

Professional Watersports Instructor Training



Stithians Outdoor & Active Nr Falmouth, Cornwall

www.swlakestrust.org.uk 01209 860301



Outdoor
+ Active



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1 The Watersports Industry

The watersports industry offers exciting and varied opportunities for qualified instructors which could be part of a long term career plan, gap year or career break.

In order to gain employment as a watersports instructor you are required to hold professional qualifications. These are recognised national governing body instructor awards through the Royal Yachting Association (RYA) and the British Canoe Union (BCU). The high quality of RYA and BCU training will be recognised wherever you work in the world, from a local watersports instructor to a captain of a super yacht, these qualification will give you infinite career opportunities.



For those who are passionate about watersports and are keen to pass on their knowledge, the possibilities are boundless, from working at a beach club in Greece to living on a ship or working as a dinghy instructor in Devon.

On successful completion of this course the candidate will have gained sufficient qualifications to be able to apply for the position of watersports instructor throughout the world. Below are just a few examples of the possibilities open to you:

Canoe/Kayak instructor – USA

Make a splash in the USA by working as a Canoe/Kayak instructor. You will get the opportunity to enjoy the most amazing, fulfilling and challenging time you can imagine!

Paddle sports Instructors – UK, France & Italy

We are currently recruiting Paddle sports Instructors to deliver taster activity sessions to children and adults across our centres in the UK, France & Italy. If you are a BCU level 2 trainee coach, or the new UKCC level 1 coach, you can lead activity sessions.

Dinghy Instructors – Devon

Want to live on a ship and teach sailing in a unique, professional but fun environment? Qualified RYA Dinghy Instructors required for the 2009 season. Long and short term positions available.

Watersports Instructors – Greece

We are seeking Watersports Instructors to provide exciting dinghy and/or windsurfing courses for beginners and intermediates at our Beach Club in Greece.





2 The Training

An outline of the course



This is an intensive professional instructor course starting in October 2012 and lasting for nineteen weeks, which aims for students to graduate with three globally recognised instructor qualifications in dinghy sailing, windsurfing and kayaking. These qualifications allow the successful student to gain employment in the watersports industry worldwide. The course is based at Stithians Lake, near Falmouth, Cornwall and teaches the foundation skills of powerboat handling and first aid, leading to the basic disciplines of windsurfing, dinghy sailing and kayaking. The course then concentrates on improving skills and concludes with the instructor course for each discipline. There will be off-site kayaking trips and coastal sailing so qualifications can be coastally endorsed.

Included in the course fee:

- Training
- Use of Buoyancy aids, windsurf harness, kayak spray deck & basic spray tops
- Exam fees and log books
- Use of kit at weekends for the duration of the course





Sample Course Programme

Week	Discipline	Training
Week 1	Powerboat Level	The powerboat level 2 course enables the student to develop the necessary skills to operate a powerboat independently.
	RYA First Aid at Sea	The first aid course gives a basic grounding in how to deal with a medical emergency
	VHF Operators	Correct use of VHF Radios
	BCU 1 Star	This gives the student the basic paddle skills to move the boat in all directions, do a capsize drill and prepare and check their equipment.
Week 2	RYA Intermediate Windsurfing Non-Planing. Re-cap students current skills	Using the Fast Forward coaching formula, this section of the course deals with improving the student's board handling skills, using a harness and getting going in stronger winds. It also covers the beach start and non-planing carve gybe.
Week 3	BCU 2 Star – 2 Days	This course enables the student to fine tune the basic skills learned in BCU1 and to learn rescue techniques and support strokes that build towards the Eskimo roll. Consolidate L2 Skills and work on new skills.
	RYA Level 2 Dinghy Sailing – 3 Days	This course provides a basic understanding of boat handling techniques and background knowledge. On completion the sailor will be capable of sailing without an instructor on board in light winds and be able to rig their dinghy themselves.
Week 4	BCU 2 Star Skills + River Trip 2 Days	Rescue skills, consolidation, and local river trip.
	RYA L3 Sailing 2 Days	Improve L2 skills, introduce different elements and different boats.





