



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



## Sport: Sailing

Discipline:

Context: Instruction – Beginners

Program Title: Learn to Sail – White Sail Coach

Participant age group: 11+

Estimated number of participants: 12,000 per year

Age range of coaches: 16+

Estimated number of coaches: 350 per year

Date of conditional approval: June 16, 2008

Official launch date (both official languages): May 16, 2008

### Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Provide Support to Athletes in Training	T	E
Analyze Performance	T	E
Design a Sport Program	T	
Support the Competitive Experience		
Manage a Program	T	
Act Professionally	T	E

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

Make Ethical Decisions may be accessed through the P/T delivery system.

### Training Description:

There are two parts to the training: the CYA Fundamental Coach Course and the Learn to Sail Coach Clinic.

Fundamental Coach Course - This is a 2.5 to 3 day course, which provides the theory base necessary for professional sailing coaches. This course covers the following modules: Introduction to Coaching & Professionalism, Make Ethical Decisions, Provide a Safe Environment, Teaching & Learning, and Planning a Practice. All Learn to Sail (LTS) coaches must complete this training prior to attending a LTS clinic.

#### Learn to Sail Coach Clinic

This 3 day practical course delivered by the Provincial Sailing Associations includes:

- Coach boat positioning
- Skill/Drill Progressions
- Developing practice plans for on-water lessons
- Managing a LTS Program
- Planning a Course Curriculum
- Detection & Correction
- Conducting structured on-water practice sessions

Successful completion of LTS Coach clinic including assessment in the following safety criteria will enable the coach to receive “trained” status and conduct LTS programs awarding CYA certificates in his/her club.

- Operate a coach boat
- Run a practice session managing risk
- Act in a professional manner

### **Evaluation Description:**

Evaluations are conducted by the Provincial Sailing Associations either through evaluation clinics or visits to the candidates clubs. Each evaluation is expected to take up to ½ day to complete. Candidates are observed teaching a land lesson and conducting an on-water practice session for White Sail participants. Prior to the observation, candidates submit a practice plan for an on-water session as well as an EAP to the Evaluator.

### **Learning Facilitator & Evaluator Training:**

In order to facilitate national implementation in 2008, Master Learning Facilitators/Evaluators were trained at a national workshop after which they in turn trained current Instructor Evaluators in their provinces in the new programs. Beginning in 2009, one or more national LF/Evaluator workshops will be held annually to train candidates from each province in order to maintain a national standard. This workshop is typically conducted over 4 days.

### **NSO Contact Information**

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### **3 most innovative features of your program:**

1. There is one clinic for the training of coaches for both the Instruction – Beginners (White Sail) & Instruction – Intermediate Performers (Bronze Sail) contexts, but separate context-specific evaluations are required.
2. Three Competition – Introduction NCCP multi-sport modules are integrated into the CYA Fundamental Course; a requirement for all CYA coaches.
3. A one page final evaluation form was developed along with accompanying rubrics to simplify the evaluation process for the evaluators.

<b>OUTCOME</b>	<b>CRITERIA</b>	<b>Multi-sport module</b>	<b>Integration</b>
Make Ethical Decisions	Use an ethical decision-making framework	MED module if coach cannot complete this at the Fundamental Course	Yes
Plan a Practice	Plan appropriate drills/activities for land & water		Yes
	Design an Emergency Action Plan		
Design a Sport Program	Plan a White Sail I, II or III course curriculum		Sport-specific
Analyze Performance	Detect skill errors		Sport-specific
	Correct skill errors		
Provide Support to Athletes in Training	Provide a safe environment on land & water		Sport-specific
	Coach a structured land lesson		
	Coach a structured on-water session		
	Use effective interventions & teaching methods		
Manage a Program	Communicate athlete progress to athlete & parents		Yes
Act Professionally	Coach in a professional manner		Sport-specific