



Wavelength

keeping RYA instructors and coaches in touch



Dates for the Diary

8-17 Jan 2016: London Boat Show, ExCel. See offer on page 15

30-31 Jan 2016: RYA Raymarine Yachtmaster™ Instructor Conference, Swindon. See page 4

Feb-Apr 2016: Instructor Training Days. See page 14

6-7 Feb 2016: Training Conference, Swindon. See page 14

20 Feb 2016: Sailability National Conference, Annual Dinner and Volunteer Awards Ceremony. See page 14

22 Feb 2016: Copy date for April Wavelength

5-6 Mar 2016: RYA Suzuki Dinghy Show. See page 15

14 May 2016: First Aid Instructors Conference. See page 14

14-22 May 2016: RYA Push the Boat Out 2016. See page 14

In this issue...

December 2015

Editorial

A review of a very positive 2015 and an insight to the coming year from Richard Falk, RYA Training Manager.

Keeping up to date with the growth of eLearning.

Training Notices 4

Training Guidance 5

2 Featured articles 7

Previous Wavelength articles that deserve another airing.

Safety Management 10

Update on powerboat safety and first aid guidelines.

Resources 12

ePacks, Recognition Guidance

Notes and the new Training Support Site, and much more information and resources to help you run courses and reach new students.

Events 14

A What's On guide and an update on RYA Membership benefits.

Alternative pathway to MCA Superyacht qualifications

Over recent years there has been a growing trend for crew to start their working lives at sea on 60 to 70 metre vessels (or even larger). As a result we have seen more and more crew presenting themselves for the RYA/MCA Yachtmaster™ Offshore exam without sufficient meaningful command experience or mileage to ensure they are ready to pass it. Often this results in an exam fail, not only

costing the candidate time and money but also causing a great deal of angst.

To cater for the changing entry point to the superyacht industry we have worked with the MCA and the Yacht Qualification Panel to create an alternative pathway for crew wishing to progress to MCA Deck Officer qualifications.

Full details for the new pathway will be available on the RYA website early in the New Year and at the instructor

conference. In essence it will mean that candidates will be able to take an RYA Yachtmaster™/Coastal Skipper shorebased course, an RYA Coastal Skipper practical course and a Yachtmaster™ prep week. Those, combined with their superyacht and tender operations experience will provide the necessary pre-requisite experience to sit the RYA/MCA Yachtmaster™ Coastal exam. The MCA will then accept this towards non-

command MCA Officer of the Watch qualifications.

The existing pathway to the RYA/MCA Yachtmaster™ Offshore exam will remain for those holding the pre-requisite sea time and experience on appropriate vessels, and is indeed still seen as the preferred route. However, this alternative pathway will allow progression for those who do not have adequate command experience in smaller vessels.





The year in review

2015 has been another busy year in the world of RYA Training. Interest in RYA recognition overseas continues to grow which is always encouraging. However, the even better news is that anecdotally it seems that our UK based training centres are

seeing an upturn in some of our entry level courses. Whether it's kids starting out in dinghies or adults stepping into a Competent Crew course, there are signs that we are finally coming out the other side of some very hard times.

We continue to move forward with technology, with the majority of RYA publications now available as enhanced eBooks and yet another eLearning course launched – Safe & Fun – designed to help instructors with their awareness and obligations when working with children and vulnerable adults. The eLearning team are also busy developing a number of training modules for our navigation courses, which will be launched progressively over the next 12 months.

Instructor numbers continue to grow and our membership team has been listening to your

feedback on benefits that you would like access to. Take a look at the latest fantastic range of discounts and special offers available on page 15.

If you haven't already booked to attend one of our instructor conferences, don't leave it too late as they fill up quickly. As well as being informative and interesting they also tend to be a lot of fun with a great opportunity for some socialising and networking. See page 14 for details.

As a final reminder, don't forget to keep on top of the various changes and news items within our schemes. Our Instructor Resources section of the website is packed with useful information, with the Keeping Current section featuring the latest updates.

Richard Falk
RYA Training Manager and Chief Examiner

Richard Falk
RYA Training Manager and Chief Examiner

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Make 2016 the year to...

Go to a conference

We love seeing familiar faces each year are our conferences. What we'd love even more is to see many new faces!

Time is running out for this season's conferences, so if you haven't already booked try to grab a last minute space – see page 14. With a modern venue, ample networking/socialising opportunities, information packed presentations and workshops, you'll be glad you did.

Update your skills

Each year around the UK we offer a series of instructor development days. They are a great way to try the latest kit, get some coaching and learn about developments in our training schemes.

If you can't attend a development day, why not make this the year that you progress to the next level of instructor qualification or take a course in a different scheme to broaden your knowledge?

The best instructors have a depth and breadth of knowledge and skills. Use every opportunity to keep up to date and on top of your game.

The rise and rise of eLearning

Since the birth of the online CEVNI test in 2010 with just a handful of students, RYA eLearning has grown beyond all recognition.

The RYA Interactive site now:

- » hosts over 325 training centres and offers six public-facing eLearning courses.
- » has 13,400 students taking RYA online courses in 2015.
- » supports an infrastructure for around 500 sailors in 36 RYA racing squads starting from regional zone squads and working up through junior and youth coaching.
- » offers pre-course learning and knowledge checking for a range of coaching courses.

RYA Interactive has undergone a continual programme of development, with a major upgrade taking place at the time of writing this article. Constant

improvements have enabled us to increase compatibility across more devices and web browsers and we will continue to explore ways to enable more centres and students to take training online if that is their preferred way of learning.

In the pipeline we have the Day Skipper shorebased course, elements of which are being developed as online modules. During 2016 the first few online modules will be available for training centres to offer as part of a blended learning programme,



meaning they will be able to structure their courses more flexibly with less time needed in the classroom.

We are still exploring the possibilities for the entire Day Skipper shorebased course to be delivered online but at the moment are committed to providing approximately eight modules in the new online format.

Alongside Day Skipper we are updating our original Essential Navigation and Seamanship course to allow it to be taken on tablets and to provide a better transition to the Day Skipper course.

If you are interested in offering online courses through RYA Interactive, please email interactive@rya.org.uk.

Recognition fee invoices

Around now those of you running training centres should be receiving an annual recognition fee invoice covering your centre's RYA recognition for the coming year. The invoice will either be emailed to the centre or, if we don't have an email address, will have been printed and included in the package containing this magazine.

This year we have changed the way these invoices are produced in an effort to clarify exactly what centres are paying for. The fee you are paying hasn't changed, apart from a small annual increase. It's just the way we are breaking it down that is different.

With your invoice will be a Training Notice detailing the 2016 fees and explaining how your invoice has been constructed.

Tell us what you want

Wavelength goes out three times each year – once in print and twice online. We diligently fill it with news, information and coaching tips, but is that what you really want?

The RYA's training 'family' is very big, with this magazine going out to around 23,000

instructors and training centres. It's impossible to be all things to all those people but we want to do the best we can.

