

### Part 1: Dinghy Instructor Course - single-handed endorsement

	AM	PM	Evening
Day 1	<p>Course intro &amp; admin Programme outline Roles and qualities of an Instructor Who teaches what/RYA Scheme<sup>(2)*</sup> Teaching theory – EDICTS (<i>Trainer: simple intro</i>) <i>Trainer: Considerations of Double handed method - overview and awareness</i> Plan-do-review S/H Teaching 'method' overview and presentation</p>	<p>Practical: Model demo (<i>Trainer: Model demonstration</i>) Single-handed method: (Session organisation: a) Trainer runs all sessions (inc. Land drills) with candidates as students, or b) Candidates run sessions, with Trainer playing a supportive, active mentoring role) <i>Trainer: End of session review, and summary of key areas for development.</i>  Recover boats &amp; equipment</p>	<p>Safe &amp; Fun<sup>(1)*</sup> <i>(Trainer: Presentation and associated material, see <a href="#">Training Support Site</a>)</i> Presentation theory and prep <i>(Trainer: Cover core theory)</i> Method session prep  Teaching from a PB<sup>(3)*</sup> (<i>Pre-course learning: <a href="#">Training Support Site</a></i>)</p>
Day 2	<p>S/H Method revisit: Candidates choose sessions. Candidates run sessions (Trainer provides supportive feedback/guidance through their sessions) Briefing presentation (<i>Trainer to deliver</i>) 'Further sessions' discussion session prep <i>(Trainer: 'Further Sessions' discussion/presentation prior to lunch, enabling lunchtime for candidates to prepare)</i></p>	<p>Practical: 'Further Sessions' <i>(Candidates deliver achievable/manageable sessions such as: Stage 2/3, Level 2, improving tacking/ gybing; sailing upwind; Seamanship skills - coming alongside, tight circles, picking up a mooring, sailing backwards, 5 Essentials, dry capsize, lee shore/ weather shore departure and recovery, FML</i>  Recover boats &amp; equipment Candidate 5 min presentation; 1 – 5 <i>(Trainer: Reduced in time to 5-10 mins)</i></p>	<p>Mid-course debrief  Session planning<sup>(4)*</sup> <i>(Trainer/Candidates refer to G14)</i> Session prep of day 3 <i>(Candidates prep during debrief)</i></p>
Day 3	<p>Moderation: Practical sessions <i>(Course Trainer: Sets up and controls moderation, inc. sessions to be delivered, what the moderator is doing: further sessions/land drills/recap SH method sessions)</i></p>	<p>Practical sessions: cont Recover boats &amp; equipment Final team de-brief, inc 'What happens next' Final individual debriefs Depart</p>	

\*Sessions listed <sup>(1)</sup> to <sup>(4)</sup> are not in a particular or set order, but must be completed during the 3 day course by the course coach. There may be other areas you may wish cover which are not listed but you feel will be of benefit to the students.

### Part 2: Two-day Double-handed Instructor Programme

	AM	PM	Evening
Day 1	<p>Welcome, course intro and admin</p> <p><b>Trainer</b> – Course programme outline</p> <p><b>Trainer</b> - Recap teaching methods and lessons from Part 1 Single Handed Course</p> <p><b>Trainer</b> - Centre and equipment formularisation</p> <p><b>Practical:</b> Land-drills</p> <ul style="list-style-type: none"> <li>• Tacking/Gybing (inc. Safety and positioning)</li> <li>• On water D/H Method sessions (candidate led sessions): Instructor position and laying to when changing helms; Basic Controls; Going about; Sailing to windward</li> </ul>	<p><b>Practical:</b></p> <p>D/H Method sessions - candidate led sessions</p> <ul style="list-style-type: none"> <li>• 5 Essentials</li> <li>• Sailing downwind</li> <li>• Gybing</li> </ul> <p><i>Recover boats and equipment</i></p> <p><b>Trainer led</b> - End of day group learning discussion</p>	<ul style="list-style-type: none"> <li>• Discussions/Recap briefing</li> </ul> <p><i>Trainer</i> –‘Further sessions’ issued for Candidates to prepare, such as:</p> <ul style="list-style-type: none"> <li>• Man Overboard</li> <li>• Capsize*</li> <li>• Reefing afloat</li> <li>• Pick up mooring</li> <li>• Coming alongside</li> <li>• Sailing backwards</li> <li>• Lee-shore departure and recovery</li> </ul> <p><b>Mid-course debrief</b></p>
Day 2	<p><b>Practical sessions:</b></p> <ul style="list-style-type: none"> <li>• D/H further sessions</li> </ul>	<p><b>Practical session (cont)</b></p> <ul style="list-style-type: none"> <li>• D/H ‘Further sessions’ cont’d</li> </ul>	<p><b>Wrap up</b></p> <ul style="list-style-type: none"> <li>• End of course final team de-brief</li> <li>• Individual de-briefs</li> </ul> <p><b>Depart</b></p>

\*Completed as either a group led session by Trainer or as a practical session led by candidates