



GANOLFAN AWYR AGORED
GENEDLAETHOL
NATIONAL
OUTDOOR CENTRE

KEELBOAT INSTRUCTOR ENDORSEMENT PRE-COURSE PACK

The following pre-requisites and pre-course work must be completed prior to attending an RYA Keelboat Instructor endorsement course at Plas Menai National Outdoor Centre.

If there is anything you are unsure or unclear about please contact the centre on Info@plasmenai.wales or 0300 300 3112.

PRE-REQUISITES

Please ensure you bring your certificates and logbooks with you to demonstrate you have completed the course pre-entry requirements;

- RYA Dinghy Instructor
- Proof of at least one season's experience teaching sailing
- Experience sailing keelboats with or without asymmetric spinnakers
- Powerboat handling experience in a teaching environment
- A registered member of the RYA. (Please bring your membership number)
- Completion of pre-course work (see below)

HEALTH DECLARATION

On successful completion of your course you will be asked to sign the following health declaration. "I declare that I am not suffering from any physical or mental impairment which has an adverse effect on my ability to properly discharge my duty of care as an instructor. I undertake to inform the RYA if this changes and agree to submit to a medical examination if requested by the RYA." If you are unable to sign the standard declaration, you will be required to complete a medical questionnaire.

RYA INSTRUCTOR CODE OF CONDUCT

As a qualified RYA Instructor you are expected to uphold the professional standards of the RYA and will also be asked to sign the following statement. "I have read and agree to abide by the RYA Instructor Code of Conduct (as laid out in the applicable RYA Handbook). I acknowledge that failing to abide by the RYA Instructor Code of Conduct, or otherwise engaging in behaviour that falls below the standard expected of an RYA Instructor or risks bringing the RYA into disrepute, may result in the withdrawal of my RYA instructor qualification."

PRE-COURSE WORK

Preparation of short theoretical chats

Instructors need to be able to deliver theoretical aspects of the course to small groups of students. These tend to be relatively informal, perhaps around a whiteboard, next to the boats or on the beach.

During your instructor course, you will be given the opportunity to practice this skill and you should be prepared to talk for 5-10 minutes about any of the theory topics

from the Start Sailing to Seamanship Skills syllabi at an appropriate level for students on that course

Typical Topics include;

- Give an effective safety briefing to first time keelboat sailors, including safety equipment onboard
- Create a short tidal passage plan and present it to the group
- The options for man overboard procedures in keelboats
- Considerations when anchoring a keelboat, including choice of anchorage
- A selection of keelboat classes suitable for RYA courses
- How to deal with the problem of running aground

On Water Sessions

During the course you will be asked to prepare and run a 30 minute on-water session, so please ensure you are prepared to do this. The session should be aimed at the level of the adult sailors.

- The on-water sessions will be taken from the list below;
- Tacking
- Points of sail
- Gybing
- Using the spinnakers
- Picking up a mooring

COURSE CHECKLIST

Please remember to bring with you:

- Evidence that all pre-requisites have been completed
- G14 and any relevant logbooks
- Preparation notes to enable you to deliver a short theoretical chat
- Preparation notes to enable you to run a 30 minute on-water session.
- Note taking materials
- Rescue knife, Whistle
- Sailing Wellies

- Towel
- Warm Clothing, fleeces, hats, gloves, scarf
- Sunblock and Sunglasses
- Flask/Drinks Bottle

