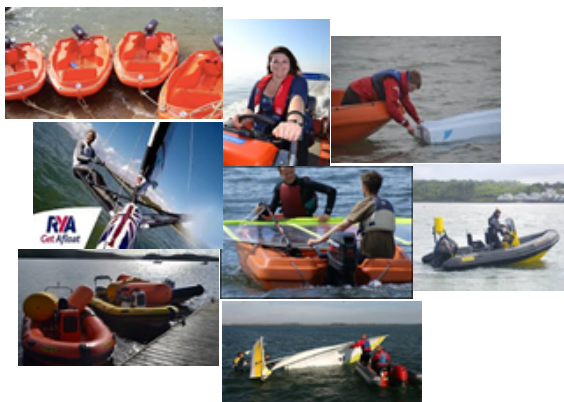




Effective Use of a Powerboat for On Water Training and Coaching

运用机动艇进行水上培训和教学
有效指南



RYA Coaching from a Powerboat

By Clive Grant

RYA在机动艇上教学

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Introduction 前言

The RYA is very grateful to Clive Grant for collating the following resource, with input and collaborative working from the RYA Training and Racing Departments.

Designed to aid instructors in the delivery of safe coaching and good practice while coaching from a Powerboat. This resource accompanies and supports The RYA Safety Handbook (G16), as well as other RYA Instructor and Coaching Handbooks, it is not designed as a stand alone manual.

Each section details general principals and guidance when coaching beginners to more experiences sailors, in both a training and racing environment, with top tips and information to enhance safe practice and assist on water delivery.

We do hope you find the resource a useful tool in your coaching and instructing environment.

RYA培训与竞赛部门和CLIVE GRANT合作搜集了以下资料，RYA对此表示由衷的感谢。这份文件旨在帮助提升教练在机动艇上教学的技巧，它作为RYA安全艇手册（G16）以及其他RYA教练和教学手册的补充部分，并不作为一个单独的手册使用。各章节详述了不论是一般培训还是竞赛培训，将初学者训练为更有经验的水手的总体原则和指南，也包括提高安全性和教学效果的秘诀。我们希望你进行教学和培训的时候，这份文件能给你一定的帮助。

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FUNDAMENTALS 基本原则



- ✓ **KILL CORD FITTED TO SELF AT ALL TIMES** 时刻连接安全绳
- ✓ **ONE HAND STEER - ONE HAND GEAR** 一手控方向，一手控油门
- ✓ **STEER BEFORE GEAR** 先打方向，后加油门
- ✓ **PLAN – APPROACH – MANOEUVRE – ESCAPE** 计划-接近-行动-撤离
- ✓ **ENGINE OFF WHEN CHANGING HELMS** 驾驶人员更换时需熄火
- ✓ **BE AWARE OF YOUR WASH AT ALL TIMES** 时刻注意船的尾浪
- ✓ **CONSIDER OTHER WATER USERS** 注意其他水上使用者



Top Tips: Using a powerboat for teaching

秘诀：使用机动艇教学

总体原则 适用所有教学情况

General Principles Apply to ALL

KILLCORD 安全绳

One hand Steer, one hand Gear
一手控方向，一控油门

**Plan/Approach/Manoeuvre/
Escape** 计划/接近/行动/撤离

Steer before gear
先打方向，后加油门

**Engine OFF when alongside
and locked in** 靠船时熄火

SLOW speed, minimum wash
低速行驶，减小船的尾浪

适用初学者的原则

Powerboating around Beginners

KILLCORD 安全绳

Safetyboat on water before launch 帆船下水前救生艇就位

Briefing, before afloat
下水前做教学介绍部分

Signals afloat 水上手势信号

**Position of powerboat
when teaching** 教学时机动艇站位

You to them, or them to you*
你靠近帆船，还是帆船靠近你

Fingers clear on final approach*
最终靠近的时候小心手指

Follow my leader 跟船

Group Control 团队控制

*更多细节参见13页

**Please see page 13 for more details*
适用高性能船只教学的原则

适用技能单元和初级竞赛的原则

Powerboating within the Sailing Modules and Start Racing

KILLCORD 安全绳

Approach slowly, under control
缓慢靠近，处于控制中

Upwind (Position to leeward)
迎风（站位靠近下风）

Downwind (Position to windward)
顺风（站位靠近上风）

**Lock the dinghy in, centreboard
UP, kicker off**
让帆船停下，稳向板提起，斜拉器松开

Furl the sails when possible
可能的话卷帆

Engine OFF when talking
教学沟通时熄火

**Position upwind when
free floating**
随风漂流时靠近上风

Powerboating when Coaching High Performance

KILLCORD 安全绳

Best position upwind
迎风段最佳站位

Best position downwind
顺风段最佳站位

Use of video
录制视频

**Racked boats, sailors
on sponson**
有船舷突出部分的船只，水手坐在上面

Foilers, sailors on sponson
水翼船，水手坐在突出部分

**Check for lines in the water
on final approach**
最终靠近船只时观察水中的绳索

CHAPTER 1 – GENERAL PRINCIPLES 第一章-总体原则

AIM: 目标:

The aim of this section is to examine how we can use our coaching/teaching boat to best effect. We will look at:
这个章节的目标是研究如何使教练艇发挥最大效用，包括以下部分:

- ✓ Type of boat 船只类型
- ✓ Kit to carry when teaching 教学时需携带的装备
- ✓ Signals 信号
- ✓ Controlling the fleet 团队控制
- ✓ Setting the scene 情景引入

Type of boat: 船只类型 :

The first thing we should look at is the type of boat you are using, a soft sided RIB or a hard sided Jaffa/Dory style. RIB is a roving fender and can come alongside Glass-Reinforced Plastic (GRP) boats easily, the Rigidflex is hard sided and care should be taken when approaching GRP boats or boards, but it is low in the water and good for beginner groups in windsurfers or dinghies. Slow should be our default speed on final approach.