How could **Wavelength** be improved for you? Please spare a couple of minutes to share your ideas with us in this short online survey.

www.rya.org.uk/go/wavelength



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International Certificate of Competence changes to eligibility

Reference: TN 06-14

Date: December 2014

Applies to:

- » RYA ICC test centres
- » RYA ICC approved testers

Detail:

The Maritime and Coastguard Agency (MCA) has authorised the RYA to issue the ICC to a wider range of applicants.

The RYA is now authorised to issue a UK ICC to the nationals of any country EXCEPT individuals

who are a national of another UNECE member state which has accepted Resolution 40 and who are also resident in another UNECE member state which has accepted Resolution 40, unless the RYA has been given written permission to do so by the Government of the relevant country.

The list of UNECE member states that have accepted Resolution 40 is subject to change without notice (i.e.

whenever the government of a country adopts Resolution 40). The current list is available on the RYA website at www.rya.org.uk/go/icc-no.

Applicants are required to provide evidence of their eligibility when they first apply for an ICC and must provide evidence that they remain eligible to be issued with the ICC on renewal.

Full eligibility details are shown in the Guidance Notes for RYA ICC Test Centres.

See also:

- » **ICCTC/TG 10-14:** Guidance Notes for RYA ICC Test Centres - December 2014
- » **How to apply for an ICC**
- » **Resolution 40 adoption**

www.rya.org.uk/go/keeping-current

Insurance requirements for recognised training centres

Reference: TN 07-15

Issue date: 7 September 2015

Implementation date:

1 February 2016 with compulsory compliance by February 2017

Applies to:

- » RYA recognised training centres (RTCs)
- » Centre inspectors

Replaces: Recognition Guidance Notes section 1.2.8 to 1.2.10 plus the addition of 1.2.11

Further to Training Guidance TG 12-15 issued earlier this year, the 2016 edition of the Recognition Guidance Notes will include updated text for insurance cover as follows. New training centres applying for recognition will need to comply with these from 1 February 2016. Existing recognised training centres should comply as soon as possible but must comply by 1 February 2017.

Insurance

The Principal is responsible for ensuring that adequate insurance covering all of its training activities is in full force and effect while the centre is recognised by the RYA. The Principal should ensure they are fully aware of the centre's legal liabilities and responsibilities arising from its RYA activities both ashore and afloat. All the centre's activities should be covered by appropriate insurance so it is

important to disclose all business and tuition/training activities to the insurer.

Please note that where an RTC charters a vessel for training purposes, the Principal must ensure that adequate insurance is in place to cover RYA activities on board that vessel, including insurance for third-party liabilities.

Public liability insurance

As a minimum, the RTC must hold public liability cover of at least £3 million for its activities both afloat and ashore. In countries where this level of cover is not possible, the matter must be referred to the RYA for consideration. The purpose of public liability insurance is to indemnify the RTC and its instructors where a third party (which could be a student, customer or a member of the public) suffers personal injury or damage to their property as a result of the RTC's or instructor's negligent acts or omissions, and the RTC and/or its instructors is/are required to defend and/or pay damages to the injured party. The RTC must therefore ensure that any instructors employed or engaged directly by the RTC are covered by the RTC's public liability insurance policy.

The RTC's public liability insurance must extend to indemnify the RTC and its

instructors where negligent advice or instruction given by the RTC or its instructors causes personal injury or other damage or loss and the RTC and/or its instructors is/are required to defend the claim and/or pay damages.

Please note that instructors who are genuinely self-employed may be able to obtain personal insurance but an instructor's own policy is not a substitute for the RTC including the instructor on the RTC's insurance and the centre must not rely upon personal indemnity insurance to protect its interests, its instructors or its customers. The RTC must therefore ensure that any instructors employed or engaged directly by the RTC are covered by this aspect of the RTC's public liability insurance policy.

Other insurances

Centres and clubs may be required to hold other insurance such as employers liability insurance, even if you do not directly employ staff. Seek advice from your insurance broker.

It is important from the outset to ensure that:

- » You insure through a broker that understands marine insurance and that cover is arranged under a policy that takes into account your marine activities.
- » You disclose all of your

business activities to the insurer and particularly specify that tuition is provided.

- » If you teach children ensure you check that no restrictions are imposed by your insurance policies.

Principal's undertaking

By submitting a signed application for recognition form, a Principal confirms that they and/or the organisation they represent are fully aware of their responsibilities under any statutory or common law duty of care owed to trainees and that they have sought professional advice to assure themselves that they hold adequate insurance cover and comply with the RYA's public liability insurance requirements.

They further undertake to ensure that the activities of the establishment will at all times be covered by appropriate insurance(s). By signing the annual inspection report form they confirm their continued compliance.

Should the RTC not have adequate insurance the RYA reserves the right to suspend or withdraw recognition with immediate effect.

www.rya.org.uk/go/keeping-current

For a full list of RYA Training Notices see:
www.rya.org.uk/go/keeping-current
 and follow us on Facebook and Twitter



ePacks now available for RYA Marine Radio SRC Courses

Reference: TN 08-15

Date: 13 November 2015

Applies to:

- » RYA Recognised Training Centres recognised to run the Marine Radio SRC Course

Detail:

ePacks for the RYA Marine Radio SRC Course are now available to order from the RYA.

It is not compulsory for centres to offer ePacks to their students. However, centres opting to offer ePacks must give their students

the choice of how they wish to receive their course pack – as an ePack or as a printed pack.

Before ordering ePacks, please read **Training Guidance TG 15-15 Using ePacks for Courses** for a full explanation of ePacks, how to use them, what you will need to tell your students and the level of support that you will be required to offer.

Further Training Notices will be issued as ePacks become available for other courses. ePacks will not become

available for all courses due to the nature of some materials not being suitable for a digital format.

Ordering ePacks

ePacks can be ordered by contacting the RYA quoting your training centre's account number: Tel: +44 (0)23 8060 4132 (0900-1700 Mon-Fri UK time) email: orders@rya.org.uk

Order codes:

- » E-SRCP: ePack for the Marine Radio Course. Cost £10

- » SRCP: printed pack for Marine Radio Course. Cost £10

See also:

- » TG 15-15 Using ePacks for Courses
- » For guidance on other areas of RYA Training see: www.rya.org.uk/coursestraining/resources

www.rya.org.uk/go/keeping-current

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RYA Training



@rya_training

Training Guidance

New Guidance Notes for RYA ICC Test Centres

Reference: ICCTC / TG 10-14

Date: January 2015

Applies to:

- » RYA training centres and affiliated club offering ICC and/or CEVNI tests

Summary:

- » Guidance Notes amended to include new eligibility criteria for applicants. Also includes general information about the ICC, who can

conduct tests and how to run assessments.

