



ISA Dinghy, Keelboat and Catamaran Instructor Pre-entry Assessment

In order to qualify for entry onto an ISA sailing instructor-training course you must successfully complete the appropriate 'Instructor Pre-entry Assessment'.

This assessment ensures that you have the pre-requisite skills and knowledge necessary to teach up to Level 3 in the ISA Small Boat Sailing Scheme.

The assessment itself reviews those skills and knowledge covered in The Improving Skills course (Level 3) and The Advanced Sailing Skills Course (Level 4) of the Small Boat Sailing Scheme.

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

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

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.

When undertaken in dinghies the assessment will be conducted in a three sail dinghy with trapeze.

When the assessment is undertaken in keelboats spinnakers must be used if conditions permit.

Details of all programmed ISA Instructor Training Courses are available on the ISA's website www.sailing.ie

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ISA Sailing Instructor Pre-entry Assessment

Part 1 - Skills Assessment

You will be asked to complete the following tasks. While doing so you should demonstrate the ability to apply 'the Five Essentials' ie. 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 a committed to a task, it should be successfully completed.

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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 if conditions are appropriate.

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 assessors 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 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.

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.

ISA Sailing Instructor Pre-entry Assessment

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.

ISA Sailing Instructor Pre-entry Assessment

Part 2 – Assessment of Background Knowledge

This part of the Instructor Pre-entry assessment will assess the knowledge, understanding and skills necessary to become an Instructor teaching up to “Improving Skills” in the ISA Small Boat Sailing Scheme.

Method:

The assessment may be in the form of;

1. Aural interview with the Assessor.
2. Written answers / calculations done during the assessment.

Original copies of ISA Training Chart 1 (Baltimore – Crookhaven) will be used for all of the assessment / calculations where a chart is required. Tables used will be from the the ISA Training Almanac. Sailors must be informed of this prior to the assessment to allow them to familiarize them selves with the chart.

The assessor will provide sufficient charts and Almanacs. Candidates must provide their own stationary, calculators and navigation instruments.

Subject	Method	
Sail & mast controls	Using a three sail boat normally fitted with a trapeze 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, Cunnigham, Out haul, Vang, Battens, Main-sheet, Traveller Telltales. Jib - Halyard, Sheets & Sheeting angles, Telltales. Mast - Rig tension, Spreader length & angles, Mast ram / chocks, Rake.
Compass	The sailor will be asked to; Take a course to steer from a chart and apply it to a compass Plot a magnetic bearing onto a chart	Having been given two points on a chart the sailor should be able to plot a course between the two points onto the chart, Convert this course to a course to steer by applying the appropriate variation and deviation from the compass card provided. Having been given three compass bearings the sailor should be able to plot a position fix onto a chart.
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 either; Predict the depth of water at a given time and place. Predict the time at which the water will reach a particular depth at any given time or place. 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 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. Given a required depth at a position on a chart and a set of tide tables for a primary port the sailors should be able to calculate the time at which the water will be at the depth given. Given a position on a chart, a set of tide tables and a set of tidal charts the sailor the sailor should be able to estimate the time and direction of maximum flow and time of minimum tidal flow.

ISA Sailing Instructor Pre-entry Assessment

Subject	Method	
Collision Regulations	<p>Using either an aural interview, written questions or models the sailor will be asked to;</p> <p>From colour pictures, identify a number of common navigation day marks and described their relevance to sailors.</p>	<p>Port & Starboard Lateral marks, North, East, South & West Cardinal marks, Special marks, Isolated danger mark & Safe-water mark</p>
	<p>Correctly identify who has priority and correct action by stand on vessel in a number of simple scenarios.</p>	<p>Sail v's sail Port / starboard, overtaking, windward / leeward Sail v's power meeting vessels, overtaking, restricted manoeuvrability Power v's power meeting vessels, overtaking, towing.</p>
Weather	<p>During an aural interview;</p> <p>The sailor will be asked to describe the prevailing weather patterns and effects for a period of 2 days prior to the assessment.</p> <p>The sailor will be asked to provide a synopsis of the expected weather for the day of the assessment and describe how it might be expected to affect the sailing area used for the assessment.</p> <p>The sailor will be asked to describe the cause of, effects of and features of at least two common weather conditions / features.</p> <p>The sailor will be asked to identify two types of cloud from colour photographs</p> <p>The sailor will be asked to describe identify the prevailing wind speed and direction.</p>	<p>Sea breeze, Radiation Fog, Sea Fog, Thunderstorms, Line squalls, Warm front, Warm sector, Cold front, Cold sector, Occluded fronts, Depressions, Anti cyclones.</p> <p>Cirrus, Cirrostratus, Altostratus, Altocumulus, Stratus, Cumulus, Cumulonimbus, Nimbostratus, Fractostratus, Stratocumulus.</p>
Ropework	<p>The sailor will be asked to tie and describe the appropriate use for three knots</p>	<p>Reef Knot, Bowline, Clove hitch, Round turn & two half hitches, Sheet bent and Rolling hitch, Figure of eight.</p>