



2010 RYA Yorkshire/Humber Instructor Conference Programme

Saturday the 13th of March 2010 – West Riding Sailing Club

WRSC, Winterset Reservoir, Crofton, Wakefield, WF4 2EE: <http://www.wrsc.org.uk/index.php/Find.html>

09:00	Register	
09:30	Suzie Blair, Regional Development Officer - Regional Updates	
09:45	John Thorn National Sailing Coach/Chief Powerboat Instructor - National Scheme Updates	
10:30	Break	
10:45	Shore Based Session 1	1. Basic navigation <i>A practical workshop looking at very basic chart work and navigation</i>
		2. Becoming a Coach or Trainer <i>Find out about the pre-requisite and, the application, selection and training process with John Thorn</i>
		3. Selling sailing to schools <i>How to attract school/youth groups to go sailing/ windsurfing and how to address the typical barriers</i>
		4. Sail setting – dinghy <i>A practical session looking at maximising the use of sail controls in different wind conditions</i>
		5. Sailability – Making disability plain sailing <i>Find out how to get involved and practical advice on teaching people with a disability</i>
(5 minute change over)		
11:20	Shore Based Session 2	1. Basic engine maintenance <i>Get some guidance on pre-start checks and how to recognise and fix basic problems</i>
		2. Increasing regular participation <i>Ideas on how to encourage more adults to go afloat more often at your club or centre</i>
		3. Spinnaker handling shore drills <i>Asymmetric and conventional – demonstrations and tops tips on hoists, drops and gybes</i>
		4. Sail tuning – windsurf <i>A practical session looking at maximising the use of sail controls in different wind conditions</i>
		5. Safety boat techniques <i>Discuss the latest rescue techniques, lessons learned and share ideas on course delivery</i>
11:50	Trade – look at new boats and RYA publications	
12:15	LUNCH (Order RYA publications with a 45% discount & mingle with likeminded people)	
1:00	Session Afloat	1. Sailing with spinnakers <i>Tips on your personal skills and how to introduce spinnaker work in the sailing with spinnakers module</i>
		2. Teaching seamanship skills & day sailing <i>Fine tune you skills and try out exercises you can use while teaching seamanship and day sailing module</i>
		3. Teaching basic racing skills <i>Try out some exercises that you can take away and deliver yourself through the NSS racing modules</i>
		4. SI prep (Dinghy & Windsurf) <i>An introduction into becoming a Senior Instructor – session planning, content and debriefing</i>
		5. Teaching windsurf intermediate skills modules & free style techniques <i>Look at different ways to teach intermediate clinics</i>
		6. Teaching basic windsurf racing skills <i>An introduction to the new Racing Instructors course and T15 coaching ideas</i>
		7. Teaching safety boat skills <i>A chance to try out rescue techniques and exercises while developing your personal skills</i>
		8. Honda Youth RIB Challenge <i>Try out the Honda Youth RIB challenge alongside a bespoke boat handling skills workshop</i>
		9. Teaching intermediate powerboat skills <i>Ideas for teaching intermediate skills and a practical GPS workshop</i>
		10. Writing a development plan <i>Planning for the future – interactive workshop and Q&A session</i>
3:30	Challenge and pack up (weather dependant!)	
4:30	Debrief & prizes - Suzie Blair	
5:00	Finish	

Book by the 5th of March