See also:

- » **TN 06-14** ICC eligibility

www.rya.org.uk/go/keeping-current

Safeguarding training for instructors in the Sailing and Windsurfing Schemes

Reference: TG 11-15

Date: March 2015

Applies to:

- » RYA Dinghy Coach/Assessors
- » RYA Windsurfing Trainers
- » RYA recognised training centres running Dinghy, Keelboat, Multihull or Windsurfing Instructor or Senior Instructor courses

Summary:

- » From 1st April the online safeguarding course 'Safe and Fun' will be a pre-requisite for newly qualifying Instructors and Senior Instructors in the Sailing and Windsurfing Schemes.
- » A revised presentation is

available for use during the safeguarding workshop on instructor courses.

- » Completion of the course must be checked and recorded on the instructor record card.

See also:

- » **TN 05-14** Safeguarding course requirement for instructors in the Sailing and Windsurfing Schemes.

www.rya.org.uk/go/keeping-current

Review of insurance requirements for recognised training centres

Reference: TG 12-15

Date: April 2015

Applies to:

- » RYA recognised training centres (RTCs)
- » Centre inspectors

Summary:

- » Changes in insurance over recent years have prompted a review of the insurance requirements resulting in the need for additional clarity on the form of insurance required and of the amount of cover required.

Main points:

- » Clarity over RTC responsibility for insurance cover for RYA Instructors employed or engaged by a centre.
- » Minimum public liability cover to increase from £2 million to £3 million.
- » Additional requirement to hold

at least £500,000 professional indemnity insurance cover to be introduced.

See also:

- » **Recognition Guidance Notes**

www.rya.org.uk/go/keeping-current

Application of the RYA Equality Policy

Reference: TG 13-15

Date: 25 August 2015

Applies to:

- » RYA recognised training centres

- » Centre inspectors, instructors, examiners, coaches and trainers

Summary:

- » Guidance for those offering RYA courses, instructor training

and exams on how to apply the RYA Equality Policy for candidates with disabilities.

- » Advice on the reasonable adjustments that may be made.

- » The legal requirements that determine the adjustments which may or may not be made.

www.rya.org.uk/go/keeping-current

Training Guidance

Major incident planning

Reference: TG 14-15

Date: 1 September 2015

Applies to:

- » RYA recognised training centres

» RYA affiliated clubs

Summary:

- » Guidance for clubs and centres on how to deal with a major incident.

- » Advice on roles and responsibility when responding to an emergency and dealing with casualties, relatives, emergency services

and the press.

www.rya.org.uk/go/keeping-current

Using ePacks for Courses

Reference: TG 15-15

Date: 13 November 2015

Applies to:

- » RYA recognised training centres

Summary:

- » What you need to know if you choose to offer ePacks as an option for students

www.rya.org.uk/go/keeping-current

Criminal Records Checks

Reference: TG 16-15

Date: 25 November 2015

Applies to:

- » RYA recognised training centres

Summary:

- » Advice on the criminal records checks that can be carried out for staff or volunteers in regulated activity or work.

- » Specific advice for centres in England, Wales, Scotland and Northern Ireland and guidance for centres recruiting overseas.

www.rya.org.uk/go/keeping-current

Conditions of use of RYA logos by recognised training centres

Reference: TG 17-15

Date: 2 December 2015

Applies to:

- » RYA recognised training centres

Summary:

- » Information on which organisations are licenced to use the RYA training centre and instructor logos.

- » The conditions of use and guidance on how and where the logos may be displayed.

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The following pages feature articles from previous editions of **Wavelength**. These have been chosen because they are particularly pertinent or concern a subject that deserves another airing.

All previous editions of **Wavelength** can be found in our online archive: www.rya.org.uk/go/wavelength
If you have an idea for a future **Wavelength** article, please email wavelength@rya.org.uk.

Using the RYA Training Plotter for teaching

So, you've downloaded the RYA Training Plotter for your next shorebased course. What next? Let's look at a timeline of an RYA Day Skipper shorebased course for some ideas on how to use this software to your advantage.

One week before

Get set up

Download and install the plotter from www.rya.org.uk/go/trainingplotter

The RYA training centre that you will be teaching for has access to the Day Skipper questions and assessments, and the Coastal Skipper/Yachtmaster™ assessments in a format you can overlay on the plotter. These are available behind the centre's login, so liaise with your centre for these and import them into the plotter.

Once you've got these overlays installed, you will be able to familiarise yourself with the questions, ready to start using the plotter in the classroom.

During the course

Going through the homework

Instead of, or as well as, passing round the answer acetates to confirm students' achievements, simply select the question from the overlays and prepare for your session by individually hiding all the components on the chart. When you are going through the exercise with your students, as you describe each step simply unhide each component. You can ask your students to visually confirm it is in the right location. It doesn't matter if they have been working from the RYA Training Plotter themselves, or plotting directly on to the paper charts.

Using the plotter as a teaching tool

As a chartwork demonstration tool

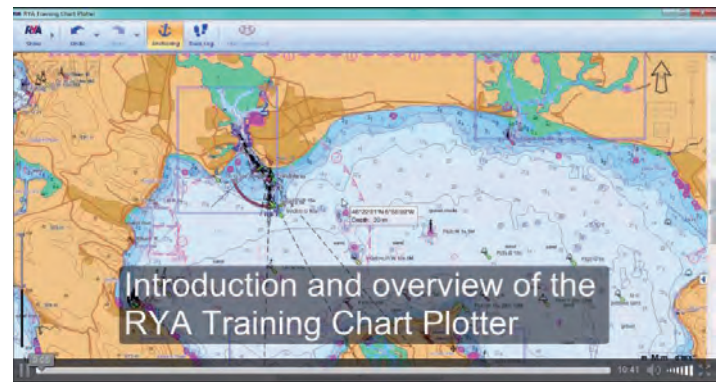
The training plotter allows you to plot waypoints, dead reckonings (DRs), estimated positions (EPs), and fixes in any given position, as well as drawing bearing lines, water, ground and tidal drift lines, and finally lines with arcs.

You have the ability to change the line types and amend the position of any points you place. If you're demonstrating calculating a course to steer, for example, you can place your waypoints, draw the ground track, add the tidal vector, and then demonstrate arcing off for boat speed. The plotter software will then allow you to convert your arc line to a water track, all with the correct symbols. As a graphical representation on a projector or plasma screen, this will keep your students engaged and is an accurate method of demonstrating distances and bearings.

As a chart plotter demonstration tool

When teaching navigation to students, it is important they understand the limitations and reliability behind the tools giving them information. In the same way as you would get them to test and calibrate an echo sounder with a leadline, you can get them to investigate the certainty and source data from the RYA Training Plotter.

Right clicking on a feature and selecting 'Show Information' will enable you to bring up quality of data details, which follow the Electronic Chart Display and Information System (ECDIS) principles. This provides a useful discussion point as it is unlikely that a leisure plotter will have this



level of functionality, but just as it is important that paper charts are regularly updated, it is important that aspiring navigators are aware of the need to subjectively view information on a chart plotter screen.

Next, you could open the 'Route Monitor', by clicking on the RYA button in the top left of the Training Plotter. Load a scenario using the play icon in the top left of the screen and you can demonstrate a vessel on a passage. More importantly, the icon in the bottom right will enable you to pull up information on the quality of position, Horizontal Dilution of Position (HDOP), number of satellites in use, and time of last message received. As a demonstration tool, this is invaluable as it amplifies both the usefulness of satellite derived positions, while providing a greater depth of understanding into how reliable they are.

