

LEVEL 1 INSTRUCTOR COURSE

Teach instructors to teach beginning sailors

SAMPLE CONTENTS OF COURSE:

Two hats as a student and as a teacher

Expectations

4 Written Tests

Safe Boating, Instructor Manual/SSR!, Powerboat, Teaching Coaching

Fundamentals

Swim

Sail

Motorboat

Land Drills

Knot test

Lectures/ presentations

CPR/ First aid cards

Attitude

Attendance

Team building

Instructor responsibilities

Standards, Alcohol, Smoking, Appearance, Language,

Sexual Harassment & Abuse Awareness

Behavior- Role model issues

Responsibility to your students

Responsibility to employer & self

Legal responsibilities & Safety

Policies

Legal liability

Teaching knot tying demo, practice and test

Conducting a Swim Test

Conducting a Land drill

Five methods of teaching to cover auditory, visual, and kinesthetic learners

Lecture, Land Drill, Demonstration, Practice, Review

How to make a good presentation

Teaching boat rigging & derigging

Motorboats

Sailing skill evaluation

Conducting on the water drills

Communication on the water

Coaching tips by IT/ others

Scoop method capsize recovery

Lesson Plans

LEVEL 2 INSTRUCTOR COURSE

Teach instructors to teach intermediate sailors and beginning racers

Sample Contents of course

Builds upon Level 1 course

Reviews ALL of the above listed for Level 1

Spinnaker

Trapeze

Competition

Sportsmanship

Rules

Role Models

Race Program Plans

Stretch

Nutrition

OTW Racing Drills

Presentations on racing topics

Curriculum

Lesson Plan

Rigging

Sail controls

Weather