



## Dinghy Program

# Instructing Guide

Lesson Plans and Teaching Content

for use by Instructors

of the

Yachting Australia Dinghy Program

This guide belongs to.....

Name	YA#:	
Address		
Suburb	State	Post code
Telephone	(H)	
Fax	E mail	

## **Acknowledgements**

*The Dinghy Program (formally known as the “Get into Small Boat Sailing Scheme”) was developed by Yachting Australia (YA)\*. Yachting Australia wishes to thank all those involved in the development of the Dinghy Program, and in particular the following people for their valuable contributions and support in the development of this Instructing Guide:*

*Trevor Gurr (past YA Coaching & Development Manager)  
Bruce Chapman (QYA Executive Director)  
Jean Kleeman (past TYA Training & Development Officer)  
Susan Thompson (VYC State Coaching Director)  
Paul Fitzwarryne (YAACT Training Officer)  
John Woollatt (YSA Administration and Development Officer)  
Brett Young (YSA State Coaching Director)  
Brett Yardley (YA Windsurfing Development Officer)  
John Anderson (YANSW State Coaching Director)  
Chris Kelly (YAWA Development Officer)  
Peter Campbell (Sailpro)  
Roger Badham (Consultant Meteorologist)  
Alistair Mitchell (Maritime Consultant)  
Steve Hatch (SailSmart)*

*\*In 2003 the AYF became Yachting Australia (YA).*

© 1999 Australian Yachting Federation

Reprinted & basic revision 2012. Yachting Australia (formerly Australian Yachting Federation).

All rights reserved. Copyright remains with Yachting Australia. Discover Sailing Centres may use this guide to provide activity sheets for students or make charts and overhead transparencies for use in their YA training programs. Except to that extent, no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the Yachting Australia.

## Introduction

Each year thousands of people, young and old, learn to sail and race through the Yachting Australia learn the sail & powerboat Programs at Discover Sailing Centres (DSC). They learn in all types of craft: dinghies, catamarans, trimarans, windsurfers, yachts and powerboats and are taught by carefully trained Instructors who are skilled in the art of teaching sailing safely, efficiently and effectively – That's YOU!!

As a YA Instructor, you have made a firm commitment to introduce others to and help them enjoy the sport that has captivated you. You are trained to give each of your students the best chance to learn, enjoy and develop as far as they wish to proceed in the sport of Sailing, no matter what their starting point.

This guide is a fundamental tool designed to assist that process. It was developed by a group of people with many years of experience in teaching and coaching a wide range of student sailors with the view to producing a standardised tool to be used in the YA teaching and learning sailing process across Australia.

Instructors of the YA Dinghy Program, can use this invaluable tool and details Yachting Australia's best practice for delivering the fundamentals of the Program. Those of you who are more experienced will be able to use your own styles and methods based on the principles and teaching cues detailed in the guide to get the message across.



# Contents

Page

Introduction 3

Overview 6

Running Sheets & Teaching Content 6

Student/Instructor Ratios 7

Craft Capacity 7

Students 7

Checklist 8

Using the Coaching Guide 9

References **Appendix  
1**

**Start Sailing 1** **Green  
section**

Lesson 1 Introduction to Basic Safety Afloat

Lesson 2 Boat Orientation

Lesson 3 Introduction to Rigging the Boat

Lesson 4 Sailing Orientation

Lesson 5 Capsize Recovery Drill

Lesson 6 Sailing on a Beam Reach

Lesson 7 Boat Speed Control

Lesson 8 Leaving & Returning to the beach/launching facility

Lesson 9 Sailing a Marked Course

Lesson 10 Towing & Basic Rescue

Lesson 11 Basic Right of Way Rules



# Contents

Page

## Start Sailing 2

**Yellow section**

Lesson 1	Rigging the boat
Lesson 2	Sailing a Marked Course
Lesson 3	Sailing to Windward
Lesson 4	Sailing Downwind
Lesson 5	Points of Sailing
Lesson 6	More Rules
Lesson 7	Care of Equipment
Lesson 8	Crew Recovery Drill
Lesson 9	Coming Alongside
Lesson 10	Practice session