Setting the homework

Having demonstrated the plotter over the course of your session, it's time to get your students using it. A short demonstration of the basic functions, most of which are accessed through a simple right click, will have your students up and running in no time. All the chartwork questions in their exercise book can be completed using the RYA Training Plotter in place of a paper chart, and it's

quick and easy to review their work during the next session.

Summary

Hopefully these ideas are enough to get you started with the RYA Training Plotter. There are other techniques you can practice and resources you can prepare with the plotter, so it's a great tool to aid learning and enhance the quality of what you deliver as an instructor.

Originally published in the April 2015 edition of **Wavelength**

Video tutorials

For viewing online or downloading visit: www.rya.org.uk/go/trainingplotter

- » Introduction to the RYA Training Chart Plotter
- » Creating Routes
- » Using overlays and folders
- » Marking up the chart chartwork Including:
 - » Course to steer at 0 mins
 - » Fix at 4 mins
 - » Estimated position at 6 mins
 - » Marking areas and comments at 7 mins 50 secs
 - » Finding information
 - » Using Route Monitor
 - » Using Raster Charts
 - » Personalising your display

Ready to revalidate?



As you may know, the Cruising Instructor and Yachtmaster™ Instructor Update is now known as Revalidation as this better reflects the theme of the time on board. **Vaughan Marsh** gives a quick rundown of how the revalidation process works so you know what to expect next time yours is due.

The format

A revalidation course lasts two days for sailing instructors and one day for motor instructors. It is run by a Yachtmaster™ Instructor Trainer and fulfils a dual role of updating and assessing. Part of the course brings you up-to-date with any changes over the previous five years and any specific details that need to be brought to your attention. The other element checks your ability as a current instructor, including your theory knowledge, boat handling under power and sail (if you are qualified for sailing courses), teaching and debriefing skills, people skills, leadership,

situation awareness, safety, practical navigation and pilotage.

How to prepare

With four or five people per course it can be an intense period, so preparation is key. It's really important that you have actually taught some courses, polished your skills on the water and revised your theory.

Be prepared to demonstrate, watch and share. No-one enjoys being assessed but many people enjoy sharing knowledge and skills with other instructors while no real students are on board. If we acknowledge that we are different and approach things in different

ways, watching others can give us all new ideas or, indeed, confirm that our own way is still best for us. Either way, reviewing what we do as instructors is always healthy.

If you are not sure if you are ready, why not get together with other instructors to freshen up your skills. If you're concerned, feel free to pick up the phone and talk to Rachel Andrews or myself – we are more than happy to talk it through with you.

The outcome

At the end of the revalidation the Trainer will debrief everyone individually. There are many potential outcomes, but the

vast majority of instructors are revalidated for another five years. If an instructor is not up to standard, the Trainer will highlight the areas needing improvement before a reassessment.

Not reaching the required standard is often due to not having taught recently – I mentioned earlier how important it is to prepare. In general it's boat handling skills, theory knowledge or lesson structure that can let an instructor down. A general lack of familiarity often results in a candidate spending more time thinking about what they are doing rather than teaching the subject.

How often do you need to revalidate?

The normal length of a Yachtmaster™ Instructor qualification is five years. However, many people are qualified to teach both the sail and the motor cruising schemes, so to require them to revalidate both qualifications every five years is quite onerous.

To lighten the load, instructors qualified across both disciplines may alternate their revalidations between sail and motor every three years. So, one year they would revalidate their sail qualification, and three years later their motor qualification, and so on.

Booking your revalidation

To help you plan ahead we have added the dates of revalidation courses to a Google calendar on the RYA website, showing you where and when each course is run. Next year's dates are already on there, and you may also find a small number of places left during 2014. Please take a look if you are due to revalidate – see the Teaching section of Courses and Training on www.rya.org.uk.

When you have found the date you want, simply download the relevant booking form from the link in the calendar and send it to RYA Training.

Originally published in the September 2014 edition of Wavelength

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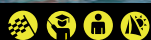
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Teaching an Advanced Powerboat night exercise

The key to navigating in the dark is to have a robust plan. Most people will have a preferred method of representing their plan on paper, but often the fall back position is a table of directions which, if followed without fault, will probably result in a successful exercise. But if things go slightly awry, the navigator can quickly become disorientated and flustered.

Many learners benefit from a sketch of the operating area – a fairly simple diagram onto which they transpose their plan. The sketch should include all relevant information with notes written in a dark pen, large enough to read in poor lighting whilst afloat. This method allows a navigator

to orientate the plan and know in broad terms which way they should be looking to find their next waypoint, rather than having to work it out arithmetically.

For lots of us, the stress of having to do maths when we're cold, wet and maybe a little bit lost can be too daunting. It doesn't take much for the able student to start doubting themselves. Once this happens, it can spiral out of control as they struggle to remember the basics such as returning to a known point, rather than ploughing on into the unknown.

As instructors we can really help our students by giving them a range of methods to use. They are likely to be aware of the use of speed/time/distance, as this is

taught early in their navigating. This is a useful method but, on its own, it is fairly weak. However, the use of a transit or a back bearing, as well as a cross bearing can really ramp up accuracy. Add in expected depth and as these parts of the puzzle start to line up, the students' confidence grows.

Navigating to unlit positions is a great way of reinforcing the use of a number of methods as the student will not accidentally stumble on the position as they could an unlit object. It is important that the instructor considers the position they set, as there should be a navigational reason to go there, for example a transit plus a depth. Don't just rely on the coordinates straight from

the GPS as your check.

The beauty of an unlit position is that, if the night exercise is less successful than anticipated, the student can revise their plan and rerun it in daylight.

Remember that in order to teach Advanced Powerboat, an Advanced Powerboat Instructor must hold a valid Advanced Powerboat Certificate with a commercial endorsement as well as the Advanced Powerboat Instructor endorsement.

Originally published in the January 2014 edition of **Wavelength**

Safety Management

Powerboat safety – the story so far

Helming or skippering a powerboat responsibly and safely has always been a top priority within the RYA Powerboat Scheme. As we know, it is a requirement of recognition that all safety boat drivers and anyone helming during a powerboat course must wear the kill cord, unless driving a heavy displacement vessel. If we as instructors don't lead by example, reminding students every time they forget that they must wear the killcord and, for that matter, keep one hand on the wheel and one hand on the throttle, they stand little chance of remembering in the future without our prompt.

Making killcords second nature should be at the forefront of our collective mind. Despite a sustained campaign and the new "Think! Wear your killcord stickers", there are still plenty of people not using their killcord almost everywhere we look. Although it is heartening to note that many marinas, harbour masters' offices and slipways are now displaying signage to remind boaters about this vital piece of safety equipment, our best way is to lead by example during all our training sessions.