首先我们看一下我们使用的船只类型，软边缘RIB或者硬边缘Jaffa/平底小船。RIB的柔软碰垫可以使其能够轻松靠上玻璃钢（GRP）材质的船，而硬边缘的船

Rigidflex

RIB

在接近玻璃钢材质的船或板的时候需要格外小心，但是这种类型的船边缘很低，对于帆板和小帆船的初学者教学非常适用。时刻注意要保持低速靠近。



Kit to carry for Instructors 教练携带装备

The boat should already be carrying all the required RYA safety equipment:

使用的船只应该已经携带所有RYA要求的安全装备：

What kit should we carry if we are instructing?

我们在进行教学时需要携带什么装备呢？



Whistle 口哨



Watch 手表



Wet notes 防水笔记本



Knife 水手刀

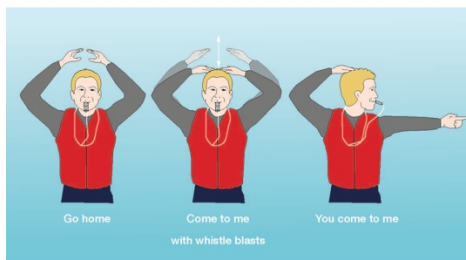
还有你的教练包

Plus your Instructor grab bag

(Remember to pack any spares you want to take afloat with you)

记得下水时随身携带任何你所需要的备用装备

Signals: 手势信号：



Some commonly used signals; what signals should I put in my brief? Make sure the students understand what they mean!

一般会使用的手势信号；在下水之前我应该告诉学员什么手势信号？确保学员明白他们的意思！

Controlling the fleets: 团队控制:

After the BRIEF, prepare the safety boat and consider how we can manage the launch to reduce/control bomb bursts by doing one or more of the following:

介绍之后，准备安全艇，并考虑如何组织下水防止/控制碰撞，具体考虑以下几点：

- ✓ Ensure the course is laid prior to releasing them 确保提前布标
- ✓ Set a holding area for the fleet to keep to 设定保持区域
- ✓ Use Follow my leader to control the group 运用跟船练习
- ✓ Ask them to circle the coach boat 让学员绕教练艇

Setting the scene: 情景引入：

The next few chapters are not a didactic set of rules which you must follow to the letter, the content is a guide to help you use your safety boat effectively.

以下章节并不是必须遵守的说教式规则，而是帮助你更有效使用安全艇。

Positioning of you and your boat will vary for different disciplines (Keelboat, Multihull, Windsurfing, Dinghy), wind strengths, type of exercise, level of competence, coaching techniques (videoing) etc. So the contents are a guide to what you **COULD** do rather what you **MUST** do.

That said, the points made in Chapter 1 should always be adhered to.

很多因素都会影响我们的安全艇站位，比如不同的训练类型（龙骨船，多体船，帆板，小帆船），不同风力，不同的训练内容，不同的水平，不同教学技术（如视频）的运用等。所以这份文件告诉你能做什么，而不是必须做什么。

但是，第一章中涉及的内容应该时刻遵守。

CHAPTER 2: TRAINING WITH BEGINNERS 第二章：培训初学者

AIM: 目标：

The aim of this section is to look at: 这个章节的主要目标是：

- ✓ Positioning our boat 安全艇站位
- ✓ Driving techniques 驾驶技巧
- ✓ Top tips for instructors 教练秘诀

Positioning: 安全艇站位：

安全艇最佳站位是哪里？这取决于教练想要达到什么目标：进行
Where is the best place to position the safety boat? This will depend on what the instructor wants to achieve. Do they want to have a conversation, give some direction, have input on the skill or give a demo? Let's look at a scenario:

交谈，给予指导，进行技能教学还是做示范？让我们看一个情景：

Scenario: 情景：

“We are responsible for a group of novice adults on their Introduction/Basic skills course. There is a fleet of six Pico's, the instructor is in a coach boat, the students are sailing across the wind on a sausage course tacking at one end, gybing at the other end. The instructor is helping them develop their tacking and gybing skills.

Where can the instructor place the teaching boat to have effective input and remain as safety cover for the group?

我们在进行成人初学者的一级课程。6艘Pico，一艘教练艇，学员在航行横风的香肠航线-在一侧推舵转向，另一侧拉舵转向。教练想要提升学员的转向技巧。

教练艇应该在哪里？既能保证有效教学又能保证团队安全看护？

Option 1

选项1:

Sit inside the circle and have input at either end

置于环形航线内，在任意一侧进行教学

Wind 风



Good for: Gives them a point to sail towards 设定航行目标点

优点: You can see into the boat and assess their technique 观察学员技术

You can control the length of the sausage 控制香肠航线的长度

Weakness: You can only have a short conversation 只能进行短时间对话

缺点: Safety boat is stuck inside if there is a problem elsewhere 时去处理问题
They are moving, concentrating on sailing 学员移动过程中注意力在航行上

平行于帆船驾驶，行驶中进行教学

Option 2: Drive parallel matching speed and instruct as

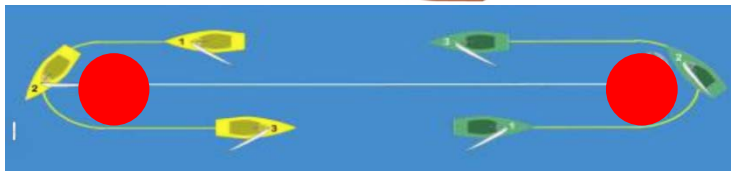
选项2:

we go along



position here 置于此处

Wind 风



or position here 或置于此处

Good for: You can control their direction 控制学员航行方向

优点: You can have a longer conversation as you go along 可进行更长时间对话

With the dinghy moving there is little sail noise 帆船航行中噪音较小

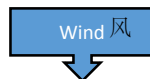
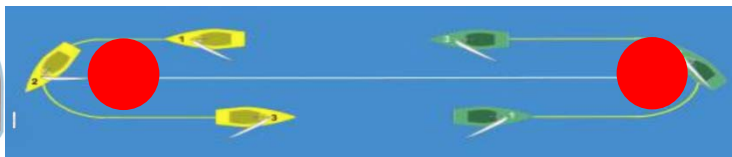
Weakness: Need good powerboat skills 需要较高水平机动艇技术

