Advanced Instructor Pre - entry Assessment

	Advanced Instructor Pre-entry assessment	Kites & Wires Instructor Pre-entry assessment	Adventure Instructor Pre-entry assessment
Kites & Wires Instructor	✓	✓	
Adventure Instructor	✓		✓
Racing Instructor	✓		

To be completed by all candidates wishing to enter onto the following Instructor Training Courses;
- Kites & Wires Instructor.
- Adventure Instructor.
- Racing Instructor.

This assessment determines whether instructor candidates have the necessary skills and knowledge to deliver the Advanced Boat Handling course in the ISA Small Boat Sailing Scheme. While elements of the assessment may appear similar the Sailing Instructor assessment, candidates at this level are expected to demonstrate a consistent level of competency in more challenging conditions.

Dinghy and catamaran sailors must complete the assessment in a three sail boat with trapeze. Keelboat sailors must use a spinnaker.

The assessment must be conducted in conditions where the average wind speed is between 16 and 27 knots.

Skills Assessment

Sail around a triangular course
You will be asked to sail around a triangular course set with a downwind (sausage) leg. 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.
- Use roll tacks / gybes.
- 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. Dinghy and catamaran sailors must use a trapeze.
- Where conditions are suitable, get the boat onto the plane and sail effectively while on the plane.

Sail around triangular course without a rudder (dinghies & keelboats only)
You will be asked to sail a triangular course 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. You are expected to use spinnaker & trapeze if conditions are deemed suitable by the Assessor.

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. During this you will be expected to;
- Demonstrate that you can sail a smooth circle within a radius of two boat lengths of the Assessor's boat.
- Make only one tack & one gybe during the circle.
- Use roll tacks and roll gybes in strong winds.
- Make optimal use of boat controls in order to maximise boat speed.
- 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 power-boat. During this you will be expected to maintain a constant distance of approximately one boat length between you and the boat in front.

Advanced Instructor Pre - entry Assessment

Pick up a Man-Overboard dummy
You will be asked to drop off and then pick up a lifesized MOB dummy. The dummy will be of sufficient weight and size 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 MOB.
- 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.

Assessment of Background knowledge

Rigging & Tuning
You will be expected to rig the boat you are using for the assessment and in doing so use all appropriate controls optimise the boat for the conditions during the assessment.

You may be asked to demonstrate and explain the use of any of the following controls, effects or indicators in optimising the boat for a particular set of conditions (wind & sea state);

- Kicker, outhaul, cunningham, chocks/mast ram, mast bend, mast rake, spreader angle / length, Barber haulers, main sheet travellers, jib and main telltales, foils.

	Advanced Instructor Pre-entry assessment	Kites & Wires Instructor Pre-entry assessment	Adventure Instructor Pre-entry assessment
Kites & Wires Instructor	✓	✓	
Adventure Instructor	✓		✓
Racing Instructor	✓		

Adventure instructor pre-entry

To be completed by all candidates wishing to enter onto the Adventure Instructor training course.

This assessment determines whether instructor candidates have the necessary skills and knowledge to deliver the Adventure 1 and Adventure 2 courses in the ISA Small Boat Sailing Scheme. While elements of the assessment may appear similar the Sailing Instructor assessment, candidates at this level are expected to demonstrate a consistent level of competency in more challenging conditions.

Dinghy and catamaran sailors must complete the assessment in a three sail boat with trapeze. Keelboat sailors must use a spinnaker.

The assessment must be conducted in conditions where the average wind speed is between 11 and 27 knots.

Skills Assessment

Close quarter manoeuvring
You will be asked to sail the boat into a selection of the following situations. In doing so you are expected to demonstrate good judgment, and skill with respect to sail plan, preparation & crew briefing, approach, manoeuvring, securing the boat, awareness of and consideration for other water users;

- Alongside moored boat, alongside hove to boat, alongside pier or jetty, alongside marina berth (finger type), onto slipway, onto open beach, anchor.

Lee-shore landing and departure (dinghies & catamarans only)
You will be asked to land on a leeshore at a specific point identified to you and then leave using a kedge anchor. 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.

Tow another boat
You will be asked to tow another sailing boat around a triangular course (including up / downwind sausage). While doing so you will be expected to;

- Set up tug and tow correctly.
- Communicate effectively with crew of both boats.
- Make efficient progress while demonstrating appropriate use of 5 essentials.

Assessment of background knowledge
Meteorology;

- Frontal weather associations, cloud formations, wind shear, fog formations, synoptic chart interpretations, barometer predictions, Beaufort scale on sea state identifications, depression progression.

Tidal heights
You will be asked to, for a secondary port, either;

- Identify the height of tide for at a given date & time .
- Identify the time at which the water will be a given depth.

Course to steer
You will be asked to plot a course to steer for a passage on a given date & time. You are expected to take into account the effects of tide, leeway, compass deviation & variation.

Position fixing, estimated position & dead reckoning
You will be asked to plot;

- A fix from given compass bearings and or transits.
- An estimated position given course steered and conditions.

Chart symbols and abbreviations
You will be asked to identify the following on a chart;

- Wrecks, rocks, obstructions, marks, depths heights, variation, distances, positions.

Ropework
You will be asked to explain the use for and tie any of the following knots;

- Bowline, sheet bend, fishermen's bend, clove hitch, rolling hitch.

Boat repairs
You will be presented with damaged boat, spar or sail and asked to describe how you would effect a temporary and permanent repair.

Kites and Wires instructor Pre-entry

	Advanced Instructor Pre-entry assessment	Kites & Wires Instructor Pre-entry assessment	Adventure Instructor Pre-entry assessment
Kites & Wires Instructor	✓	✓	
Adventure Instructor	✓		✓
Racing Instructor	✓		

To be completed by all candidates who wish to enter onto the Kites & Wires Instructor training course.

This assessment determines whether instructor candidates have the necessary skills and knowledge to deliver the Kites & Wires 1 and Kites & Wires 2 courses in the ISA Small Boat Sailing Scheme. While elements of the assessment may appear similar the Sailing Instructor assessment, candidates at this level are expected to demonstrate a consistent level of competency in more challenging conditions.

Dinghy and keelboat sailors must complete the assessment in a three sail boat using both symmetric and asymmetric spinnakers.
Catamaran sailors need only use asymmetric spinnakers.
Dinghy and catamaran sailors must use trapezes.

The assessment must be conducted in conditions where the average wind speed is between 11 and 21 knots.

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.

Rigging

Candidates will be asked to rig the boats for use, including trapeze and both types of spinnakers from a mast down state. Keelboats keep mast up.

Sail around a triangular course

As both helm and as crew, you will be asked to sail around a triangular course each leg of which will be at least 400 meters long.
While doing so you will be expected to;

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

Sail around a triangular course with helm on trapeze

You will be asked to sail the same course as above but this time with the helm on the trapeze. If the boats used are twin wire boats and conditions allow, this assessment and the one above must be completed at the same time.

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

You will be asked to recover a capsized dinghy which has its spinnaker up 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.