



## LEARN TO SAIL COACH



The Learn to Sail Coach course is our entry level coaching course for all ages. Whether you are a young sailor wanting to give back to the sport, a parent wanting to know more or the Learn to Sail programme co-ordinator for your club, this is the course to get you started. There is also room for development in the Learn to Sail coaching pathway (see below), and the ability to reach 'Master' status through continued commitment to coaching yachting and striving to improve and learn for the benefit of the yachting community you are involved with.

### On completion of the Yachting New Zealand Learn to Sail Coach course, a coach will be able to...

- Competently teach the Learn to Sail Level 1 (Start... Sailing!) and Level 2 (Sailing... Fast!) programmes as set out by Yachting New Zealand
- Introduce the sport of sailing to others in a fun and safe environment
- Manage risks and promote safety on and off the water
- Show competence in practical aspects, including sailing, powerboat and coaching elements

### How long does it take?

Typically the Learn to Sail Coach course is run over a weekend, totalling around 16 hours or over two weeknights and one full day.

### Prerequisites required

- Be a member of a Yachting New Zealand affiliated club or organisation (if not you may still do the course if there is space, but you won't receive any formal certificate)
- Completion of the online Coaching Yachting 101 module
- Competent in sailing dinghies
- Some powerboat experience (the Yachting New Zealand Club Safety Boat course is a good place to start)
- There is no minimum age for the course, but the qualification awarded will reflect upon the coaches' current age and/or ability to coach.

### Learn to Sail Coach Pathway

**Buddy LTS Coach** - for the under 15's that cannot legally drive a powerboat by themselves (this law may change depending on where you live, e.g. Wellington harbour is 16 years of age)

**Assistant LTS Coach** - for all under 18's or the over 18's that need to work on a particular practical aspect



**LTS Coach** - over 18's recognition of competency in all practical aspects required and can have a buddy or assistant LTS Coach

**Master** - The long serving LTS coaches. Recognition of long term coaching at this level, and experience in running several Yachting New Zealand Learn to Sail programmes, and mentoring buddy, assistant and LTS coaches

### Modules Covered

Effective Session  
Safety

Communication  
LTS Modules

Drills and Games

### Assessment and Fees

The assessment is as follows:

- Sailing (demonstrate competently sailing a dinghy using the correct techniques showing good boat handling skills)
- Powerboat (demonstrate competently handling a powerboat safely and instruct effectively from a powerboat)
- Coaching (give a practical presentation, teaching a skill from Level 1 or 2 of the Learn to Sail Dinghy Programme)

The course cost is \$150. Payment is required before the course commences and before your certificate is sent out to you.