缺点: Engine noise could be a problem 发动机声音可能会造成影响

They need to concentrate, so limited input from instructor 他们需要集中注意力航行帆船，教练只能进行少量输入

Option 3: Stop at either end and instruct as they sail past:

选项3: 停在任意一侧，帆船经过的时候进行教学



Good for: Ability to move quickly if there is a problem 可以及时去处理问题
优点: You can see their technique and provide feedback 观察技能并进行反馈
You can turn the engine off whilst sat there 可关闭发动机

Weakness: You can only have a short conversation 只能进行短时间对话
缺点: You can only focus on one skill 只能集中于一项技术
You may distract the sailor's attention at a crucial moment
你可能在关键时刻影响水手的注意力

Option 4: Stop them, come alongside, hold onto them and have a

选项4: **coaching conversation** 让学员停船，安全艇靠近，抓住帆船进行对话



Good for: You are locked in and can have a good conversation 可以进行好的对话
优点: They can focus on you and what you are saying 他们集中注意力听你说话
You can ask questions and get answers 你可以提问并得到答案

Weakness: You are alongside and can't move away easily Flogging
缺点: sails could be a distraction when talking You could
focus on them and forget the rest of the group
靠在帆船边导致移动困难，飘动的帆干扰说话，你可能只注意到这个船只而忽略其他组员

Controlling the fleet when we launch or return to the shore by a very effective “Follow My Leader” plan.

利用“跟船”，可以在下水和回岸的时候进行非常有效的团队控制。

Wind 风



Good for: Controlling the fleet launching and recovery 控制团队下水和回岸
 优点: Put them on a point of sail 让他们航行各个航行角度
 Keeping the group together 保持团队集中

Weakness: You are stuck if there is a problem 不能及时脱身去处理问题
 缺点: You can only see and talk to the first boat 你只能看见并与第一条船对话
 You must have good powerboat skills 你必须具有很好的机动艇技能



A commonly used signal for follow My Leader (used when stationary)
 通常使用的跟船练习的手势信号（安全艇停下时使用）

When positioning the Safety Boat - THINK 安全艇站位的时候-思考

PLAN: 计划:

- *What do I want or need to do?* 我想要或需要做什么?
- *Shall I drive alongside, stop them, go to them?* 我应该让他们停船? 靠近他们?
- *Ask them to follow, come to me?* 让他们跟着我, 靠近我?
- *When you have decided - communicate plan to them* 制定计划, 告知学员
- *Whistle / Signals?* 口哨/手势信号?

APPROACH 接近:

- *Once you have decided, plan your approach* 制定计划之后, 规划接近方式
- *If going to them, drive slowly and think about the elements* 缓慢靠近, 保持思考
- *If they are coming to you, position boat so you make it easy for them* 如果他们靠近你, 将船停在易于接近的位置
- *Think wind and tide?* 考虑风和潮汐
- *If driving alongside, think speed, direction, escape and fingers away from edges.* 如果平行于船行驶, 考虑速度, 方向, 撤离以及手指远离边缘

MANOEUVRE 行动:

- *Putting your boat where you want it* 将船停在你想要的位置
- *Think steer before gear* 确保加油门前打方向
- *One hand steer/one hand gear, slow speed* 一手控方向/一手控油门, 慢速
- *Neutral is the favourite gear* 空挡十分有用
- *Use the elements if possible* 可能的话利用所处条件
- *Communicate* 保持沟通

ESCAPE 撤离:

- *Always have an escape plan/route* 总是准备撤离计划/路线
- *Are you going to abort them coming to you* 终止他们向你靠近的计划?
- *Are you going to abort going towards them* 终止你靠近他们的计划?
- *Once committed go for it, safely and effectively* 决定后, 就安全有效地去做

Top-Tips when teaching beginners: 培训初学者的秘诀:

For all groups: 针对整个团队:

- ✓ **KILL CORD – around leg where possible.**
安全绳-可能的情况下环绕大腿
- ✓ **Brief the plan and then confirm with group.**
简要介绍计划并和团队确认
- ✓ **Position yourself upwind where possible.**
可能的情况下停在上风位置
- ✓ **Have the safety boat on the water, before they launch.**
学员下水之前, 安全艇就位
- ✓ **Stay stationary unless going to them or going to a capsized boat.**
保持静止, 除非靠近他们或接近翻船的船只

Dinghy specific: 针对小帆船:

- ✓ **When approaching dinghy, keep fingers clear.**
靠近小帆船的时候, 小心夹伤手指
 - ✓ **When alongside, centreboard UP, kicker OFF.**
当靠船的时候, 稳向板提出, 斜拉器松开
 - ✓ **Go into the Secure position (see later in booklet, page 26).**
回到安全姿势 (稍后参见小册子, 26页)
 - ✓ **Furl jib if possible (reduce noise).**
可能的情况下卷前帆 (减少噪音)
 - ✓ **Keep safety boat across the wind this will stop the boom flapping across the dinghy.**
将安全艇置于与风成90度, 防止帆杆在船内飘动
- (Remember what you were taught on your Dinghy Instructors course)*
(记住你在小帆船教练课程中学到的知识)

Windsurfing specific (Top Tips): 针对帆板（秘诀）：

- ✓ **If coaching advice is being exchanged this can be best given with the safety boat alongside or close to the board** 交流教学建议最好是让安全艇在板旁边或者接近板
- ✓ **Ask the sailor to drop their rig the board will slowly pivot around the rig until it comes to rest downwind of the rig** 让水手把帆放下，板会自动转向帆的下风位置

