

Assistant Sailing Instructor

Assists ISA Instructors in the delivery of courses within ISA Small Boat Sailing Scheme.

Course run by	ISA Senior Instructor (Sailing)
Maximum SI to participant ratio	1:6
Minimum number of participants	None
Course duration (minimum)	14 hours or 2 days
Course provider must be recognised by ISA to run	SBSS Improving Skills
Moderator required	No
Certificate valid	For 2 years from date of issue & only in organisation where issued (1 day validation required when used in different centre)
Pre-requisite requirements	
<ul style="list-style-type: none"> • Minimum age 15 years. • Hold one of the following certificates; Advanced Boat Handling, Kites & Wires 1, Adventure 1 or Go Racing 1. 	

Sailing Instructor (Dinghy)

CDPI - ASF Intermediate Instructor

Runs Taste of Sailing, Start Sailing, Basic Skills & Improving Skills in sailing dinghies

Course run by	ISA Instructor Trainer (Dinghy)
Maximum Trainer to participant ratio	1:8
Minimum number of participants	4
Course duration (minimum)	5 days 3 days for candidates with ISA Instructor qualification 2 days for candidates with Sailing Instructor qualification
Course provider must be recognised by ISA to run	SBSS Improving Skills in dinghies
Moderator required	On 5 day course
Certificate valid	For 3 years from date of issue
Pre-requisite requirements	
<p><i>All Courses</i></p> <ul style="list-style-type: none"> • Minimum age 17 years. • Dinghy Instructor Pre-entry assessment completed within last 12 months. • Valid Emergency Care Certificate from approved course. • SRC VHF Radio Certificate. • ISA National Powerboat Certificate (Level 2); <ul style="list-style-type: none"> ○ With certificate endorsed for both tiller & console controls. ○ With 20 hours power-boating logged following certification. <p><i>And for the...</i></p> <p><i>3 Day Course you must also hold</i></p> <ul style="list-style-type: none"> • Valid ISA Instructor qualification. <p><i>2 Day Course you must also hold</i></p> <ul style="list-style-type: none"> • Valid ISA Sailing Instructor qualification. 	

In order to qualify for entry onto an ISA Sailing Instructor training course you must successfully complete the appropriate 'Sailing Instructor Pre-entry Assessment'. This assessment ensures that you have the pre-requisite skills and knowledge necessary to teach up to Improving Skills in the ISA Small Boat Sailing Scheme.

The assessment has two parts. Part 1 is an assessment of your sailing skills. Part 2 is an assessment of your background knowledge.

The assessment must be conducted by an ISA SBSS Instructor Trainer. Details of who these are and how to contact them are published on the ISA website.

Keelboat Instructors must undertake the assessment in a boat fitted with spinnaker.

Dinghy and Catamaran Instructors must undertake the assessment in a boat fitted with spinnaker and trapeze

Spinnakers and trapezes must be used if conditions permit

If candidates are unable to attempt or complete any element of the assessment due to circumstances beyond their control such as disability, restricted mobility, age etc. they may apply in writing to the ISA Training Manager for dispensation from those elements.

Part 1 - Skills Assessment

You will be asked to complete the following tasks. While doing so you should demonstrate the ability to apply "The 5 Essentials" i.e. sail setting, balance, trim, centreboard and course sailed, to each task. The Assessor will be seeking to confirm that you can sail competently and confidently.

Through this section the term on the first attempt should not be taken to mean that you cannot make a seamanlike decision to break off at a reasonably early stage and try again. It means that once you have become committed to a task, it should be successfully completed.

The assessment must be conducted in a minimum wind speed of 11 knots and must be undertaken in a sailing dinghy, catamaran or keelboat depending on the type of instructor course that it is required for.

Sail around a triangular course

You will be asked to sail around a triangular course. Each leg of the course will be at least 400 meters long.

During this you will be expected to;

- Demonstrate that you can apply the five essentials at all times.
- Demonstrate that you can closely round a mark without touching it.
- Demonstrate that you can allow for any tide / currents if present.
- Demonstrate that you can use all of boats equipment to best advantage including spinnaker.

Sail around Triangular course without a rudder (dinghies & keelboats only)

You will be asked to sail the same course as previously, but without a rudder.

During this you will be expected to;

- Demonstrate that you can sail the boat around the course without noticeable difference from sailing with a rudder.
- Demonstrate that you can maintain proper control of the boat on all points of sailing as well as while tacking & gybing.
- Demonstrate that you can make the necessary adjustments to sail area, sheeting arrangements, & centreboard position.
- Demonstrate that while sailing without a rudder, that you can maintain proper awareness of other water users and take proper avoiding action if necessary.

Note that you will not be penalised for reefing the boat if conditions are such that it would be seamanlike to do so.