Week 5	BCU Kayak/Canoe Skills 3 Days	Canoe/Kayak Skills consolidation
	RYA Sailing Seamanship Skills 2 Days	This covers the practical boat handling skills for every day sailing such as reefing afloat, anchoring and boat handling in confined spaces.
Week 6	BCU Kayak/Canoe Skills 2 Days	Canoe/Kayak Skills Consolidation, planning a river trip.
	RYA Windsurfing	Practice session, improving technique
	RYA Sailing 2 Days	Use of spinnakers and multihull sailing
Week 7	BCU Foundation Safety Test + River Trip 2 Days	Safety and rescue skills test, river trip.
	RYA Windsurfing Practice	Improving techniques.
	RYA Safety Boat Course	Two day safety boat course providing students with the knowledge to rescue water users in a variety of situations.
Week 8	Coastal Dinghy Sailing and powerboat driving	Consolidate all skills in a coastal environment; learn practical aspects of operating from a coastal location.
Week 9	Day Skipper Theory + practical	RYA Day Skipper Theory and practical Students will gain knowledge of charts, tide tables, navigational devices and meteorology. They will be able to demonstrate this knowledge in planning a day's cruise in coastal waters.
Week 10	RYA Day Sailing Coastal	Plan and complete a day sail in dinghies.
	BCU Consolidation/Practice	Extra practice time before Christmas break, instructor course introduction.





Week 11	Instructor Course Prep/presentation Skills Dinghy Sailing Instructor Course Pre assessment.	Presentation skills, practical assessment of your sailing skills by an RYA Dinghy Coach Assessor, Introduction to the Instructor course.
Week 12	RYA intermediate planing	This is the second section of the intermediate windsurfing course. It concentrates on developing harness technique and getting the board planing in stronger winds. There is also an introduction to the foot straps. Instructor course preparation, simulator work and demos.
Week 13	Improved gybing and technique/instructor course preparation	Students will build up blasting control and confidence. Lower volume boards will be used in a variety of conditions. Instructor course preparation, simulator work and demos.
Week 14	Windsurfing Instructor Course	RYA Start Windsurfing Instructor This course teaches the student communication and presentation skills, group management and safety as well as increasing practical and theoretical knowledge of the sport. The course culminates in the instructor qualification which enables the successful student to teach beginner windsurfing.
Week 15	RYA Dinghy Instructor Course Preparation	Looking at the different aspects of coaching from presentation to demonstrations





Week 16	Dinghy Instructor Course	RYA Dinghy Instructor This course teaches the student communication and presentation skills, group management and safety as well as increasing practical and theoretical knowledge of the sport. The course culminates in the instructor qualification which would enable the student to teach dinghy sailing to Seamanship Skills level. 5 Days
Week 17	Kayak Instructor Course Preparation	Looking at the different aspects of coaching from presentation to demonstrations
Week 18	Kayak Instructor Course	BCU Level 1 Coach The BCU Coaching Pathway is made up of five levels. These levels reflect the experience and expertise of the coach. Level 1 provides an entry to the pathway and enables you to teach level 1 kayaking/canoeing.
Week 19	Catch up week	To catch up on anything missed and to allow for bad weather. This week can be used at anytime during the course.





Qualifications

Dinghy Sailing	RYA Level 2 Dinghy Sailing
	RYA Level 3 Sailing
	Seamanship Skills
	Sailing with Spinnakers
	Pre-entry Assessment
	RYA Dinghy Instructor
Windsurfing	RYA Intermediate Windsurfing Non-Planing
	Beach Start Clinic
	RYA Intermediate Windsurfing Planing
	RYA Start Windsurf Instructor
Kayaking	BCU 1 Star
	BCU 2 Star
	BCU Level 1 Coach
	Canoe Safety Test
Powerboating	RYA Powerboat Level 2
	RYA Safety Boat Certificate
Yachting	RYA Day Skipper Theory
	RYA Day Skipper Practical
Instructor Pre-requisites	First Aid
	VHF Operators Certificate
Also Included	Log books and exam fees





3 Why choose Stithians?



Stithians is a picturesque lake set in West Cornwall. Its location makes it perfect for watersports due to the low surrounding grounds and clean winds that make it renowned within the windsurfing community. The centre is open all year and runs a very busy programme of activities catering for school groups, a thriving junior club, sailability sessions, birthday specials, RYA courses and individual tuition.

Greenbank Falmouth Amateur Rowing Club, one of only two sliding seat clubs in Cornwall, is based at Stithians and welcomes new members to take part in racing and social sculling/rowing on the lake.

With over five and a half miles of bank, walkers and bird watchers can enjoy the peaceful surroundings and bird hides. Fly fishing for trout is well catered for with season and day permits and boat hire available from the centre.

In 2005 the Watersports Centre was completely rebuilt with the help of Big Lottery funding and the new facilities are second to none in Cornwall. With all the latest equipment and Stithians Watersports Centre is an ideal learning environment and with all the latest equipment this makes it the perfect place to train for a career in the watersports industry.