Nowadays, instructors should be discussing more powerful engines, and what happens if the hull loses

grip on the water, slips sideways and then flips back upright, throwing people from the boat. There is a guide to this in **Wavelength** April 2014 - 'Control in a high speed turn'.

There were over 1000 respondents to the killcord/kill switch survey - thanks to all who took part. The results will be discussed at the RYA Training conference and in a subsequent **Wavelength** article.

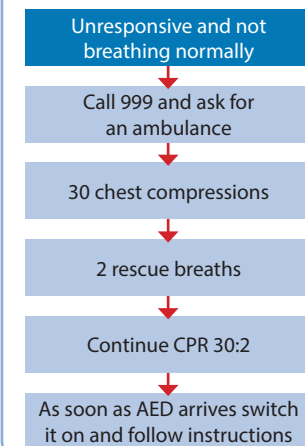
Although the safety messages are clear within RYA recognised training centres, we are always open to suggestions about how to connect with the wider boating public on essential safety advice.

First Aid news

The third First Aid Instructors conference is planned for Saturday, 14th May.

New Guidelines for basic life support and the use of an AED have been issued, and full details can be found here: www.resus.org.uk/resuscitation-guidelines

Video summaries: www.resus.org.uk/resuscitation-guidelines/g2015-video-summaries



TRAINING CENTRE FOR SALE Hamble River based sail cruising training centre

Established business for sale due to retirement. Plenty of scope for expansion. Turnover £90,000, gross profit £55,000 per year achieved with just one Yachtmaster Instructor and one boat (average figures over four years). Established for eight years. Skipped charter and RYA training centre for five years.

£25,000 excluding yacht

Please contact: **Giles Windebank**, Ocean Adventures Sailing **07740 644466**
giles@oceanadventuressailing.com

AEDs: are they for you?

An Automated External Defibrillator (AED) is a portable, computerised, battery operated device that checks the heart rhythm and delivers a potentially lifesaving shock, if it is required. They will not deliver a shock when it is not necessary, even if the button is pressed. Voice prompts direct the operator through each step, making them safe and easy to use. They form the third link in the chain of survival from the recognition of cardiac arrest, through CPR to advanced care.

Following the 2011 syllabus update, an awareness of AEDs became part of the RYA First Aid Course. Some clubs and marinas have bought them, they are commonly seen at airports, railway stations and on TV, but are they for you?

When and why are AEDs needed?

The heart pumps blood to the lungs to pick up oxygen and circulate it round the body. To do this, the heart muscle requires a good blood supply itself, provided by the coronary arteries. If these arteries have become narrowed there may be insufficient blood flow, which causes the pain of angina. Typically angina occurs during exercise or exertion when the heart is working harder and therefore requires more oxygen rich blood. It should ease with rest. Glycerol Trinitrate (GTN) is available in the Category C Medical Stores if required.

In a heart attack a coronary artery becomes blocked, an area of heart muscle is deprived of oxygen, and dies, and the pain persists. The damaged heart muscle may not be able to create the co-ordinated electrical impulses necessary and sudden cardiac death may occur. Initially the heartbeat may become dangerously fast, as in VT, (ventricular tachycardia) or more commonly, chaotic, as in VF (ventricular fibrillation). The chaotic, often irregular heart rhythm of VF means that the heart stops pumping blood effectively, rapidly starving the brain and other vital organs of blood and oxygen. If the patient survives they may have permanent damage to the heart, brain and other organs.

An AED is designed to reverse VF and allow an effective heart rhythm to be re-established, but the chance of success decreases rapidly. Every second counts.

Of course CPR is a vital step in

the lifesaving process, and can keep some blood circulating. It must be started immediately, maintained until the AED arrives and quickly resumed between shocks.

How to use an AED

When the AED is opened the voice prompts begin immediately. Some machines require switching on and the pads to be plugged in, while others are ready to go. Once the pads are in place, the AED automatically analyses the

heart rhythm and determines if a shock is needed. If it is, the machine instructs the user to push a flashing button to deliver the shock, and then continue CPR if necessary. The process can be repeated as needed until the emergency crew takes over.

The case of the footballer who survived to be fit and well after over an hour of CPR and shocks should encourage all rescuers to continue resuscitation for as long as possible.

Who can use an AED?

An AED can be used safely and effectively without training, and their use should not be restricted to trained personnel only. However practical training is recommended when there is an AED on site. Many short courses are on offer and video demonstrations can be found on the British Heart Foundation's DVD 'Skills for Life' and on the DVD included in the Resuscitation Council book 'CPR and AED', among many others.

Do you need one?

The presence of an AED at a club or centre where there may be hundreds of people on site, where staff or members can be trained and when an ambulance can arrive quickly, makes a lot of sense. But afloat you must take into account some practical considerations:

- » Will the AED be usable in your craft? Consider the lack of space, the possibility of excessive movement, and the presence of water and fumes.
- » Will its use delay transport ashore where an ambulance could be waiting?
- » If the boat is offshore, successful defibrillation will not ensure the patient's survival, as advanced cardiac care may not be available for many hours.
- » The relatively low number of people on most boats makes the probability of its use low, in contrast to more highly populated areas.
- » Like most safety equipment, the cost of AEDs is relatively high, so priorities will have to be made.

AED procedure

1. Check for dangers to self, bystanders and casualty.
2. Check for response. If unresponsive shout for help.
3. Open the airway. If not breathing normally send for assistance and an AED.
4. Start CPR, and maintain until AED arrives.
5. Switch on the AED immediately and attach pads to the patient's bare chest without delay. Place and stick the pads with care:
 - Place** one below the right collar bone and the other 10cm below the left armpit in a vertical axis. Many pads are labelled left and right but reversal does not matter.
 - Dry** the chest to ensure the pads stick firmly and dry across the chest between the pads if necessary.
 - Shave** small areas of the chest if required so the pads will stick.
 - Avoid** placing the pads over jewellery or an implanted pacemaker or defibrillator.
 - Remove** any medicinal patches.
6. Follow the voice prompts. The AED will assess the heart rhythm. Do not touch the patient or allow movement.
7. If a shock is advised, do not touch the patient as the shock is delivered. Avoid kneeling in water or on a metal surface if possible.
8. Consider the presence of fumes. Do not use if petrol fumes are present.
9. Resume CPR immediately, and continue for two minutes when the AED will analyse again.

Continue CPR and shocks until the casualty shows signs of regaining consciousness such as coughing, opening their eyes or moving purposefully AND breathing normally, until someone else takes over or you are too exhausted to continue.

Originally published in the April 2013 edition of Wavelength

ePacks and eBooks

Throughout the year we have released various new editions allowing us to update some older titles with brand-new images and layouts. This enables us to keep providing you with the very best learning resources to help teach your students. Other enhancements are detailed below:

Published in 2015

RYA Day Skipper Shorebased Notes – 2nd Edition (DSN) (e-DSN)

This new edition has been updated to include motor vessels in order to appeal to both sail and power readers.



