



## Eastern Regional Instructor Training Day 2018

Sunday 11<sup>th</sup> March 2018

Royal Hospital School, Holbrook, Ipswich, Suffolk, IP9 2RX

### Outline Agenda

Time	Agenda Item
09:00– 09:45	Arrival, Register, Tea and Coffee
09:45 – 10:00	Welcome, Introduction and Regional Updates Robbie Bell – RYA East Regional Development Officer
10:00 – 10:45	Training Schemes Update - Amanda Van Santen – RYA Chief Instructor Windsurf and Dinghy Schemes.
10:45 – 11:15	Break/Network/Meet the trade– Tea, Coffee and Biscuits
11:15 – 12:00 & 12:15 – 13:00	Two rounds of workshops – Chose 2 x 45 minute workshop <i>Please see page 2 for a description of the content for each workshop</i> <ul style="list-style-type: none"> <li>• RYA OnBoard – The programme and resources</li> <li>• Using Team Racing for skills development</li> <li>• Teaching Tides</li> <li>• Small Craft Navigation</li> <li>• The difference between risk assessments in a file and an SI in a boat</li> <li>• RYA Foiling course development</li> <li>• This Girl Can – Developing female participation</li> <li>• Introduction to Dinghy Foiling (Afloat at Alton Water)</li> <li>• Introduction to Windsurf Foiling (Afloat At Alton Water)</li> </ul>
13:00 – 13:45	Lunch
13:30 – 14:00	Minibuses to Alton Water & travel to Woolverstone - get changed
14:15 – 16:30	Sessions – Choose session for the afternoon <i>Please see page 2 for a description of the content for each Session.</i> <ul style="list-style-type: none"> <li>• Demo Session (Dinghy &amp; Windsurf)</li> <li>• Team Racing in Fireflies</li> <li>• Intermediate/Advanced Powerboat Skills</li> <li>• Safety Boat Skills Development</li> <li>• Keelboat Sailing on the River Orwell</li> <li>• Laser tuning and handling</li> <li>• Single Handers, fun skills sessions</li> <li>• Seamanship Skills</li> <li>• This Girl Can - Session Delivery skills &amp; techniques</li> <li>• An Introduction to Dinghy Foiling</li> <li>• An introduction to Windsurf Foiling</li> </ul>
16:30 – 16:45	Minibuses/travel to Royal Hospital School
16:45 – 17:00	Hot drinks - Summary, Prizes, feedback & close

When completing the booking form you will be asked to select two workshops and one afternoon session from the list below. Please consult the information in these lists to help make your decision.



## Morning Workshops – A choice of two.

- Workshops Round 1 (11:15 – 12:00)
- Workshops Round 2 (12:15 – 13:00)

Workshop Title	Workshop Description
<b>RYA OnBoard – The programme and resources</b>	RYA OnBoard has been re-launched, learn about the programme and its resources and how they can support you getting more people sailing and windsurfing
<b>Using Team Racing for skills development</b>	Look at how you can integrate team racing activities in sessions to develop both beginners and more advanced sailors skills
<b>Teaching Tides</b>	Ideas for teaching tides, how best to introduce and develop this key subject
<b>Small Craft Navigation</b>	Small boat pilotage and navigation, how best to plan for coastal passages in planing powerboats or cruising dinghies.
<b>The difference between risk assessments in a file and an SI in a boat</b>	Tim Morton, Deputy Head of inspections for AALS is an experienced outdoor instructor and will get you thinking about effective and practical risk management
<b>RYA foiling course development</b>	Amanda Van Santen will chat through the RYA pilot, recent training of instructors and the development of foiling courses within the training schemes
<b>This Girl Can - Developing female participation</b>	Understand the scale and opportunity for engaging and growing female participation, looking at successful delivery examples and campaigns
<b>Windsurf Introduction to Foiling Session</b>	Introduction to foiling at Alton Water - Practical on water session, participants need to make their own way there.
<b>Dinghy Introduction to Foiling Session</b>	Introduction to foiling at Alton Water – Practical on water session, participants need to make their own way there.

## Afternoon Sessions (14:15 – 16:30)

Session Title	Session Description
<b>Demo Session</b>	Opportunity to try boats from the manufacturers (RS, Hartley Boats, Laser Performance & Fusion Sailboats)
<b>Team Racing in fireflies</b>	Fun Team Racing for beginners in Fireflies – take away session ideas for you to use at your club/centre
<b>Intermediate/Advanced Powerboat Skills</b>	On the River Orwell, developing boat handling techniques in and around marinas in tide, practising key techniques and manoeuvres
<b>Safety Boat Skills Development</b>	Practice rescue scenarios including dealing with suspected entrapment, towing and righting craft.
<b>Keelboat Sailing on the River Orwell</b>	keelboat sailing in Squibs on the River Orwell (starting at Woolverstone)
<b>Safety Boat Skills Development</b>	Practice rescue scenarios including dealing with suspected entrapment, towing and righting craft.
<b>Laser tuning and handling</b>	Laser tuning and handling session with top tips for more efficient boat handling
<b>Single Handers, fun skills sessions</b>	Short sharp racing sessions looking at boat handling and racing hacks



<b>Seamanship Skills</b>	Seamanship & Pre-entry assessment skills refresher
<b>This Girl Can – Session Delivery skills and techniques</b>	How to deliver and manage targeted sessions to engage and develop female participation
<b>An Introduction to Dinghy Foiling</b>	A short introduction within the session to foiling boats, sign up for your first flight* (*limited time sailing)
<b>An Introduction to Windsurf Foiling</b>	A short introduction within the session to windsurf foiling, sign up for your first flight* (*limited time sailing)