One of the benefits of being in Cornwall is the vast amount of other activities to do in your spare time. Within close proximity of the centre is fantastic mountain biking country, not to mention the UK's premier jump bike track in nearby Portreath. There are some fine hang gliding and rock climbing sites and of course a great many surf/windsurfing beaches to choose from including Gwithian beach with its 3 miles of golden Cornish sand and consistent, quality waves suitable for all levels.

The coastal town of Falmouth, about 4 miles away, is a lively community with its pubs, clubs and growing art/media college at Tremough campus. The Stannary at Tremough Campus has become one of Cornwall's largest, most exciting, popular live-event venues and has hosted concerts featuring an impressive list of established and up-and-coming musicians and performers.

http://www.ents24.com/web/venue/34438/Falmouth/The_Stannary.html





4 Frequently asked questions:



Q) Do I need any previous watersports experience?

A) Yes you need to have RYA Level 1 or equivalent experience in windsurfing and sailing. This is so everyone starts at an equal level. If you don't already have these we will be running both courses the week before the start of the course at an additional cost of £250. The courses will take four days and then you are welcome to use equipment for a day to get some additional practice before the course starts. This will give you an opportunity to become familiar with the centre and explore the local area. Alternatively you can go to another RYA centre to complete these courses.

Q) Do I need any specialist equipment?

A) A winter Wetsuit and boots are the only equipment you need to start the course. We can provide all the rest of the equipment needed such as a buoyancy aid, windsurf harness and spray tops however you may wish to purchase additional waterproofs etc. Most people build up their personal equipment gradually as they go, depending on their needs. We are able to offer a starter package at a reduced rate.

Q) After the course where can I get a job?

A) The course is designed so that the successful candidate will have all the qualifications necessary to start their career in the industry. South West Lakes Trust has five watersports centres across the South West and candidates can apply to work with us over the summer or we can try to help with advice on working for other companies. Having a qualification in watersports it is possible to get jobs world wide and many choose to work abroad for their first few seasons to build their experience and see new places.





Q) How much of the course is practical, on the water sessions?

A) The majority of the course is practical but there are some classroom sessions to cover the theory which Instructor candidates need to get their qualifications and further their knowledge of the sport.

Q) How many students are there in a course group?

A) Numbers are limited to six per group to allow plenty of individual tuition.

Q) Do I need any academic qualifications to enroll on the course?

A) No. There are no academic qualifications needed for enrolment. Many students find it a great opportunity to do the course in their gap year and then use the qualifications to get summer work abroad whilst going through university.

B) Do you have an open day?

A) We don't have a set open day as we like to meet people individually. If you would like to arrange a visit to the centre to have a look at the facilities and talk to us more about the course please contact us





5 The Watersports Team



Costa Hadji-Argyris
Area Manager

Having started sailing in dinghies and small yachts I soon moved over to windsurfing where I really found my passion. I started teaching watersports when I was sixteen. Having worked overseas for six years, running high end windsurfing and sailing courses, I made the decision to settle in Cornwall due to the variety of conditions it offers. My knowledge of coaching has increased from going through instructor courses in many disciplines including Skiing. When not at work I am constantly trying to push myself further in the sport to keep my enthusiasm and personal skills at a high level.



Matt Loughlin
Chief Instructor

I have been involved with watersports since the age of four. I started teaching from the age of sixteen and have worked for several centres in the UK around Cornwall as well as running two sailing centres in Australia. I have also taught in two colleges working on various outdoor education courses. After fourteen years of teaching and experience of running different centres I have a wide knowledge and skills in both sailing and windsurfing. I am a senior dinghy sailing instructor, keelboat and multihull endorsed, RYA Senior Windsurfing Instructor and RYA Powerboat and safety boat instructor.





Accommodation

We do not have any accommodation at the Centre but are more than happy to help you find some accommodation locally.

We have a very good link with local accommodation providers who have a range of self catering apartments within close proximity to the Centre. Prices start from £100 per week inclusive (self catering).

6 Booking your course

If you would like to book a place on the Watersports Instructor Course or would like more information about the course please call our Area Manager – Costa Hadji-Argyris on 01209 860301. Alternatively you can complete one of our application forms.

When we receive your form we will contact you to confirm your place. You are welcome to visit the centre prior to embarking on the course and if you have any particular requirements you can discuss these with the instructors.

Cost
£3,500.00

To secure your place 10% deposit will be required.



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