

Advanced Instructor Pre - entry Assessment

Pre-requisite for **Adventure 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 to 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 spinnaker. 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 to 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.

Adventure Instructor Pre - entry Assessment

Adventure instructor pre-entry

To be completed by all candidates wishing to enter onto the Adventure Instructor course. This assessment determines whether instructor candidates have the necessary skills and knowledge to deliver the Adventure 1 and Adventure 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 catamaran sailors must complete the assessment in a three sail boat with trapeze. Keelboat sailors must use a spinnaker.

Assessment to be conducted in conditions with average wind speed: 11 to 27 knots.

Skills Assessment

Close quarter maneuvering

You will be asked to sail the boat into a selection of the following situations. In doing so you are expected to demonstrate good judgment, and skill with respect to sail plan, preparation & crew briefing, approach, maneuvering, securing the boat, awareness of and consideration for other water users;

- Alongside moored boat, alongside hove to boat, alongside pier or jetty, alongside marina berth (finger type), onto slipway, onto open beach, anchor.

Lee-shore landing and departure (dinghies & catamarans only)

You will be asked to land on a leeshore at a specific point identified to you and then leave using a kedge anchor. During this you will be expected to:

- Use the correct sail plan (jib only if necessary).
- Land in a controlled fashion.
- On departure, clear the shore successfully in a controlled way on the first attempt.

Tow another boat

You will be asked to tow another sailing boat around a triangular course (including up / downwind sausage). While doing so you will be expected to;

- Set up tug and tow correctly.
- Communicate effectively with crew of both boats.
- Make efficient progress while demonstrating appropriate use of 5 essentials.

Assessment of background knowledge

Meteorology: Frontal weather associations, cloud formations, wind shear, fog formations, synoptic chart interpretations, barometer predictions, Beaufort scale on sea state identifications, depression progression.

Tidal heights: You will be asked to, for a secondary port, either:

- Identify the height of tide for at a given date & time .
- Identify the time at which the water will be a given depth.

Course to steer: Plot a course to steer for a passage on a given date & time. You are expected to take into account the effects of tide, leeway, compass deviation & variation.

Position fixing, estimated position & dead reckoning: Plot: A fix from given compass bearings and or transits. An estimated position given course steered and conditions.

Chart symbols and abbreviations: Identify the following on a chart:

- Wrecks, rocks, obstructions, marks, depths heights, variation, distances, positions.

Ropework: Explain the use for and tie any of the following knots: Bowline, sheet bend, fisherman's bend, clove hitch, rolling hitch.

Boat repairs: You will be presented with damaged boat, spar or sail and asked to describe how you would effect a temporary and permanent repair.