RYA Youth Windsurfing Scheme Syllabus and Logbook (W1)

This new edition of the RYA Youth Windsurfing Scheme has been redesigned to make it a sister title to the popular RYA Youth Sailing Scheme Syllabus and Logbook (G11).

While there has been no structural change to the syllabus, new advanced clinics in waterstarting and planing carve gybes have been added into this youth book.



RYA Yachtmaster Scheme Instructor Handbook eBook (e-G27)

Initially available as an eBook, this title will also be available as a paperback in December 2015. The content is aimed at those running shorebased, sail and motor cruising courses within the RYA Yachtmaster Scheme. Principals and instructors alike will benefit from the guidance and information on recognition, communication, coaching/instructing techniques and course planning.



Those new to the scheme can find out how to qualify as

instructors for practical and shorebased courses. The guidance provided within this book is intended to assist instructors and examiners in ensuring they do all they can to meet the high standards expected of them by the RYA and also their students.



RYA Yachtmaster Scheme Syllabus and Logbook (G158)

This book combines the RYA Sail Cruising and Yachtmaster Scheme Syllabus and Logbook (G15) and the RYA Motor Cruising and Yachtmaster Scheme Syllabus and Logbook (G18).

It provides detailed information about the structure and content of the practical and shorebased courses for both sail and motor cruising for the entire RYA

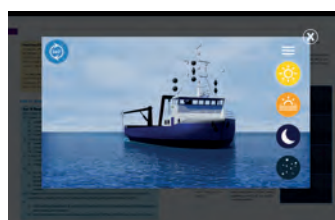


Yachtmaster Scheme. It also clarifies pre-exam requirements for all RYA Yachtmaster exams.

RYA International Regulations for Preventing Collisions at Sea – 2nd Edition (G2) (e-G2)

The International Regulations for Preventing Collisions at Sea (COLREGS) are vital for maritime safety as you must be able to identify what vessels are doing during the day by their special shapes, and at night time by their lights, as well as understanding your obligations and those of other vessels as you interact.

The eBook version for this title has also allowed us to include a new interactive 360° tool to allow readers to gain a more realistic view of how vessels will actually appear in a wide variety of contexts, both by day and by night. There are 30 different 360° galleries comprising more than 12,000 extra images.



Coming in spring 2016

- » RYA CEVNI Handy Guide (G106)
- » RYA Racing for Yachts and Keelboats (G107)
- » RYA Powerboat Handbook – 3rd Edition (G13)
- » RYA Start Sailing – 3rd Edition (G3)



ePack update

As shown on page 5 we have recently introduced our first ePack – a digital version of the traditional student print pack for the Marine Radio SRC course. This is a really exciting development as it will allow our eBooks to become more integrated with our courses for students who prefer to read and store digital books rather than printed books.

We are expecting ePacks to be a popular choice with our training centres as postage costs will be reduced, but there are a few conditions and considerations associated with their use. If you are thinking of offering them at your centre, please take time to read the Training Notice on page 5 and the full Training Guidance, a summary of which is shown on page 6.

The main points to bear in mind are:

- » If you choose to offer ePacks you must also offer the usual printed packs and allow students to choose which format they receive.
- » You will need to be fully conversant with the process that your students follow to download the RYA eBook app and claim the eBook that is part of their pack. You will also be expected to support them with basic technical queries. The technical support is not difficult and all the information you need is available on the website to enable you to be the first line of support for your students.

If you have any questions about the introduction of ePacks, email epacks@rya.org.uk

Recognition Guidance Notes update

The Recognition Guidance Notes (RGNs) are currently undergoing a revamp and update, with the implementation set for the recognition year starting 1 February 2016.

The drive behind this is the building of a dedicated RYA Training Support website, the aim of which is to have a one-stop location for all information about the delivery of RYA training. This will include an online version of the RGNs.

The advantage of the RGNs being web based is the ability to have the core RGN text supported by additional explanation or guidance and direct links to relevant forms, documents or other resources. The smart filtering facility will also make navigation to

your desired content much easier.

A pdf version of the RGNs will still be available to download.

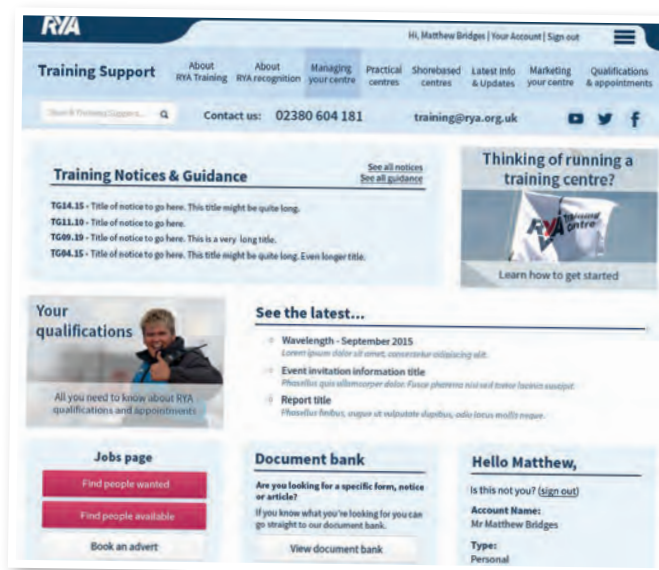
Get ready for the Training Support site

Full details of the Training Support Site will be issued when it is ready for use. In the meantime, if you or your training centre don't yet have a user account on www.rya.org.uk it's worth taking the time to set one up. This will allow you to roam the new site, viewing all the pages that are relevant to you.

Centre principals can create an account for their training centre by going to www.rya.org.uk/go/register but will need to obtain an activation code from training@rya.org.uk first. If your centre has

previously signed in to the website for any reason such as registering certificates online or joining the Partner Programme etc, you will not need to register again.

Instructors who have not yet registered on the website will be emailed with instructions for creating their account over the next few weeks.



Navigation papers 2016 and beyond

Changes are afoot in the navigation exercises and assessment papers.

Exercises

Last year we carried out a complete re-write of the Day Skipper exercises for the northern and southern hemisphere, which were released in January this year. We aim to have these in circulation for the next five years.

In addition, this year we are re-writing the exercises for the Essential Navigation and Seamanship course, and the northern and southern hemisphere Coastal Skipper/Yachtmaster™ Offshore courses. Essential Navigation and Seamanship will be available in

January 2017 and valid for five years. There will be an addendum to the 2015 Yachtmaster™ exercises for 2016 to bolster the teaching on electronic navigation and use of chart plotters. A new set of exercises will be available in 2017.

Please note, these dates have been revised since the September edition of [Wavelength](http://www.rya.org.uk).

Assessment papers

The northern and southern hemisphere annual assessment papers for Day Skipper and Coastal Skipper/Yachtmaster™ Offshore have been updated and will continue to be updated annually for release each January.

Course	Planned updates released	
	Exercises	Assessments
Essential Navigation and Seamanship	2017	Annually
Day Skipper	2015	Annually
Coastal Skipper/Yachtmaster™ Offshore	2017	Annually
Yachtmaster™ Ocean	2017	Annually

Posters, stickers and things

We have a number of items which can help brighten up your noticeboard, spread information or keep your students busy. Take your pick from the list below.