## Better Sailing

**Orange section**

Lesson 1	Wind Awareness
Lesson 2	Better Sailing
Lesson 3	Roll Tacking
Lesson 4	Roll Gybing
Lesson 5	Introduction to Winds, Tides and Currents
Lesson 6	Basic Navigation Marks
Lesson 7	Injury Prevention and Awareness
Lesson 8	Handling in Stronger winds
Lesson 9	Introduction to Spinnaker Handling
Lesson 10	Introduction to Trapezing

## Start Racing

**Pink section**

Lesson 1	Basic Fitness
Lesson 2	Boat Handling
Lesson 3	Basic Sail Theory
Lesson 4	The Race
Lesson 5	Starting
Lesson 6	Mark Rounding
Lesson 7	The Windward leg
Lesson 8	Sailing Downwind
Lesson 9	Racing Rules of Sailing
Lesson 10	Team Work

## Better Racing

**Blue section**

Lesson 1	Fit for Sailing
Lesson 2	Tuning
Lesson 3	Tactics & Strategy
Lesson 4	Advanced Boat Handling
Lesson 5	Sailing with the Compass
Lesson 6	Effective Training
Lesson 7	Basic Planning
Lesson 8	Race Series

## Overview

The YA "Dinghy Program" is one of Yachting Australia's learn to sail & powerboat Programs and:

- ✶ incorporates five levels, providing early & regular opportunities for recognition of achievement, with each level designed to be conducted over approximately 10-12 hours of tuition
- ✶ focuses on the mastery of basic and integral skills and knowledge upon which advanced boat handling skills are based. The focus is placed on foundation skills so that students who master these find it easier to progress through the scheme successfully and integrate into the sport at club level with relative ease and minimal frustration.
- ✶ includes racing skills
- ✶ is presented in modular form and is supported by this guide to ensure delivery is standardised across the country

## Who is it for?

The Dinghy Program is designed to introduce people of all ages and sizes to the sport of sailing and assist them to develop their skills to a level where they would be ready to enjoy participation in Club sailing events.

## Accent on Basic Skills

It is not necessary for a student to enter the scheme by completing a course at the first level, however certification at any level infers that all competencies in previous levels have been demonstrated to the YA standards. To maintain the integrity of the Program, it is extremely important that you ensure your students have mastered the basic skills before they are taught advanced skills. This gives your students the best opportunity to achieve in the sport with minimal levels of frustration, thereby encouraging them to continue with the activity.

## Modular format

Each level of the Program is provided in modular format. That is, each level of the Program is presented as a package of several lessons in their recommended order. For each lesson you will find a *Running Sheet* and *Teaching Content* along with activity sheets and diagrams where appropriate. It is envisaged that the coaching guide will be updated as necessary and suggestions for learning activities are welcomed on a continuing basis.

Because each level is presented as a package of lessons, arranged in the recommended order for progressive teaching and learning, it is easy to tailor a course to your students' needs, particularly if they commenced their learning at another DSC or with another Instructor. In this case, by conducting a simple assessment (approx 1 ½-2 hours), your students' competencies can be assessed and a coaching programme constructed from the teaching modules supplied in this guide.

## Running Sheets & Teaching Content

The Running Sheet details the framework of each lesson. It includes the Learning Outcomes to be achieved, the estimated time frames for each of the content points, the content points, suggested teaching aids and equipment needs, learning strategies (ideas on how to best get the relevant message across) and even suggestions for group formation and control. Once you're familiar with the material of the Teaching Content sheets, you will probably be able to conduct lessons with only the running sheets as prompts.

The Teaching Content for each lesson is designed to provide you with a detailed conversational text for the lesson. It is designed as the basis for your lesson delivery and while it is not intended that you apply a rote-learning technique to your delivery of the course direct from the guide, the material presents some of the more successful techniques used to teach sailing in the past. As such, use of the teaching principles is strongly recommended.

## **Student/Instructor Ratios**

Please refer to the YAGN Operating Standards & Guidelines for Discover Sailing Centres which you can download from the Yachting Australia website. [www.yachting.org.au](http://www.yachting.org.au)

## **Craft capacity**

It is recommended that the number of participants in each boat not exceed the number of crew for which the boat was designed plus one (1) other. This allows an Instructor to be on board during instruction to assist with the learning process without impinging upon the students' learning time.