Working with beginners: 培训初学者：

Usually, the coach boat is used to take beginners back up wind when they have ended up sailing or drifting downwind.
通常情况下，教练艇被用来将航行/漂到下风的帆板带回上风。

Use the 'put-across' method found in the Safety Boat Handbook (see later picture Page 15):

使用安全艇手册（参见第15页的图片）中的“横向放置”方法：

- ✓ **Approach to the mast tip (rig flat on water) with the safety boat facing the same direction as the board**
安全艇和板的方向一致，靠近桅杆顶部
- ✓ **Take hold of the mast tip. Stop the engine**
抓住桅杆顶部，关闭发动机
- ✓ **Instruct the sailor to sit on the board, arms and legs out of the water and raise the dagger board, if it has one**
指导水手坐到板上，保持手臂和双腿离开水面，如果有的话，提起稳向板
- ✓ **Keeping the rig low, draw it across and over the safety boat, drawing the board towards the boat as it goes**
保持帆低一点，横向放置在安全艇上，发动之后将板拉向安全艇
- ✓ **Once alongside, ask the sailor to step into the safety boat**
水平靠近之后，让水手到安全艇上

- ✓ **Position the sailor where they can best assist with holding the rig.**
调整水手的位置，让他们能更好地协助抓帆
- ✓ **Ensure that the boom is 'in' the boat if possible and the mast is facing into the wind.**
可能的话，确保帆杆在安全艇里面，桅杆对着风
- ✓ **Motor slowly back to a position upwind.** 缓慢回到上风位置
 - **Reverse this procedure to put the sailor back onto their board and the rig back into the water.**
反向运用以上操作方法，让水手回到自己的板上，帆回到水中

(Remember what you were taught on your Windsurf Instructors course) (记住你在帆板教练课程中所学到的知识)



Put-across method
横向放置方法

Top Tip - *You will learn a lot more about rescue and using a powerboat around boats etc on an RYA Safety boat Course .*

秘诀-在RYA安全艇课程中你会学到更多利用安全艇救援的方法。

CHAPTER 3: COACHING THE DINGHY AND WINDSURF MODULES 第三章：培训小帆船和帆板技能单元

AIM: 目标:

The aim of this section is to look at: 这个章节的目标是:

- ✓ Effective safety boat skills for the stopping skills modules (Dinghies) 适用于停船技能单元（小帆船）的有效安全艇技能
- ✓ Positioning the support/coaching boat effectively for Dinghy and Windsurf modules 培训小帆船和帆板技能单元中的有效站位
- ✓ Top tips for instructors both Dinghy and Windsurf 教练的秘诀
- ✓ Effective and suitable courses 有效和合适的航线

Seamanship / Day Sailing: 航海术/日间航行:

这些课程包括停船技能，抛锚，浮球，水上缩帆，全都在教练的控制下进行，
These sessions are all about stopping skills, anchoring, mooring, reefing afloat, all under control with the instructor supplying support, coaching and safety.
运用安全艇提供支持，教学和安全。

Positioning: 站位：

As a support/coach boat we are going to be stationary lots of the time, and when coaching we will want to go alongside and have a coaching conversation – ENGINE OFF.

支持/教练艇多数情况下保持静止，当我们想要水平靠近进行对话时-关闭发动机。

When we are wanting to go alongside a dinghy, we whistle, signal, STOP the dinghy and go either hove or lay to. When they are ready, we need to approach the dinghy, using the elements to best effect, remember the **Plan Approach Manoeuvre Escape rule**; then approach and go alongside.

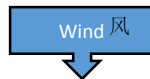
当我们想水平靠近帆船时，我们吹哨示意让他们反受风停船或飘帆停船。他们准备好之后，运用计划-接近-行动-撤离原则，接近并水平靠近帆船。

Progression: 进阶:

- ✓ Stop the dinghy, go hove to, or ask them to lay to (*sails flapping*) 让帆船停下，反受风停船或飘帆停船（帆飘动）
- ✓ Plan Approach Manoeuvre Escape, plan the route in 计划-接近-行动-撤离
- ✓ Come in on windward side (fenders if not in a RIB) 上从风侧靠近
- ✓ Sails flogging or jib furled 帆飘动或卷前帆
- ✓ Kicker **OFF**, centre board **UP**, when alongside 靠船时，斜拉器松掉，稳向板提起
- ✓ Lock them in by holding the shroud, get them to hold on too (*secure position – see page 26*) 抓住侧支索保持稳定（安全姿势26页）
- ✓ Now you can have a coaching conversation – BUT watch the drift and the rest of the fleet
现在可以进行教学对话，但注意漂流和其他组员



Jib furled if possible?
可能的话卷前帆？



Top Tips: 秘诀:

- ✓ Remember they are experienced sailors, get them to do as much as possible 记住他们是有经验的水手，尽可能让他们多做
- ✓ Set a holding area but control the return to beach/jetty/slipway 设置保持区域，控制返回沙滩/码头/坡道
- ✓ Set larger sailing areas, longer time for sessions 更大区域，更长时间
- ✓ For much of this coaching you may wish to attach the safety boat to an anchor line and pick up buoy so you generally have the sailors come to you but can easily slip the line if required.

