



## SAILING COACH ACTION PLAN 2009/ 2010

### Introduction

The purpose of the Coach Action Plan for sailing is to identify key areas of coach education, and allocate the relevant funding to each of them. There is a need for each club in the Highland area to have access to qualified dinghy and powerboat instructors, as well as access to experienced and qualified racing coaches. This will allow for continued club development, and increased opportunities for sailing activity.

<b>Clubs in the Highland area</b>	
Loch Morlich S.C.	Loch Broom S.C.
Nairn S.C.	Lairg S.C.
Plockton S.B.S.C.	Chanonry S.C.
Lochcarron S.C.	Pentland Firth Y.C.
Cromarty S.C.	Gairloch S.C.
Skye S.C.	Lochaber Y.C.
Invergordon B.C.	Sutherland S.B.C.
Glencoe BC	

### Criteria for funding

Instructors and potential instructors across disciplines who are based in clubs, who commit to delivering two years of training within their clubs, and who can clearly demonstrate the benefits of accessing funding to support their personal development.

Funding available to support 10 applicants for Coaching Highland Scholarships - £3300

### 2009/ 2010 SUPPORTED COURSES

<b>Course name</b>	<b>Number of people supported</b>	<b>Criteria prior to attending</b>	<b>Funding allocated</b>
Assistant Instructor	5	No minimum age but maturity required Level 2 certificate with one advanced module To be applied for by club running such training	£250
Dinghy Instructor	4	Level 2 powerboat certificate Valid First Aid certificate Pre-entry personal sailing skills assessment Either membership of the RYA or pay admin fee Minimum age – 16	£600
Senior Instructor	2	Safety Boat certificate	£400

		Dinghy Instructor certificate Valid First Aid certificate Admin fee or RYA membership Minimum age - 18	
Advanced Dinghy Instructor	6	Criteria to be clarified	£600
Powerboat Instructor	2	Level 2 powerboat certificate/ safety boat certificate Pre-entry powerboat skills assessment Valid First Aid certificate RYA membership or admin fee Minimum age – 18	£300
Level 2 Racing Coach	1	Level 2 powerboat Valid First Aid Completed CV of racing Attendance at one national championship	£150
Shore-based Instructor	1	Dayskipper theory as minimum	£150
First Aid Instructor	1	Valid First Aid certificate RYA instructing qualification	£150
Coaching Highland & Gaidhealtachd Sailing Coach the Coaches Day	20	To have an interest in developing coaching and instructing skills across disciplines	£600
		<b>TOTAL ALLOCATED</b>	<b>£3200</b>

### Conclusion

By supporting activity in this way, it is hoped that club development will be sustainable, and that access to the sport of sailing in the Highlands will be increased.