



## **Yachting New Zealand Open Book Assessment**

### **RPL Coach Assessment**

This assessment requires you to do the same assessment as the course, in your own time using the information given to you when you applied for the RPL process.

#### **Race Coach Assessment**

##### **Assessment Outline**

1. Complete a lesson plan for a complete session.
2. Include a DVD of you coaching the above session
3. you will be assessed on your ability to;
  - o Communicate with your athletes.
  - o Use of clear and understandable instructions.
  - o Ability to set safe boundaries for the session taking into account the needs of the group and the conditions.
  - o Ability to relate a range of learning styles into the session.
  - o Appropriate use of terminology for the group.

Note. Show how you have interpreted the course content and integrated it naturally into your own coaching style.

#### **Regatta Coach Assessment**

##### **Assessment Outline**

1. Complete the 9 month program exercise from the 'effective coaching' section  
Or  
Submit the program that you have developed and are currently using in your sailing program.  
(Must be a 6 month program minimum)
2. Complete a risk analysis and management system and submit
3. Undertake a self assessment that includes at least one form of external assessment from a coach as agreed by the Coach Development Manager for YNZ or the facilitator of your course. Submit self assessment and a copy of your personal development plan for the next year.

#### **Performance Coach Assessment**

##### **Assessment Outline**

Assessment ideas for HP course;

1. Coach must coach at an open international regatta of either grade 1 or similar or world championship level and then write report referencing course modules.
2. Facilitate a formal discussion with international sailors or coaches on a high performance subject of your choice as discussed with the Coach Development Manager.
3. Discussion should last between 35 minutes to an hour.
4. Discussion should involve a presentation with a variety of media etc.