针对这种类型的教学你可能希望将安全艇抛锚或者停靠在浮球上，通常情况下你会让水手靠近，在有需要的情况下你也可以迅速解脱。

Windsurfing: Intermediate/advanced: 帆板：中级/高级

Top Tips: 秘诀：

- ✓ Coaching is usually delivered from another board 通常用帆板教学
- ✓ Safetyboat is usually moored close by ready for safety support 安全艇一般都停泊在附近，随时可以使用
- ✓ A point of reference must be given for sailor to sail to and back from 需要给学员设置航行的目标点
- ✓ Courses should be large enough to allow the sailor time to perfect the skill 航线足够大，给水手充足的时间完善技能



Follow My Leader is effective with windsurfing too
跟船练习对帆板教学同样适用

- ✓ The sailor is probably the best person to handle the rig, so once they are in the boat, ask their advice 水手是处理他们帆的最佳人选，若他们在船里，问他们的意见
- ✓ If the 'rescue is over a longer distance, consider a 'de-rig' 如果进行长距离救援，考虑卸帆

CHAPTER 4: HIGH PERFORMANCE TECHNIQUES

第四章：高性能船只技巧

AIM: 目标:

The aim of this section is to look at: 这个章节的目标是:

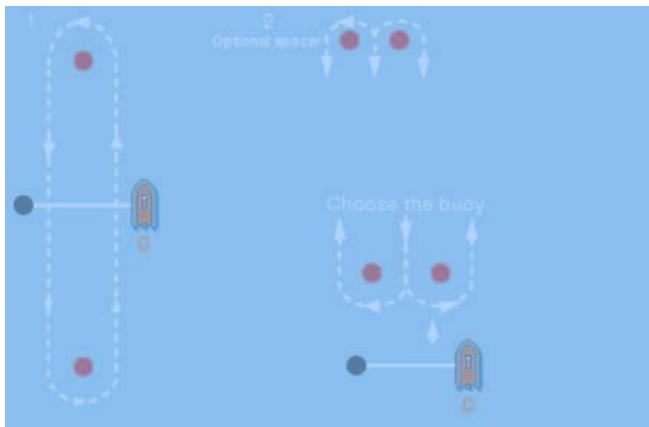
- ✓ Coaching faster moving dinghies/windsurfing
高速小帆船/帆板教学
- ✓ More advanced driving techniques
更多高阶驾驶技巧
- ✓ Top tips for positioning
站位的秘诀

Courses: 航线:

高性能小帆船教学要求我们布置更长的航线，也要求我们驾驶更有力的RIB, Coaching performance dinghies forces us to lay much larger courses, and instructors usually have to drive more powerful RIB's to ensure they can cover the ground between dinghies and get around the course.

保证我们能够看护到所有帆船和整个航线。

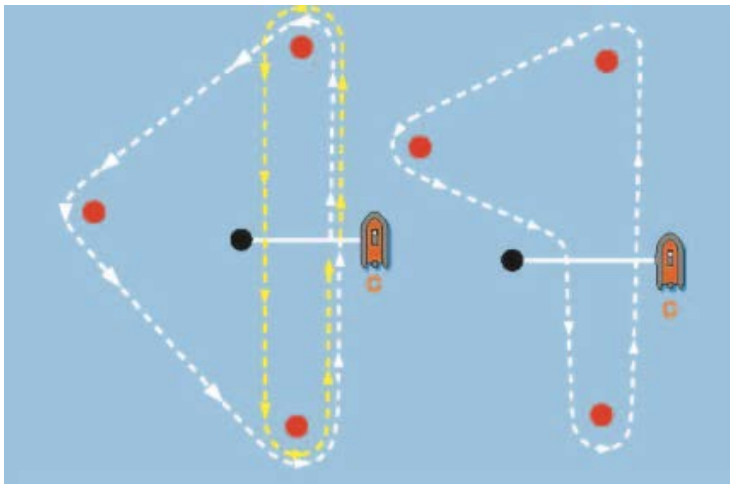
We traditionally lay long windward/leeward courses for asymmetric boats. 对于非对称球帆，我们通常布置长迎风/顺风航线。



A triangular course would be set for symmetric dinghies.

三角航线适用于对称球帆帆船。

Wind 风

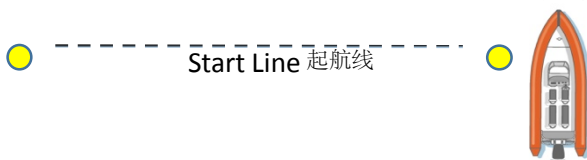


These configurations will allow the sailors to tack, gybe the boat, launch, gybe and recover the spinnaker, whether it is asymmetric or symmetric.

不论是非对称球帆还是对称球帆，这些航线可以让水手推舵转向，拉舵转向，升降球帆。

Starting: 起航：

我们可以通过移动任意一侧的标往上风或下风来调整起航线偏差



We can adjust the start line bias by moving the buoy upwind or downwind at either end of the line.

有时需要布置不同偏差的起航线。布标和移标是一项重要技能，在潮大的水域，保证安全艇顶风顶流也是一项重要技能。

There may also be a need to lay start lines with a varying amount of line bias. So laying marks and moving them is an essential skill as is keeping the safety boat on station into wind and tide, if on tidal water.

我们需要有意识地驾驶安全艇放标。当我们靠近浮标或船只时，需要意识到风和流等的状况，同时也需要注意水中是否有漂浮的绳子，防止它缠绕在螺旋桨上。

Driving to drop marks putting lines in the water means we need awareness. When we approach buoys or boats we need to be aware of the elements, wind and tide. We should also remain vigilant when approaching boats or marks for any ropes floating in the water which may tangle in the prop.

It is also usual that we remain free floating so we can react to the changing situation if boats capsize, or need a speedy response.

