Regional Development Officer
<b>10:15 – 11:00</b>	Training Schemes Update Amanda Van Santen – RYA Chief Dinghy and Windsurfing Instructor
<b>11:00 – 11:30</b>	Break – Tea, Coffee and Biscuits An opportunity to check out the RYA publications available at a discount
<b>11:30 – 12:30</b>	Workshops – Choice of 1 x 1 hour workshop (All sessions are ashore unless specified) <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none"><li>• Sailability</li><li>• Plan B – Running Alternative Sessions</li><li>• Safety Boat Skills Development (Powerboat) [afloat]</li><li>• First Aid</li><li>• Start Racing (Dinghy)</li><li>• Coaching Skills Development (Windsurfing) [afloat]</li><li>• Go Sailing</li><li>• Demo Session [afloat]</li></ul>
<b>12:30 – 13:30</b>	Lunch and Get Changed
<b>13:30 – 15:30</b>	Workshops – Choice of 1 x 2 hour 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"><li>• Sailing with Spinnakers (Asymmetric)</li><li>• Sailability</li><li>• Go Racing</li><li>• Start Racing (Windsurfing)</li><li>• Go Sailing [ashore]</li><li>• Personal Skills Development (Powerboat)</li><li>• Assistant Instructor Training [ashore]</li><li>• Rig Tuning [ashore]</li></ul>
<b>15:30 – 16:00</b>	Pack up and change
<b>16:00 – 16:30</b>	Debrief and Prizes
<b>16:30</b>	Finish

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
<b>Sailability</b>	An introduction to providing an inclusive indoor and outdoor Sailing programme for schools
<b>Plan B – Running Alternative Sessions</b>	Guidance for coaching sessions in adverse conditions when the weather is against you
<b>Safety Boat Skills Development (Powerboat)</b>	An opportunity to practice your safety boat manoeuvres [afloat]
<b>First Aid</b>	An informal refresher session including CPR and cold water shock
<b>Start Racing (Dinghy)</b>	Introducing the concept of ‘stealth’ racing for sailors who are initially reluctant to start racing
<b>Coaching Skills Development (Windsurfing)</b>	Top tips from windsurf trainer Sam Ross on coaching technique and your personal sailing [afloat]
<b>Go Sailing</b>	A look into different learning styles and the Sport England youth insights research
<b>Demo Session</b>	Provides an opportunity to take a boat or board for a test sail [afloat]

#### Afternoon Workshops (13:30 – 15:30)

Workshop Title	Workshop Description
<b>Sailing with Spinnakers (Asymmetric)</b>	An opportunity to improve your asymmetric sailing skills
<b>Sailability</b>	Learn more about instructing and coaching disabled sailors and the boats used
<b>Go Racing</b>	How to run intermediate to advanced race training sessions
<b>Start Racing (Windsurfing)</b>	Introducing the concept of ‘stealth’ racing for sailors who are initially reluctant to start racing
<b>Go Sailing</b>	How to deliver a high quality clinic based programme over a number of weeks [ashore]
<b>Personal Skills Development (Powerboat)</b>	Work on your personal driving skills and delivery of the Powerboat Level 2 manoeuvres
<b>Assistant Instructor Training</b>	A session for senior instructors on how to run Assistant Instructor Training [ashore]
<b>Rig Tuning</b>	Top tips on how to set up your rig for various conditions & effective use of your sail controls [ashore]