



# Technical Courses for Coaches

## Organisational Guidebook

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# Aims

The goal of the Technical Courses for Coaches (TCC) is to establish a standardised World Sailing Coaching System. Using an agreed syllabus for each level, these courses aim to educate and develop coaches in MNA's that do not have a coaching pathway already in place, ultimately benefiting the sport and its participants.

Technical Courses for Coaches are delivered by World Sailing appointed Coach Developers, who's aim is to educate instructors and coaches across three levels:

- Level 1 – Sailing Instructor**
- Level 2 – Club Race Coach**
- Level 3 – Performance Coach**

## Languages

Coach Developers can deliver Technical Courses for Coaches in several languages:

- English
- Spanish
- French
- Portuguese
- Arabic



# Benefits of the Technical Courses for Coaches



Revitalises and encourages interest in coaching through training.



Produces well-educated coaches who understand the sport's needs, local context, and essential coaching skills.



Establishes a support structure for ongoing education and development.



Promotes a professional approach to coaching at all levels.



Incorporates modern information and training methodologies.



Ensures a high standard of coaching quality.



Implements a robust registration system for tracking and accountability.



Provides sailors with opportunities for a continued career in the sport after their competitive careers.

# Course Scheme

**Level 1**


**Sailing Instructor**

Level 1 Course covers all the skills for a candidate to be able to teach someone how to sail.

**Candidates:**  
Confident sailors who wish to pass on their knowledge.

**Modules include:**


- Instructing from a Powerboat
- Teaching ashore
- Session planning
- Risk Assessments
- Demonstrations.

**Quota:** Max 15 participants.

**After the course,** the candidates will know how to:

- Run a Learn-To Sail programme
- Run a sailing centre
- Manage other instructors
- Maintain a safe sailing environment.

7 day course

**Level 2**


**Club Race Coach**

Level 2 Course teaches coaches all about the first steps in competitive racing.

**Candidates:**  
Coaches who wish to take their sailors further and teach them how to compete.

**Modules include:**

- The role of a coach
- Regatta planning and management
- Developing your coaching philosophy
- Practical training exercises.

**Quota:** Max 15 participants.

**After the course,** the candidates will gain better understanding of:

- Tactics & Race Strategy
- Safety
- Goal setting.

7 day course

**Level 3**

**Performance Coach**

Level 3 Course aims to prepare coaches for working in a performance environment or with sailors on a performance pathway.

**Candidates:**  
Club Race Coaches who wish to coach sailors at national and international level competitions.

**Modules include:**

- Psychology
- Periodisation
- Safety
- International competition management.

**Quota:** Max 15 participants.

**After the course,** the candidates will have a better understanding of:

- Performance mindset
- Athlete-centred coaching
- Fitness & Nutrition.

5 day course

# Funding Courses

## Olympic Solidarity



Technical Courses for Coaches can be funded through your National Olympic Committee, using Olympic Solidarity funding. This funding makes courses accessible to all Member National Authorities (MNAs) and their participants by covering all the course costs, including those of the Coach Developer.

When preparing a budget for an Olympic Solidarity application, include clear and accurate cost estimates to cover all necessary expenses. List of items to include:

- Coach Developer's accommodation, meals and local travel costs.
- Accommodation for national coaches/participants if they need to travel to the course.
- Daily lunches for participants.
- Classroom hire cost.
- RIB rental and fuel cost (2-3 boats).
- Equipment rental – small number of dinghies is required (4 - 6 boats) and any rent costs associated.
- Marketing materials: banners, t-shirts etc.

For more information on Olympic Solidarity [click here](#).

## Alternative Funding

Technical Courses for Coaches (TCC) can also be funded privately. Courses can be requested by World Sailing MNAs and the MNA would cover the costs for the Coach Developer attending and running the course, as well as all local costs.





# Step-by-step Guide

## to successfully organise a Technical Course for Coaches (TCC)

### 1 Get organised

Planning a course ahead of time will play a key role in determining how effective and successful the course will be. It is important to open lines of communication with your National Olympic Committee (NOC) and think about the following:

- **Which Course Level** would be the most suitable for your team of coaches or your MNA as a whole?
- **Time of year:** What are the typical sailing conditions during this time of year? Since the course includes both classroom sessions and on-the-water activities, favorable conditions will enhance participants' learning experience and make the course more effective.
- **Location:** Where is the venue located? What classroom facilities are available at the venue? Is there an accommodation nearby where the coach developer and participants can stay at during the course?

### 2 Get in touch with the World Sailing Development Team

Communication is another key part for a successful course. Reach out to the World Sailing Development Team at World Sailing at [training@sailing.org](mailto:training@sailing.org) at least **3-6 months before the course start date** and they will be able to help answer any questions.

### 3 Secure funding for the course

Contact your NOC to request the application through Olympic Solidarity (OS). It is crucial to connect with the World Sailing Development Team to support the application process. At this point, World Sailing will appoint the Coach Developer to the course, ensuring that they match the needs of your course (considering the language requirements and to minimize travel costs). **The deadline for submitting the application through OS is 3 months before the intended start date of the course.**

### 4 Work with World Sailing Development Team

Once the application is approved, the next step is to arrange the logistics for the Coach Developer who has been appointed. World Sailing will book the travel to the country for the Coach Developer, and as the hosts you are responsible for ensuring the arrangements for the accommodation and meals are in place for the course.

### 5 Communicate and promote the course

The MNA is responsible for selecting appropriate participants for the course. It is crucial to carefully choose individuals who will contribute significantly to the development of sailing in your country.

We strongly encourage prioritising gender equity in your selection process and ensuring that the participant quota for the course is respected.

### 6 Prepare documentation

World Sailing Development Team will supply templates for venue information, participant forms, and an emergency action plan. Once these documents are completed, they must be submitted to World Sailing **no later than two weeks before the course start date.**

### 7 Communication with Coach Developer

The Development Team will introduce you to the Coach Developer who will deliver the course. The Coach Developer may ask for additional details to help with course preparation, such as information about sailing conditions in your country, typical weather conditions, available equipment, and the venue or facilities.

### 8 Support course delivery

To support successful course delivery, ensure that adequate facilities and equipment are available. Regularly check in with the Coach Developer to see if they require anything else to improve the course's efficiency.

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