保持安全艇处于漂流的状态，也很常见，这样可以对翻船或要求速度的情况迅速反应。

Coaching: 教学：

To ensure we provide effective coaching at this level we need to watch their techniques, therefore we will have to:

针对这个水平的学员，为了确保有效教学，我们需要观察他们的技能，因此我们需要：

- ✓ Drive faster and closer 更快和更近驾驶
- ✓ Provide instructions and or coaching on the move
在移动过程中给出指导和教学意见

Coaching on the move is difficult for both the instructor and for the student. The students are concentrating on what they are doing, especially if they are learning a new skill, their focus will be in the boat and on the skill. The instructor has to raise their voice over the engine/wind noise and try to get their message over. So if moving, consider:

移动中教学对学员和教练都比较困难。学员集中精力在他们所做的事情上，

- ✓ Get them to hold their course and speed, then
- ✓ Give them a focus (sails, rudder, centreboard, etc)
- ✓ Use minimum words, think what to say prior to engaging

尤其是学习新技能的时候，他们更多注意船和技能本身。教练不得不提高音量，超过发动机/风的噪音，去传达信息。所以在移动过程中，需考虑：

- ✓ 让他们保持航线和速度
- ✓ 给他们一个集中关注的点（帆，舵，稳向板，等）
- ✓ 精简语言，提前思考说的内容

Positioning: 站位 :

为了确保在移动教学中我们处于最安全的位置，我们需要有效站位。我们想要/需要看他们迎风航行和顺风航行，为了尽可能保证安全，我们可以让他们做什么？

Let's look at what we can do to position our boat effectively to ensure we are in the safest position when we are coaching them on the move. We will want/need to see them both sailing upwind and downwind, so what can we ask them to do to ensure we are as safe as possible?

我们需要从他们的动作中看出他们什么时候要做以下操作-推舵转向，拉舵转向，升球帆，降球帆，是否接近方位线等。

We need to pick up on their movements in the boat as clues to when they are going to do a drill – tack, gybe, hoist, drop, are they close to the lay line etc .

我们必须加强意识，专注于他们的操作，我们需要有所准备，在他们做动作之前知道他们要做什么！

We must raise our AWARENESS and focus on their MOVEMENTS, we need to be prepared and think what they are going to do before they do it!

The fundamentals: 基本要点 :

✓ Sailors: 水手 :

- The sailors MUST stay focussed on sailing, concentrate on what they're doing 水手必须关注他们的操作
- Watch where they're going 眼睛看向他们要去的方向
- Agree signals and confirm at brief 知道手势信号的意思
- Listen! 听！
- Confirm understanding (Thumbs Up) 确认理解（竖拇指）

✓ Instructor in the coach boat: 教练艇上的教练:

- Match speed first, then position themselves 先调整速度，后站位
- Have a short exchange, highlight areas for improvement, give focus 短暂交流，强调提升关键处，保持关注
- When going alongside, stop them first, then you approach on the windward side 水平靠近时，先让帆船停下，然后从上风靠近
- Fingers clear – go alongside 注意手指-水平靠近时
- Depower the rig 帆卸力
- Engine off 关闭发动机

When moving, where can we position the support boat where we are SAFE and we can also see their techniques:

移动过程中，安全艇的站位也取决于哪里安全和技术内容：

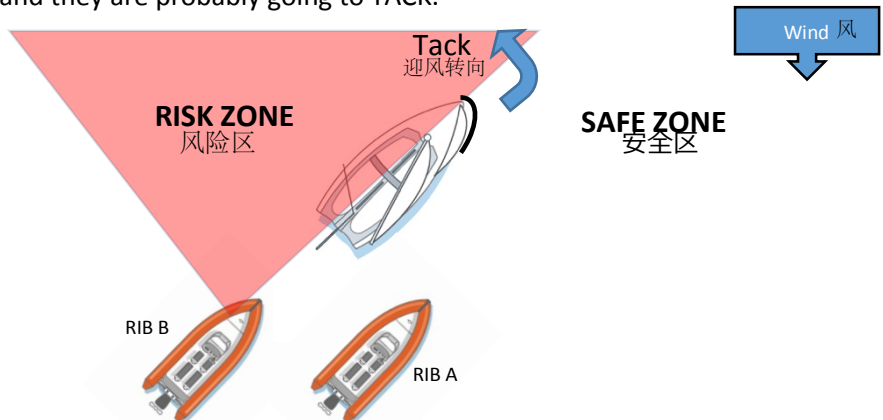
UPWIND: 迎风：

驶向下风区域并保持帆船船尾处于上风位置

✓ **DRIVE TO LEEWARD AND ASTERN UPWIND**

跟随迎风航行的船只，船员坐在船舷上，帆收紧，他们很有可能进行推舵转向。

Following a dinghy upwind, the crew is sat out, sails in and they are probably going to TACK.



RIB A-这个位置方便我们观察他们的动作，可以看到船内的状况和推舵转向动作，他们转向时，我们减速，调整到另一舷的相同位置。

RIB A - This position allows us to watch what they are doing, we can see into the boat and watch their tacking drills, when they tack, we slow down, re-position the boat and come in to the same position on the other tack.

RIB B - When following from behind you will have better visual of the sailor's techniques but any communication with the sailors will be ineffective. Also you must be aware and anticipate any manoeuvres the dinghy may do as you are directly behind the dinghy and closer to the Risk Zone.

RIB B-后方跟船的时候可能能更好的观察水手的技能，但是交流变得很低效。你必须关注和预判帆船的任何动作，而且更靠近风险区。

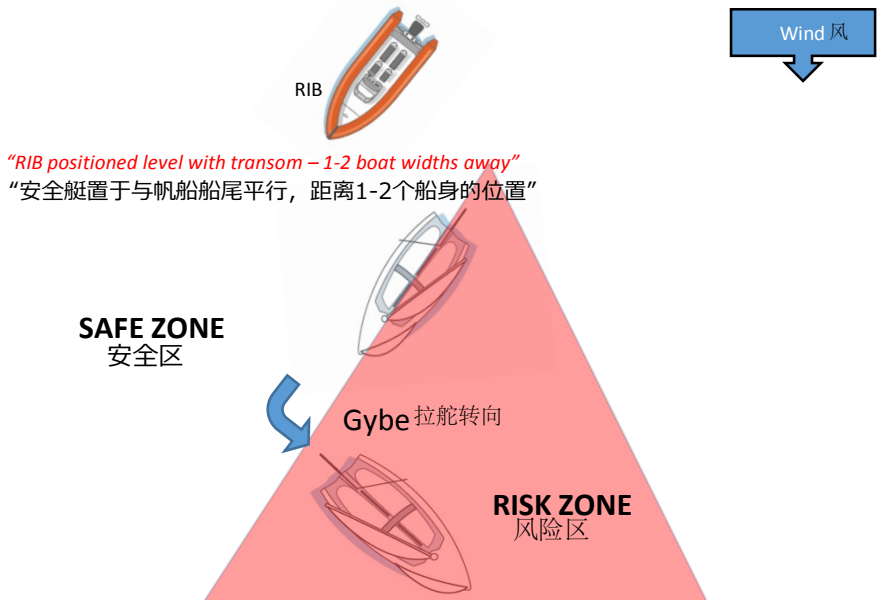
DOWNWIND: 顺风:

