

Advanced Instructor Pre - entry Assessment

Pre-requisite for **Kites + Wires Instructor** course. Assessment determines whether candidates have necessary skills and knowledge to deliver Advanced Boat Handling course. While elements of the assessment may appear similar the Sailing Instructor assessment, candidates at this level are expected to demonstrate a consistent level of competency in more challenging conditions. Dinghy and catamaran sailors must complete assessment in a three sail boat with trapeze. Keelboat sailors must use a spinnaker. To be conducted in average wind speed between 16 and 27 knots.

Skills Assessment

Sail around a triangular course set with a downwind (sausage) leg. Legs will be at least 400 meters long. During this you will be expected to demonstrate you can:

- Apply the five essentials at all times.
- Closely round a mark without touching it.
- Use roll tacks / gybes.
- Allow for any tide / currents if present.
- Use equipment to best advantage including spinny. Dinghy and cats use trapeze.
- Where conditions are suitable, get boat onto plane + sail effectively while on plane.

Sail triangular course without rudder (dinghies & keelboats) Demonstrate that you can

- Sail the boat around course without noticeable difference from sailing with a rudder.
- Maintain proper control of boat on all points of sailing and while tacking & gybing.
- Make adjustments to sail area, sheeting arrangements, & centerboard position.
- While sailing without a rudder, you can maintain proper awareness of other water users and take proper avoiding action if necessary. Note that you will not be penalised for reefing the boat if conditions are such that it would be seamanlike to do so. You are expected to use spinnaker & trapeze if conditions are deemed suitable by the Assessor.

Sail a tight circular course around a stationary but free-floating boat. Circle should be as small as you can safely make it. During this you will be expected to:

- Sail a smooth circle within a radius of two boat lengths of the Assessor's boat.
- Make only one tack & one gybe during the circle.
- Use roll tacks and roll gybes in strong winds.
- Make optimal use of boat controls in order to maximise boat speed.
- Maintain appropriate sail trim and boat balance / trim at all times.

Sail a 'follow my leader' course May include all points of sailing and may be behind another sailing boat or behind a power-boat. During this you will be expected to maintain a constant distance of approximately one boat length between you and the boat in front.

Pick up a Man-Overboard dummy Pick up a lifesized MOB dummy. The dummy will be of sufficient weight and size as to represent a person in the water. You will be expected to:

- Stop the boat dead in the water when you pick up the MOB.
- Pick up the MOB at the windward shroud.
- Not tack while you pull the MOB on board.
- Not need more than one attempt to pick up the MOB.

Assessment of Background knowledge

Rigging & Tuning

Rig the boat you are using for the assessment and in doing so use all appropriate controls optimise the boat for the conditions during the assessment. Demonstrate and explain the use of any of the following controls, effects or indicators in optimising the boat for a particular set of conditions (wind & sea state):

- Kicker, outhaul, cunningham, chocks/mast ram, mast bend, mast rake, spreader angle / length, Barber haulers, main sheet travellers, jib and main telltales, foils.

Kites & Wires Pre - entry Assessment

This assessment determines whether instructor candidates have the necessary skills and knowledge to deliver the Kites & Wires 1 and Kites & Wires 2 courses in the ISA Small Boat Sailing Scheme. While elements of the assessment may appear similar the Sailing Instructor assessment, candidates at this level are expected to demonstrate a consistent level of competency in more challenging conditions.

Dinghy and keelboat sailors must complete the assessment in a three sail boat using both symmetric and asymmetric spinnakers. Catamaran sailors need only use asymmetric spinnakers. Dinghy and catamaran sailors must use trapezes.

The assessment must be conducted in conditions where the average wind speed is between 11 and 21 knots.

Skills Assessment

Demonstrate ability to apply "5 Essentials" i.e. sail setting, balance, trim, centreboard and course sailed. Assessor seeking to confirm that you can sail competently and confidently.

Rigging

Candidates will be asked to rig the boats for use, including trapeze and both types of spinnakers from a mast down state. Keelboats keep mast up.

Sail around a triangular course

As both helm and as crew, you will be asked to sail around a triangular course each leg of which will be at least 400 meters long. While doing so demonstrate you can:

- Use all of boats equipment to best advantage including spinnaker and trapeze.
- Apply the five essentials at all times and to best effect.
- Closely round a mark without touching it.
- Allow for any tide / currents if present.

Sail around a triangular course with helm on trapeze

You will be asked to sail the same course as above but this time with the helm on the trapeze. If the boats used are twin wire boats and conditions allow, this assessment and the one above must be completed at the same time.

Recover a capsized dinghy and sail away (dinghies & catamarans only)

You will be asked to recover a capsized dinghy which has its spinnaker up and then sail it away. During this you will be expected to:

- Successfully right the dinghy without external help in a calm and controlled manner.
- Need only one attempt to recover the boat.
- Recover the crew and yourself into the boat and sail away while maintaining control of the boat at all times.