

Norfolk Broads Yacht Club



Dinghy Instructor Training Instructor Sailing Pre-Assessment

Prior to being accepted to participate in the Dinghy Instructor Course, you will be required to complete a pre-entry sailing assessment.

The assessment criteria are set by the RYA, and all Instructor candidates are asked to demonstrate the same skills. The pre-assessment will be conducted at NBYC in double handed RS Vision sailing dinghies.

You will be asked to demonstrate the following:

1. Sailing a triangular course.
2. Sail a tight circular course. You will need to circle less than three boat lengths' radius around a stationary boat, making only one tack and one gybe, with sail trim suited to the manoeuvre.
3. Sail a 'follow my leader' course, speeding up and slowing down and maintaining a constant distance from the boat in front.
4. Pick up a Person Overboard dummy. The boat must approach the dummy under control and be stopped in the water as you pick up the dummy at your Windward Shroud.

You may also be asked to complete some of the following, paying attention to the Five Essentials, control and communication.

- Sail rudderless (or with rudder in place and the tiller on loose elastic). Sail a triangular course, demonstrating control and effective sail trim/balance.
- Lee Shore Landing and Departure, using the correct sail plan.
- Pick up a mooring or anchor. Boat should be stopped next to the buoy, and the buoy picked up first time.
- Coming alongside a moored boat. You will need to approach under control and stop alongside on the first attempt.
- Recover a capsized dinghy and sail away.

If you have any questions about the Pre-Assessment, please contact chiefinstructor@nbyc.co.uk.