驶向上风区域并保持帆船船尾在下风位置

✓ **DRIVE TO WINDWARD AND ASTERN DOWNWIND**

跟随顺风行驶的船只，他们很可能进行拉舵转向，但是如果他们受力过大，我们得准备好他们向上风偏转:

Following a dinghy downwind they are probably going to
GYBE – BUT when they get overpowered, they may round up,
so be PREPARED:



这个位置可以允许我们观察他们的操作，拉舵转向/球帆技能，当他们拉舵转向的时候，我们减慢速度，调整到另一舷的相同位置。球帆航行时，遇到阵风时让

This position allows us to watch what they are doing, we can see into the boat and watch their gybing/spinnaker drills, when they gybe, we slow down, re-position the boat and come in to the same position on the other tack. When a gust arrives, get them to BEAR AWAY when flying the asymmetric spinnaker. On trapezing boats watch out for the “Tea-Bag” and boat capsizing to windward.

他们顺风偏转。对于有压舱钢索的船只注意“茶包”现象和向上风侧翻船。

CHAPTER 5: RACE TRAINING: 第五章：竞赛培训

AIM: 目标:

The aim of this section is to provide advice and top tips for:
这一章节的目标是为以下情况提供建议和秘诀:

- ✓ **Club Racing Coach Level 2 and Racing Instructors**
俱乐部二级竞赛教练和竞赛教练
- ✓ **Coaching the Zone Squads and above**
培训竞赛和训练小组及以上阶段
- ✓ **Coaching using video**
借助视频进行教学

It is unlikely that any race training above zone squad level will have a second crew in the coach boat. The coach is likely to need to manoeuvre their RIB in close quarters of multiple moving dinghies, so a high standard of driving and the need for good AWARENESS and ANTICIPATION is required.

对于竞赛和训练小组以上级别的培训，教练艇上有时候可能没有船员。教练需要近距离在许多移动的帆船中操作教练艇，所以教练需要具备较好的开艇技术和良好的意识和预判。

There may also be the need to stand when driving to provide a better view ahead, and allow a better position for video coaching. So we will need to make decisions about positioning ourselves as well as the coach boat.

有时为了更好的视野和更好的视频拍摄角度，我们需要在开艇的时候站起来。所以开艇时，不仅要思考救生艇的位置，也要思考自己的位置。

So if we stand – consider the following best practice:

站起来开艇的时候-考虑以下要点:

- ✓ **Ensure the kill cord is fitted securely** 确保安全绳牢固地绕在大腿上
- ✓ **Ensure we are safe to stand, with a firm base** 确保站立时是安全的
- ✓ **Ensure we can brace against something** 确保我们抓牢
- ✓ **Ensure we are in complete control** 确保救生艇完全在我们的控制之下
- ✓ **One hand steer one hand gear** 一手控方向，一手控油门
- ✓ **Maintain a safe speed** 维持安全的速度
- ✓ **Maintain a good look out for your wash/waves** 注意观察尾浪/海浪
- ✓ **Stand astride console, if fitted** 可以的话双腿分开站立在控制台的两侧

Coaching Zone Squads: 培训竞赛和训练小组:

It is very likely that you will be coaching multiple boats, helmed by sailors who may be new to having coaching from a RIB so good awareness and anticipation is required.

你很有可能培训许多船，舵手可能没有太多被安全艇培训的经验，所有需要良好的意识和预判。

Good coaching practice is to allow the sailors to discuss and consider their sailing and how they may improve so most talking with sailors should be done in the “secure position” with the sailing boat alongside the RIB with the engine off, the coach facing the sailors.

教学时需要水手讨论和考虑他们的操作以及如何提升，这需要在“安全姿势”下进行，安全艇水平靠在帆船上，关闭发动机，教练面对水手沟通。



Coaching using the “secure” position

教练运用“安全”姿势

Planing Sessions: 滑行课程:

A secure stable position for helming is required as you will be driving at high speed and standard good practice of communication and seating of any crew will be necessary. RIB positioning will mirror the section on coaching High Performance Dinghy's. Anticipation and preparation for 'what if' will be needed particularly when following closely behind a fast moving dinghy.

高速行驶的时候要求开艇人员保持安全平稳，也需要标准的沟通方式和船员保持稳定。在培训高性能小帆船的时候安全艇的站位会产生极大影响。因为需要紧密跟随高速航行的小帆船，你需要时刻对可能发生的状况行预判和准备。

When following boats at high speed it is preferable to only working with small numbers of boats, as closing speeds and angles boats may sail, mean good all-round awareness is required at all times.

跟随高速船只的时候最好控制船只数量，以相近的速度和航行角度跟随，并时刻保持对周边环境的关注。

Communication with the sailors when sailing in mainly ineffective so look to come alongside the dinghy for discussions.

正常航行时与水手的交流通常会比较低效，所以需要讨论的时候考虑靠船。

Non Planing Sessions: 非滑行课程：

Predominately the majority of slower boats coached will be single-handers and as a consequence you may be working with more boats. This requires a higher degree of all-round awareness as you will have boats who can manoeuvre with little or no warning and may be driving in very close proximity to the sailors.

多数情况下大量慢速船只为单人艇，所以你可能同时训练更多的船只。这需要你时刻关注周围，因为你的船只可能意识不到危险，可能和其他船只距离太近。

Coaching using video: 借助视频教学：

When videoing for coaching it is preferable to have a dedicated, and separate, helm and camera person.

