

Agenda



South West Regional Instructor Training Day 2015

Saturday 14th February – Bristol Corinthian Yacht Club, Cheddar Reservoir, Axbridge, BS26 2DL

Cost £15

Time	Agenda Item
09:00 – 09:30	Arrival and Registration
09:30 – 09:45	Welcome, Introduction and Regional Updates Tony Wood – RYA SW Regional Development Officer
09:45 – 11:00	Training Schemes Update Amanda Van Santen – RYA Chief Dinghy and Windsurf Instructor
11:00 – 11:20	Break and Refreshments
11:20 – 12:45	Guest Speaker Jake Scott – SAR/RNLI Compass Sea School
12:45 – 13:30	Lunch
13:30 – 16:00	Workshops – Choose 1 x 2 hour 30 minute workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none">• Single-handed Dinghy Sessions• Performance Sailing• Personal Sailing Skills• Personal Skills Development (Windsurfing)• First Aid• Engines and Drives• Navigation• Sea survival Skills
16:00 – 16:15	Debrief, Feedback, Questions and Finish

When completing the booking form you will be asked to select one workshop from the list below for your instructor training day. Please consult the information in the list to help make your decision.

Workshop options

Workshop Title	Workshop Description
Single-handed Dinghy Sessions	Single-handed dinghy session ideas. Effective single-handed sessions and games ideas to improve the quality of your tuition
Performance Sailing	Improve your personal performance sailing skills Sailing with spinnakers, trapeze skills, and efficient faster sailing. <i>Activities dependent on weather conditions</i>
Personal Sailing Skills	Improve your personal sailing skills, Better Sailing and Seamanship skills session. Suitable for aspiring RYA Dinghy Instructors to understand the RYA Pre-Entry Sailing assessment along with current RYA Instructors to improve skills.
Personal Skills Development (Windsurfing)	Opportunity to improve your personal windsurfing skills. Coaching from a RYA SW Windsurf Trainer. Please feel free to bring your own Windsurf kit. Activities to suit weather conditions.
First Aid	Practise and improve your First Aid skills and knowledge. An opportunity to refresh your CPR skills – Use a Training AED (Defibrillator) – Improve your Hypothermia and Cold Shock knowledge. Other First Aid subject areas investigated as required.
Engines and Drives	Essential Outboard engine maintenance and repair. Suitable for all persons.
Navigation	Passage planning and pilotage information and refresher for small craft users and instructors. Course to Steer? 3 Point Fix? Chart work. Remember or learn!
Sea Survival Skills	Practical Sea Survival skills and knowledge from a Search and Rescue/Sea Survival professional. Please bring a Dry suit if possible. You will be going on/in the water.

Please note the workshops have maximum capacities and we may not be able to accommodate your first choices in all circumstances.