Item	How to get it	Cost
Killcord stickers For use on your powerboats or PWs	Email training@rya.org.uk	Free
RYA training centre stickers Clear or white background. Also available in reverse for use in windows	Email training@rya.org.uk	Free
RYA training centre flags Available in two sizes: 60cm x 45cm – order code RCFS 6ft x 4ft – order code RCF	Email orders@rya.org.uk with your centre's account number	RCFS £7 RCF £15
Training scheme leaflets Leaflets for you to download and print, showing the progression through each scheme	Download from www.rya.org.uk/go/training-posters	Free
The Green Blue Activity Sheets Fun, interactive and information activities to engage your young trainees	Download from http://tinyurl.com/greenblueactivities	Free
The Green Blue Flip Cards Games and activity ideas that you can take on the water to teach sustainable boating	Email kate.fortnam@thegreenblue.org.uk	Free
Safe+Fun posters Promoting safeguarding at your club and centre	Download from www.rya.org.uk/go/childprotection	Free

Instructor Training Days

Details	Date	Venue	Region	Contact
A great day afloat for instructors, Coaches and Trainers, from all schemes. Expert coaching, opportunities to try the latest equipment; broaden your knowledge and network with other instructors. You will be able to take part in a number of practical workshops with an emphasis on fun! There will also be updates from RYA Training and your Regional Development Officers.	13 Feb	Whitefriars Sailing Club	South West	Tony Wood rdo.ssw@rya.org.uk
	20 Feb	TBC	South East	Steve Mitchell steve.mitchell@rya.org.uk
	20-21 Feb	TBC	Northern Ireland	Mary Farrell mary.farrell@rya.org.uk
	27 Feb	Rutland Sailing Club	Midlands	Gareth Brookes gareth.brooks@rya.org.uk
	27 Feb	Loch Leven Community Campus	Scotland	Nikki Stewart nikki.stewart@ryascotland.org.uk
	TBC	TBC	South	Susie Moore rdo.south@rya.org.uk
	12-13 Mar	Plas Menai	Wales	Ruth Iliffe ruth.iliffe@ryacymruwales.org.uk
	13 Mar	Royal Hospital School	East	Robbie Bell robbie.bell@rya.org.uk
	19 Mar	Medway Yacht Club	South East	Steve Mitchell steve.mitchell@rya.org.uk
	19 Mar	Waterside Lodge	North West	Adam McGovern adam.mcgovern@rya.org.uk
	20 Mar	Weymouth	South West	Tony Wood rdo.ssw@rya.org.uk
	16 Apr	South Shields SC	North East	Sam Usher sam.usher@rya.org.uk
	17 Apr	Pugneys Country Park	Yorkshire & Humberside	Sam Usher sam.usher@rya.org.uk

The training days cost just £15 which includes lunch. For more information please email the contact using the addresses on the right.

Raymarine Yachtmaster™ Instructor Conference

30-31 January at Alexandra House, Swindon
Only a few spaces left! Book now:
john.welton@rya.org.uk
tel: 02380 40183



RYA Training Conference

6-7 February at Alexandra House, Swindon

The conference for RYA Training Centres delivering the Sailing, Powerboat, Personal Watercraft and Windsurfing Schemes.

- » Keep up to date with the latest developments.
- » Join expert led presentations, discussions and CPD sessions.
- » Meet the RYA team and share ideas with other Principals, Coaches and Trainers.

Places must be booked in advance. Contact: Dawn on dawn.seymour@rya.org.uk
tel: 02380 4186. We look forward to seeing you there!



Sailability – the big event!

The 2016 Sailability National Conference, Annual Dinner and Volunteer Awards Ceremony will take place at Wyboston Lakes Executive Centre on Saturday 20 February 2016.

Now in its ninth year, the conference will offer a unique opportunity for site representatives and individuals to exchange experiences, ideas and learn more about Sailability services.

There will be a series of informative and engaging workshops held throughout the day, covering topics including social media, networking and manual handling. These are aimed



at supporting and encouraging growth at all 201 Sailability sites across the UK.

There will also be the opportunity for volunteers to have one-to-one sessions with RYA staff offering advice on legal and safeguarding matters.

The evening's award ceremony will see volunteers recognised for their efforts in supporting

Sailability throughout the country. There will be awards for Exceptional Contribution, Outstanding Contribution and Significant Contribution to Sailability and disability sailing. Accredited Sailability sites can make one nomination per category, and nominations can be sent to sailability@rya.org.uk for consideration.



First Aid Instructors Conference

Saturday 14 May 2016 at Marriott Hotel, Portsmouth

- » Speakers/workshops/discussion groups

Stay up to date! New guidelines for basic life support and the use of AED have been issued by the Resuscitation Council (UK). All First Aid instructors will receive an invitation and booking form in due course.

RYA PUSH THE BOAT OUT 14-22 MAY 2016

RYA Push the Boat Out returns!

Over nine days, the public will be able to experience sailing, windsurfing and a variety of other activities through 'have-a-go' taster sessions at sailing clubs and centres across the UK.

Push the Boat Out is all about connecting people with their local sailing provider and discovering just how easy it is to get involved in our sport.

In 2015, over 24,000 newcomers attend events at almost 350 locations across the UK. Clubs were able to attract over 2,000 individual members and nearly 1,500 family memberships following their Push the Boat Out event, with more than 3,000 individuals signed up for follow on activities including additional taster sessions or start sailing courses.

Put the date in your diary and make sure to look out for further information about next year's event at www.rya.org.uk/go/ptbo



From the 5-6 March 2016, the RYA Suzuki Dinghy Show, in association with Yachts and Yachting, will be returning to Alexandra Palace for a weekend dedicated exclusively to dinghy sailing.

Visitors to the show can listen to inspiring and informative talks from the sport's biggest names on the Suzuki Main Stage, attend interactive coaching seminars in the RYA coaching area and take a look at the latest gear for the season ahead. This is the perfect place to kick start your sailing season in 2016.

With hundreds of commercial exhibitors, RYA affiliated clubs and class associations present, the show promises something for everyone, whether you're young, old, cruiser or racer, novice or pro.

For all the latest show information, visit www.dinghyshow.org.uk

Win a Suzuki powered Rigiflex safety boat for your club

Returning for the third year, this popular competition has already seen thousands of entries as boaters across the country attempt to clinch this fantastic prize.

Up for grabs is a prize package consisting of a Rigiflex Newmatic 360 powered by a Suzuki DF9.9A outboard plus a road trailer from Extreme Trailers. The package is worth over £5,500 (RRP) and includes a VIP trip to the RYA Suzuki Dinghy Show at Alexandra Palace, London. You and your friends or family, or a delegation from your club, would be guests of Suzuki and the RYA over the weekend of 5-6 March to collect your prize.

To enter, simply complete the online entry form by 31 January 2016 and you could be in with a chance of winning.

