**Example Coaches Day**

9am – Icebreaker Activity – For example, Two truths and a lie, Personality quiz, learning style quiz, play a game from the backpocket games list

9:30am – Lesson Plans, contingencies, and what to teach and when, plus briefing & debriefing info, contingency plans

10:30am – Demonstrate a lesson

11am - Activity – ie. Prickly or Tickly, Broken Telephone Rigging version, Blindfolded obstacle course

* Then debrief activity

11:30am – Safety – Coach Boat procedures (MOSS) and VHF protocol

12pm – Lunchtime

12:30pm – Create a theme day activity (or write a fun lesson plan, create a new sailing game, etc)

1:30pm – Emergency Action Plan

2pm – Game/Activity

2:30pm – General Yacht Club policies

3pm – Debrief day