Sail a tight circular course

You will be asked to sail a tight circle around a stationary but free-floating boat. The circle should be as small as you can safely make it. However, the assessor will accept that in doing this, you may have to leave the centreboard in one position.

During this you will be expected to;

- Demonstrate that you can sail a smooth circle within a radius of three boat lengths of the Assessor's boat.
- Make only one tack & one gybe during the circle.
- Maintain appropriate sail trim and boat balance / trim at all times.

Sail a 'follow my leader' course

The course may include all points of sailing and may be behind another sailing boat or behind a powerboat.

During this you will be expected to;

- Maintain a constant distance of approximately one boat length between you and the boat in front.

Part 1 - Skills Assessment (continued)

Pick up a Man-Overboard dummy

You will be asked to drop off and then pick up an MOB dummy. The dummy will be of sufficient weight so as to

represent a person in the water.

During this you will be expected to;

- Stop the boat dead in the water when you pick up the dummy.
- Pick up the MOB at the windward shroud.
- Not tack while you pull the MOB on board.
- Not need more than one attempt to pick up the MOB.

Lee-shore landing and departure (dinghies & catamarans only)

You may be asked to demonstrate a lee-shore landing & departure.

During this you will be expected to;

- Use the correct sail plan (jib only if necessary).
- Land in a controlled fashion.
- On departure, clear the shore successfully in a controlled way on the first attempt.

Anchor or pick up a mooring – wind against tide

You may be asked to either anchor or pick up a mooring in a wind over tide situation.

During picking up a mooring you will be expected to;

- Use the correct sail plan.
- Stop the boat dead in the water next to the buoy.
- Pick up the mooring on the first attempt.
- Keep the boat under control once the buoy is on board.

During anchoring you will be expected to;

- Use the correct sail plan.
- Anchor in the area designated by the Assessor.
- Anchor successfully on the first attempt.
- Keep the boat under control once you have anchored.

Come alongside a moored boat, wind against tide

You may be asked to come-alongside in a wind against tide situation.

During this you will be expected to;

- Maintain complete control of the boat during the approach.
- Stop alongside the boat at the first attempt.
- Remain in control of the boat once you are alongside.

Recover a capsized dinghy and sail away (dinghies & catamarans only)

You will be asked to recover a capsized dinghy and then sail it away.

During this you will be expected to;

- Successfully right the dinghy without external help in a calm and controlled manner.
- Need only one attempt to recover the boat.
- Recover the crew and yourself into the boat and sail away while maintaining control of the boat at all times.

Reducing sail while underway (keelboats only)

You will be asked to change headsails and reef the mainsail while underway.

During this you will be expected to;

- Maintain control of the boat at all times.
- Reef the sails in a manner that allows them to be set to best effect.
- Ensure the safety & security of crew.
- Execute the changes in a timely and efficient manner.

Part 2 – Assessment of Background Knowledge

Method:

The assessment may be in the form of;

- Oral interview with the Assessor.
- Written answers / calculations done during the assessment using ISA assessment papers and ISA Training Chart 1.

Candidates may order an Instructor Pre-entry pack from their Training Centre or the ISA online shop at www.sailing.ie. Candidates must provide their own stationary, calculators and navigation instruments.

Subject	Method	
Sail & mast controls	Using a three sail boat the sailors will be asked to identify any of the boats sail & mast controls, describe how it might be used, and if possible, demonstrate on the boat the effect that control has.	Main sail - Halyard, Cunningham, Out haul, Vang, Battens, Main-sheet, Traveller Telltales. Jib - Halyard, Sheets & Sheeting angles, Telltales. Mast - Rig tension, Rake.
Pilotage	The sailor will be asked to; <ul style="list-style-type: none"> • Identify their position on a chart • Measure distance & predict progress • Having been given two points on a chart the sailor should be able to 	Having been given compass bearings and / or transits the sailor should be able to plot a position fix onto a chart. Measure the distance between two points on a chart. Identify how long it would take to travel the two points at a given speed. Plot a course between the two points onto the chart, convert this course to a course to steer by applying the appropriate variation.
Chart symbols	The sailor will be asked to identify a number of common symbols and features from a chart.	Latitude & longitude, Depth contours, Tidal diamonds, Rocks, Drying areas, Port & Starboard Lateral marks, North, East, South & West Cardinal marks, Special marks, Isolated danger mark & Safe-water mark.
Tides	For a primary port, the sailor will be asked to predict the depth of water at a given time and place.	Given a position on a chart, a time and a set of tide tables for a primary port the sailors should be able to calculate the depth of water at that point.
	For a position on the coast or in a channel adjacent to a primary port the sailor should be able to estimate the time and direction of maximum and minimum tidal flow.	Given a position on a chart, a set of tide tables the sailor the sailor should be able to estimate the time and direction of maximum flow and time of minimum tidal flow.