

Introduce

- Give them the minimum amount of information they need to know
- Aim of the game & rules
- Simple teaching points
- Sailing area – diagram if needed
- Walk through manoeuvres on land

INTRODUCE

PLAY

Play

- Keep games short and simple**
- Ensure everyone is involved and has achieved the task
- Keep safety in mind at all times
- Watch for signs of fatigue & cold

Chat

- Discuss teaching points in more detail
- Ask open questions
- Let them tell you what they have found out
- Hands up or one person to speak at a time!

CHAT

** whilst each game should be around 20 mins, more than one game can be introduced at a time so one could lead into the other without having to return to shore