

Senior Instructor Training

Self Assessment Questionnaire

Unfortunately some SI candidates fail to show the required standard of sailing ability or group management while on the course. During the course we are not looking for rock star performances afloat or ashore, but before appointing a Senior Instructor we must be confident that he or she will not lose the respect of students and instructors by poor sailing ability and unacceptable organisational skills.

During the course you will be assessed continuously both on and off the water; any shortcomings in your performance will be discussed during de-briefs and at the mid-course review.

Below is a list of questions helping to identify areas of development before committing yourself to Senior Instructor training. I hope your answers to every question will be “YES” or possibly “*I think so*” for any outside your direct experience.

- a. Could you give a 10 minute presentation on the National Windsurfing Scheme?
- b. Could you deliver a technically correct simulator session on steering towards and away from the wind?
- c. Could you run a session on towing effectively with a powerboat?
- d. Could you give a beach briefing to a group of more experienced instructors?
- e. Could you pass the Start Windsurfing Instructor assessment, on the water and on the simulator?
- f. Could you give a tacking demo on the water to intermediate standard?
- g. With initial trainer guidance,
 - a. Could you deliver a basic session using the Fast Forward coaching model on the simulator?
 - b. Could you break down the NPCG in a coaching environment?
 - c. Could you teach a group of windsurfers basic racing rules?
- h. Could you give advice on buying improver equipment?
- i. Could you demonstrate Sailing across the Wind section in W4a?
- j. Could you run a junior scheme session?
- k. Could you mentor a young newly qualified Instructor during their first start windsurfing course?

If you have answered “No” to any of the questions you now have the time to improve your ability and/or knowledge before the start of the course. If you answered “No” to a number of questions, we would suggest you discuss your application with your principal or trainer running the course.

Although some of the questions may not appear to relate directly to the primary role of the SI, they reflect the variety of tasks, which you might be called upon to perform within the RYA Scheme.