



YACHTING NEW ZEALAND

COACHING TOOLS

Revalidation Master Coach Modules

Master Coach (Activity 8; Volunteer for a Sailability coaching session)

There are numerous Sailability programmes around the country for sailors with disabilities to get out sailing. Auckland has Sailability Auckland based in Westhaven.

(To find your local sailability regional [click here](#))

Attend a sailing session, help with rigging the boats, briefing sailors, getting the sailors in and out of the boat. Join the coach on the water as they run a series of drills.

Write a 1-2 page review of your volunteering session. Comment on how the session is different dealing with disabled sailors compared to your usual coaching sessions.

Explain how one of the boats is adapted to allow the sailor to sail the boat effectively.

Now send in your revalidation activity

1. When you finish this task email your overview to gareth@yachtingnz.org.nz
2. Ask the person in charge of the Sailability session to write an email confirming your help for the session.



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Once this has been received, you will be accredited as a coach for another 4 years at the same level, but with the title of master coach. This process is free of charge we just want to see that you are further developing as a coach and providing your sailors with the best possible information.