

YMCA of Canberra Sailing Club



YMCA OF CANBERRA SAILING CLUB

JUNIOR SAILOR PERSONAL DEVELOPMENT

INTRODUCTION

There are two areas of sailing which we believe assist the personal development of junior sailors. These are the responsibilities associated with and experience gained through sailing (and particularly skippering) a boat and the responsibilities and experience gained through being an instructor.

SAILING AND SKIPPERING A BOAT

A junior sailor who is 10 years old and racing an Open Bic www.openbic.org.au/ (a one child boat) is responsible for complying with the racing rules of sailing, including deciding whether to race or continue racing if the weather deteriorates¹. Sail racing culture is that if you break a rule you admit it and take the appropriate penalty. Failure to do so, if proven, normally leads to disqualification for that race. Junior sailors are taught this culture, mainly through encouragement.

Junior sailors, particularly younger sailors, are always supervised on the water, but are encouraged to make their own decisions. This teaches practical risk analysis and risk management. For example, to check expected weather via a weather forecast. In particular it teaches that decisions have consequences.

As junior sailors gain experience they can enter coaching programs. These programs not only help them to develop their sailing skills, but also teach them how prepare and manage a program to achieve peak mental and physical performance at a regatta.

Our club pathway of crewed boats teaches people management and working together under stress. Good team work and crew work brings immediately visible rewards.

INSTRUCTOR PATHWAY

Many junior sailors, as part of growing up in sailing, assist on sailing courses run by their club. Some of these become Sailing Instructors, gaining qualifications as instructors from Australian Sailing. All Australian Sailing courses are competency based courses. That is, to qualify for the course certificate a candidate must meet the required competency levels. To ensure consistent standards across the country Australian Sailing runs a robust instructor training and standards program.

Australian Sailing courses are based on internationally agreed syllabuses. A number of our junior sailors have been employed in Northern Hemisphere sailing schools (which follow a very similar syllabus) in their gap year.

The typical instructor pathway is shown below.

¹ Racing Rules of Sailing Rule 4 “**DECISION TO RACE** The responsibility for a boat’s decision to participate in a race or to continue *racing* is hers alone.”

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Competent Sailor

Typically 11 to 13. Has at least an Australian Sailing level 3 certificate and sails regularly in Club races. Can be placed in boats with students to demonstrate sailing techniques. Helps out as directed.

Assistant Instructor

Must be at least 12. Will have:

- An Australian Sailing Assistant Instructor Certificate;
- An Australian Sailing level 3 certificate; and
- a Senior First Aid Certificate.

Will sail regularly with the Club and will probably be a member of a junior squad. Demonstrates sailing techniques, assists with lessons and helps out as directed.

Instructor

Must be at least 16. Will have:

1. An Australian Sailing Instructor Certificate
2. An Australian Sailing Powerboat Handling Certificate
3. An Australian Sailing Level 3 Certificate.
4. A Senior First Aid Certificate

Will have been sailing regularly and instructing with the Club for at least 3 years. Will have attended at least one Nationals regatta. Delivers both practical and classroom lessons. Mentors and directs junior instructors and competent sailors.

Lead Instructor

A lead instructor has the skills and experience to manage a course. Must be at least 18 and must be an Australian Sailing certified instructor. Conducts training courses in accordance with Australian Sailing and Training Centre standards, policies and procedures.

Chief Instructor

A contract position. Manages the Sail Training program for the Club.

SUMMARY

Our experience is that 18-19 year olds who have come through junior sailing programs are pleasant, confident, and cooperative young adults well equipped to enter the modern world. We teach them to:

- Have Fun
- Be Safe
- Be the Best Sailor You Can