

Sailing Instructor

7 day
course

Overview

The **Level 1 Technical Course** is designed to equip confident sailors with the fundamental skills required to teach others how to sail. This course focuses on delivering engaging, safe, and effective Learn-to-Sail experiences, with an emphasis on planning, communication, leadership, and on-water instruction techniques.

Participants will gain both theoretical and practical tools necessary to run Learn-to-Sail programs, manage a sailing centre, and lead instructional teams in a safe and inclusive sailing environment.



Participants

This course is suitable for sailors who:

- Are confident in their own sailing ability and wish to pass on their knowledge.
- Want to lead safe and inspiring Learn-to-Sail sessions.
- Aspire to work within or manage a sailing centre.
- Are ready to develop leadership and instructional skills in sailing.

Objectives

Upon completion of the **Level 1 Technical Course**, participating instructors will be able to:

- Run an effective Learn-to-Sail programme.
- Teach sailing both ashore and afloat.
- Manage other instructors and deliver training through structured session plans.
- Ensure the maintenance of a safe, inclusive, and fun sailing environment.
- Instruct diverse groups.

Structure

The Level 1 Course is a **7-day course**, consisting of:

- Theory sessions.
- Practical on-water and on-land instruction.
- Powerboat-based coaching training.
- Risk management planning.



Topics covered

	TOPIC	DESCRIPTION
THEORY SESSIONS	Sailing Skills and Fundamentals	Focuses on building core skills by learning the 5 fundamentals of sailing and tracking progress using sailor logbook and crew guide.
	Safety, Risk and Emergency Planning	Provides a deep understanding of how to stay safe on the water by planning for risks and prepares instructors on how to respond to emergencies on the water.
	Instructional Techniques and Session Delivery	Teaches how to structure, plan, and run sailing sessions using different teaching methods and clear communication.
	Powerboat Use and Fleet Management	Teaches how to safely and effectively manage groups of sailors on the water using a powerboat.
	People Management and Inclusive Instruction	Looks at different leadership styles and how to adjust teaching to fit the needs of sailors with different skills and abilities.
	Sustainability in Sailing	Focuses on eco-friendly practices and how to encourage sustainability in sailing activities.
PRACTICAL SESSIONS	Powerboat and Safety Practices	Focuses on learning how to safely operate a powerboat and how to handle a capsize situation to keep everyone safe on the water.
	Rigging and Preparing for Sailing	Teaches how to set up and prepare a sailboat for use, covering all the necessary steps for rigging and getting the boat ready to sail.
	Sailing Techniques: Basic Manoeuvres	Teaches key sailing skills like tacking, turning into and away from the wind, and sailing upwind (beating) to improve manoeuvring on the water.
	Sailing Techniques: Advanced Manoeuvres	Focuses on learning how to perform gybes, both on land and on the water, to control the sailboat when changing directions with the wind.
	Teaching and Learning Techniques	Teaches effective ways to instruct and help others learn, including techniques for teaching on land and using games to make learning fun and engaging.
	Practical Sailing Sessions and Exercises	Gives hands-on experience with first sail, followed by practice runs and exercises to improve sailing skills and confidence.