拍摄教学视频的时候更可取的做法是分别有一个开艇人员和摄像人员。

It is the helm's responsibility to maintain the safety of the craft by observing the rules of the road, specifically all-round look out and safe speed.

开艇人员负责保持船艇安全，需要时刻注意航行规则，注意周边并保持安全速度。

Should the coach be alone in the powerboat, advances in video equipment enable options which allow hands-free videoing by using body, or boat-mounted cameras, leaving the driver free to concentrate on coaching, boat positioning and safety.

如果教练艇上只有一个教练，就需要改进摄像设备，解放双手，仅靠身体或者船上安装相机，保证教练将注意力集中在教学，安全艇位置和保持安全上。

Things to remember: 需要记住:

- ✓ Avoid panning or zooming 避免镜头摇晃和大幅调焦
- ✓ RIB position for shots you require. 安全艇位置适合拍摄
- ✓ Keep to the coaching points 保持在易于教学的位置
- ✓ Keep clips short 拍摄短片
- ✓ Commentary – beware if you are recording sound 解说-注意如果同时在录音
- ✓ Look after the lens (rain/spray/fingers/lanyards) 注意镜头 (雨/溅水/手指/挂带)
- ✓ Battery and memory card 电池和储存卡
- ✓ Use of an assistant 借助助手
- ✓ Try to avoid video bouncing in waves 试着避免视频随着浪剧烈摇晃

Coach Boat Positioning: 教练艇位置:

Where is the best place to position our RIB when filming?

拍摄视频的时候安全艇最佳位置是哪里?

When Coaching 'Tuning': 培训“调帆”时:



RYA

Filming positions 拍摄站位

- tuning 调帆



From ahead
• Jib luff
从船头
· 前帆帆前缘

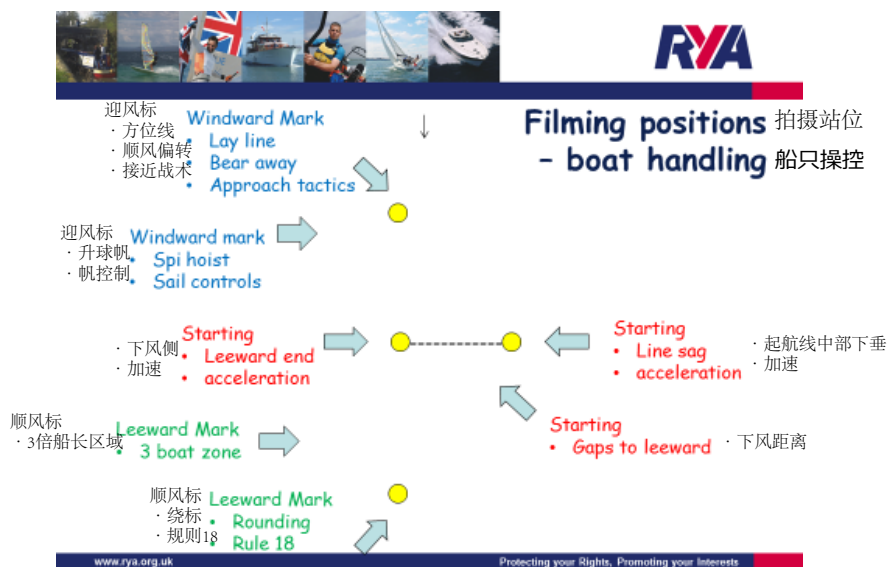
From leeward
• Jib slot
• Jib leech
从下风
· 前帆空隙
· 前帆帆后缘

From alongside
• Mast bend
• Trim
从侧边
· 桅杆弯曲程度
· 前后平衡

From astern
• Leech tension
• Boom position
• Balance
• Steering
· 帆后缘张力
· 帆杆位置
· 左右平衡
· 控舵

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When Coaching 'Boat Handling Techniques': 培训“船只操控技术”时:



Tidy Coach Boat: 整理教练艇:

When driving fast it is important to keep a tidy boat:

高速行驶的时候保持教练艇整洁非常重要:

- ✓ Inflatable marks may need to be tied in to the RIB as at speed they bounce out the boat

为防止充气浮球弹出艇外，我们需要将它们绑在安全艇上

- ✓ Anchors and warps neatly coiled for quick and efficient use

锚和锚绳整洁盘绕，以备快速和有效使用

- ✓ Stow anchors and warps aft of where you stand as any marks that bounces out a fast moving RIB will quickly move back through the RIB

将锚和锚绳放置在你所站位置的后方，浮标从高速行驶的救生艇弹出的时候会迅速地往后移动。

Helming Position when Coaching: 教学时开艇人员的位置:

Due to the advantage of much greater visibility and vision in to the boats you will be coaching, helms may often be standing when driving. This requires the helm to ensure that they are in a stable position with the ability to brace your body while driving. Purpose built coaching RIBs will often have walk through helming positions, with no or small seats and just back rest.

有时候为了更好的视线，行驶时开艇人员会站起来。这需要开艇人员保持身体稳定。通常特制的教练艇会为开艇人员设计行走的空间，还有靠背，但没有座位或者座位很小。

Useful RYA Publications: 有帮助的RYA出版物：

- ✓ G16 - RYA Safetyboat handbook RYA安全艇手册
- ✓ G12 - RYA Dinghy Advanced Handbook RYA小帆船高级手册
- ✓ G14 - RYA Dinghy Instructor Handbook RYA小帆船教练手册
- ✓ G19 - RYA Powerboat Instructors Handbook RYA机动艇教练手册
- ✓ G51 - RYA Windsurfing Intermediate Handbook RYA帆板中级手册
- ✓ G52 - RYA Windsurfing Advanced Handbook RYA帆板高级手册
- ✓ W33 - RYA Windsurfing Instructor Handbook RYA帆板教练手册