## **Students**

The courses are designed for students from age 7 and above, however students as young as 4 years old may be able to participate successfully in the courses as long as they meet the pre-requisites of the Course.

Some participants with disabilities may have difficulties completing all the requirements for the certificate courses without assistance, however there is provision for the certificates to be endorsed where appropriate.

## Checklist

To help your lessons run smoothly, the following is a list of equipment you will need to conduct the courses safely, efficiently and effectively

### Teaching Aids

- ☞ Room or other suitable quiet area for briefings
- ☞ Display equipment which may include the following:
- ☞ Flip Chart, Whiteboard with 2-3 x Whiteboard markers (blue, green and red)
- ☞ Overhead projector and screen (you can use a clean wall for this) and transparencies
- ☞ Copied activity sheets where necessary
- ☞ Ropes for tying knots (6mm diameter x 0.75 metre per student)
- ☞ Extra paddles for "Boat Orientation", Level 1

### Equipment

- ☞ Sailing boats
- ☞ Buoyancy vests for all students and Instructors
- ☞ Power boats for Instructors and rescue
- ☞ 6 x Sailing marks
- ☞ Signal Flags – code flag 'N', code flag 'L', warning signal, code flag 'P', postponement flag, first substitute flag

## Using the Instructor Guide

- 1** In the front of the guide you may have already noticed the Contents Page. It is an accurate directory and you can expect to find everything in its place.
- 2** You may also have noticed that the Instructing Guide contains five sections divided by coloured cover pages. Each coloured section contains the Running Sheets, Teaching Content and some other support material for each lesson of that module of the training scheme. The lessons are arranged in the recommended order of delivery, however weather conditions may dictate that the order be changed. The activity sheets follow the Running sheet and Teaching Content documents for each separate lesson so you don't have to flip back and forth through the manual to find the information.
- 3** In the front of the Instructing Guide you will find a brief introduction and overview of the Dinghy Program Scheme. Reading it will help you understand the purpose of the new structure and format of the scheme, as well as your responsibilities with regards to student/Instructor ratios.
- 4** At the rear of the guide you will find a list of the books used as resources for the development of this guide. All of them are invaluable resources for your further development as a sailing Instructor and are highly recommended reading. If you know of other reading material that you have found useful, please let us know and we will incorporate them into the list in the next edition.
- 5** Finally, this Instructing Guide is to help you teach the YA Dinghy Program. It contains the tools you need to help you conduct each lesson effectively. The activity outlines provided in this guide are known to be safe and effective, however they are by no means exhaustive. You are encouraged to devise your own skill drills and activities to suit the conditions you teach in. When planning activities, consider their effectiveness and efficiency as well as their potential to risk damage or injury. Learning to accurately judge the readiness of your students to participate plays a crucial role in the development of skill drills. If you develop your own drills and find that they are more effective than those set out here, please feel welcome to submit them for consideration for future editions of this guide.

In different settings, there will be different opportunities for you to make the most of the way you conduct the course and involve participants. Some sailing clubs like to conduct barbeques to welcome participants, others organise a similar function at the end of the course and still others include day trips during the course. These are just a few ideas to help make your course complete and help your students enjoy sailing not just as a sport, but as an activity they can enjoy at all levels and with their families.

**Enjoy your coaching.**



## References

1. Yachting Australia, (2006 & 2012) Start Sailing Right!, YA publication in association with US Sailing, Sydney.
2. Yachting Australia (2006) Teach Sailing the Fun Way!, YA publication in association with US Sailing, Sydney.
3. Saltonstall, Jim (1996) The RYA Book of Race Training (3<sup>rd</sup> Ed): Adlard Coles Nautical, London
4. North Sails (1982) The North U. Smart Course: North U. Milford
5. Hunt, Grant, Huttleston, Eric (1997) Power & Sail: Tafe Publications, West Perth
6. Driscoll, John (1987) Sailing. A Beginner's Manual: Fernhurst Books, East Sussex
7. Woodman L, Cameron D, Schembri G (1990) Beginning Coaching: Australian Coaching Council Inc, ACT
8. Hatch S, (1998) Racing Rules images, SailSmart, Sydney
9. Hopkins R(Jr) (Ed) (1983) The North U. Smart course: North U, Milford, CT