



Banbury Sailing Club



ASSISTANT INSTRUCTOR

Course

Friday evening,
all day Saturday &
Sunday
March 12th–14th

£10

Sail training is one of the Club's great success stories. Both the RYA Start Sailing courses and the Junior Sailing programme run to capacity. These activities depend on the support of Club members. We need more Assistant Instructors.

The role of the Assistant Instructor is to assist qualified instructors to teach beginners up to the standard of the National Sailing Certificate, level 2, and the Start Sailing Stages of the Young Sailors Scheme.

The AI will be made familiar with the RYA method for teaching beginners so that they present the information in the right order i.e. joyride, upwind, downwind etc. and with correct technique for centre and aft main tacking and gybing, the five essentials and some other stuff, including capsizing drill.

Bring a packed lunch. Tea/coffee will be available all day. A nominal charge of £10 will be made to cover the *Dinghy Coaching Handbook* and incidental expenses.

Since places on the course are limited ensure your place by contacting Joan Taylor: joangeorgetaylor@aol.com