London Boat Show – RYA member ticket offer

Excel, London • 8-17 January • RYA Stand: D007

As an RYA member an 'Any Day' ticket which includes Press Preview Day, in advance*, will cost you only £12**.

Visit www.rya.org.uk/go/LondonBoatShowticketoffer2016

*Advance ticket offer ends midnight 7 January 2016

**A transaction fee of £1.95 is charge per order when buying tickets in advance.

Exclusive RYA member offer 3 nights for the price of 2 at RYA Portland House

Fancy a short break or the chance to get away from it all this winter? For a limited time only, RYA members can stay at RYA Portland House between January and March 2016 and receive three nights for the price of two*.

RYA Portland House is the perfect destination to explore the delights of the Dorset coastline. Also referred to as the Jurassic Coast, this was England's first Natural World Heritage site. Located at Osprey Quay, RYA Portland House is ideally situated close to Weymouth and Portland National Sailing Academy, Portland Marina, Isle of Portland and Lulworth Cove. Rooms are only £58 per night, available exclusively to RYA members for those training, taking part at events or just visiting the area. Each of the 24

comfortable rooms comes with a self-catering kitchenette, spacious en-suite and free Wi-Fi. RYA Portland House is also available for conferences, training and meetings using the conference facilities.

For more information about how to redeem this offer and the facilities available please visit www.rya.org.uk/go/portlandhouse.

**This offer is exclusively for RYA members and valid for stays between 1 January and 31 March 2016. A minimum stay of three nights applies to this offer. This offer is only available when booked over the phone. This offer cannot be used in conjunction with any other offer, is subject to availability and booking terms and conditions. Standard cancellation policy applies.*

Instructor membership offer

Five years for the price of three

Sign up as an RYA Instructor Member today and receive five years membership for the price of three. And for a limited time only, also enjoy being upgraded to Gold Membership automatically when you join through this exclusive offer*.

Not only will you make a great saving on the price of your membership, as a valued RYA Instructor Member you'll also have access to exclusive instructor membership benefits and offers including: discounts on Spinlock, Hudson Wight, SLAM and Gill products, a special instructor membership card and instructor stickers.

With this offer you'll also be able to take advantage of the enhanced benefits that Gold Membership brings such as access to exclusive Gold Member only events throughout the year and enhanced cover on specialist boat and travel insurance and much, much more.

"We introduced the RYA Instructor Membership to recognise and reward the valuable work done by RYA Instructors," explained RYA Membership Development Manager, Conor Swift. "With the five years for the price of three offer we hope to further engage with RYA instructors with exclusive benefits and offers throughout the five years that their instructor award is valid."

To take advantage of this great offer simply call the RYA membership team on 023 8060 4159 and quote **RYA165FOR3** at the beginning of the call.

**Automatic upgrade to Gold Membership offer ends 31 March 2016.*



Exclusive benefits for our instructor members:

- » Brand new benefit from Bulb on their range of Sail Mates and Sailcloth Wallets.
- » Discounts on Spinlock, Bollé, ProSport, Exposure Lights, Hudson Wight, SLAM, Sebago, Ocean Safety, Gill, Musto, OverBoard, Nipper Skipper, Andark, PowerCases and OUREO Merino products.
- » Special Instructor membership card and stickers.

www.rya.org.uk/go/instructormembership

Plus our standard membership benefits:

- » Fighting your corner
- » Free unlimited boating advice
- » Money saving offers
- » RYA Magazine
- » Exclusive e-newsletters
- » RYA Shop discounts

In addition to these great benefits, we have a range of offers and discounts from our reward partners. Here are just a few...



For more information on these and many more RYA offers and discounts see www.rya.org.uk/go/benefits

INSTRUCTOR MEMBERSHIP OFFER

Two years free! As an RYA Instructor you can receive five years membership for the price of three. Plus, sign-up before 31 March 2016 and you'll be upgraded to Gold Membership upon joining. Call the Membership team today on 023 8060 4159 and quote **RYA165FOR3**.

Something for everyone



Make the most of your shop window

© ACEA / Photo Gilles Martin-Raget

With 2016 shaping up to be a busy year for sailing, it is the perfect opportunity to promote the sport.

Ensuring your shop window is as attractive as possible is vital in taking full advantage of the unique opportunities next year will bring for sailing providers nationwide.

With the return of the America's Cup World Series Portsmouth from 21-24 July and the Rio Olympic and Paralympic Games in August and September, 2016 could prove to be a golden summer of sailing in the UK.

Almost 250,000 people watched British team Land Rover BAR crowned champions at the 2015 Louis Vuitton America's Cup World Series Portsmouth and visitor numbers are expected to soar even higher for the next event in 2016. The America's Cup World Series has attracted a brand new audience to the sport and with it a newfound interest from potential sailors of all ages.

With such an array of events and activities lined up for the year ahead, this could prove a great opportunity to capitalise on increased interest in sailing across the country.

Ensuring your website is continually updated with the latest course information or offers is important, as is making sure it is

as user-friendly as possible. If you are looking for more content, visit our YouTube channel and feel free to embed any of the videos you find that may be of interest to club members or customers.

To make the most from this expected interest, we have recently taken steps to improve and enhance our 'Get Afloat' site, to make it easier than ever for people to take up sailing.

Preparing leaflets, posters, flyers and other collateral in the early months of the year and distributing these throughout the local area can also prove worthwhile, generating interest ahead of the season starting.

A great way to start the year and drive early interest is to participate in RYA Push The Boat Out, which will be held from 14-22 May 2016.

Now in its third year, Push The Boat Out, which attracted over 24,000 visitors at almost 350 venues in 2015, offers the perfect opportunity to showcase the facilities and activities available at your centre. Following the 2015 event, clubs were able to benefit from almost 1,500 family memberships and more than 2,000 individual memberships. Activity centres who participated in the nine-day event also reported that over 3,000 individuals signed up for follow on activities including

additional taster sessions or start sailing courses.

With Rio 2016 taking place from 5-21 August, there is also the opportunity to capitalise on the increased interest this event will generate by hosting late-season open days and events. Clubs and centres could benefit greatly from starting to look at opportunities to use the interest generated from the Olympics, whether these are extra taster sessions, open days or even showing the Olympic racing on a screen in your club or centre. We are aware that the sailing will be held from 1700 until 2030 UK time each day, meaning it is the perfect opportunity to generate greater interest not only in the sport, but also specifically your club.

From the 7-18 September, the Paralympic Games will provide

a similar spike in interest and engagement from the public. This can also provide Sailability sites, currently numbering more than 200, the chance to host their own specially tailored events and captivate a brand new audience.

Duncan Truswell, RYA Sport Development Manager, said: "With so much happening for sailing in 2016, we hope that sailing providers will benefit from greater interest and coverage of the sport."

Events such as the Olympics and America's Cup World Series Portsmouth give clubs and training centres a fantastic opportunity to encourage a new generation to take to the water. Ensuring you are prepared for the year ahead is vital, so taking time now to plan in advance will prove worthwhile."

