

Adaptive Sports Connection Sailing Training Curriculum

OVERVIEW

The Adaptive Sports Connection small boat sailing program is a fun opportunity for both participants and volunteers to try something new and learn to sail, share sailing skills and knowledge they already have, or just get out to have fun on the water in ASC sailboats.

Volunteers are encouraged to improve their skills and knowledge by completing whatever level of the three levels listed in the sailing curriculum they are interested in. It takes many volunteers of different interests and abilities to make each of the program offerings at ASC fun and successful for participants and also volunteers. Even if volunteers are not interested in fully completing any or all of the skills and training listed in the three levels of the sailing curriculum their help is still greatly needed and appreciated.

Even if a volunteer does not wish to complete all the requirements of Level 1, they are encouraged to complete one or more categories within level 1 to be as helpful as possible to participants, other volunteers, and the sailing program. For example, someone who completes, and is able to perform, all items under the category "Life Jacket Fitter and Participant Assistance" would have that noted on their white name tag to aid in identifying areas of their expertise when helping participants and other volunteers.

All Sailing Volunteers are encouraged to obtain their ASC Marine Radio, Seating/Adaptations, and Power Boat Driver endorsements.

There will be preseason on-land and in-water training for sailing volunteers and anybody interested in the sailing program. Check the Volunteer calendar at Adaptive Sports Connection for dates and times.

Additional on-request sailing training and practice throughout the season will be available to give volunteers as many practice and skill building opportunities as possible. Level 2 Skippers may assist with Level 1 training at the request of other volunteers and suggest to a Level 3 skipper, the head of the ASC sailing program, or the ASC program director a sign off on those skills upon satisfactory completion of each item. Level 3 Skippers may conduct Level 1 and Level 2 training at the request of other volunteers and sign off on those skills upon satisfactory completion of each item. Level 3 training will be conducted by people designated by the ASC Program Director/Volunteer coordinator and can be requested by volunteers after completion of Level 1 and Level 2. Requests for additional training and practice opportunities can be made at any time through Slack. Slack allows communications with each other. Be sure to sign up for the Slack app and join the Sailing Channels. Note, in the first two years of the new ASC small boat sailing program the Program Director and Volunteer Coordinator may, at their discretion, designate a temporary Level 2 or Level 3 status based upon previous sailing experience.

In addition to the participant sailing sessions and training sessions there will be volunteer appreciation sailing opportunities to allow volunteers to have time to sail for themselves and with family or friends. Volunteers are encouraged to bring new people to those sessions with the hope they too will become volunteers.

Sailing is a lot of fun for everyone with your help and input. Do not hesitate to contact a Level 3 Skipper or the ASC Program Director/Volunteer Coordinator with any ideas and suggestions you have regarding the sailing program or any concerns you may have.

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SAILING LEVEL 1 SHORE AND CREW CURRICULUM (GREEN NAME TAG UPON COMPLETION)

Sailboat and Equipment Handling

LEARN THE SAILBOATS AT ASC

Learn their characteristics, capacities, and capabilities

BOAT/EQUIPMENT ORGANIZATION

Learn and help keep the equipment sheds organized and the sailboats secured in their proper spots including covering and protecting the sailboats

MOVING WITHOUT INJURY

Learn how to move and launch the sailboats without injuring yourself and/or others

MOVING AND LAUNCHING WITHOUT DAMAGE TO SAILBOATS

Learn the launch area, its hazards, how to safely launch and dock/recover sailboats. Note, may get wet up to the waist launching/recovering

LEARN MOORING SAILBOATS

Learn hazards and techniques for mooring the sailboats

LEARN RIGGING/DERIGGING

Learn the land/pre-launch portion of rigging sailboats and derigging the sailboats

LEARN COMMON KNOTS

Become proficient in common knots used in sailing including; Bowline, Clove Hitch, Figure Eight knot, Barrel knot, Fisherman's knot (single and double), Square knot

Life Vest Fitter

LEARN SAILING EECS

Essential Eligibility Criteria

LEARN LJ SHED LAYOUT

Understand and help maintain the way Life Jackets/PFDs are organized in the LJ shed

LEARN LIFE JACKET/PFD TYPES AND THEIR IMPORTANCE

Learn the different types of Life Jackets/PFDs, suitable uses for each type, and importance in reducing the chance of death when worn at all times

LEARN TO FIT AND ADJUST LJS

Learn how to properly fit a Life Jacket starting with participant weight, size, capabilities, comfort level and how to adjust a Life Jacket starting with the LJ loose and then tighten from bottom to the top

LEARN TO CHECK PROPER LJ FIT

Check/recheck the Life Jacket to ensure a snug fit and test to make sure it cannot be raised above the wearers mouth

LEARN HOW TO ASSIST A PARTICIPANT INTO A SAILBOAT

Learn proper/safe loading, transfer techniques, and hazards. Learns what type of assistance a participant wants and addresses their concerns

Boardmaster

LEARN BOARD STORAGE/SETUP

Learn where the board, markers, and easel are kept. How to set up the board and put away afterwards.

LEARN BOARD DATA

Learn what information to collect and where to write that information such as boat ID & number, volunteer and participant names, radio onboard, phone numbers, wind, water temperature, and other pertinent information

KEEP CURRENT AND ATTENDED

It is important to keep an up-to-date and accurate board. Ensure attended at all times

MARINE RADIO ENDORSEMENT

Fulfills and maintains Marine Radio endorsement

MONITOR AND COMMUNICATE

Find out names and boat numbers. Stop a launch if you do not have names and boat numbers recorded

MAINTAIN SAILING EVENT SHEET

Responsible for maintaining that day's sailing event sheet

MONITOR AND MAINTAIN SAFETY

and organization on the beach while boats and skippers are sailing until a more senior person can return to take over

Sailboat Crew

LEARN COMMON SAILING TERMS

Learn ASC's glossary of common sailing terms for sailing safety and proficiency

LEARN SAILING/BOAT SAFETY

Learns and watches out for safety of people and boats while launching, when underway, and when docking

ONBOARD RIGGING & DERIGGING

Learns what and how to rig and to docking/mooring/pull-out

FAMILIAR WITH SAILING AREA

derig from launching Learns and can describe the designated ASC sailing area along with hazards

WORKS AS A TEAM W/SKIPPER

Learns to work as a team with the skipper to perform all sailing duties associated with crewing on a sailboat (including but not limited to sail/line handling, boat balance, wind shifts, hazards, and general awareness

COACH/ASSIST PARTICIPANTS

Able to provide a positive experience and environment for participants whether it be helping them to learn sailing or simply enjoy the sailing experience

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SAILING LEVEL 2 SKIPPER CURRICULUM (BLUE NAME TAG UPON COMPLETION)

General Provisions

ABLE TO ASSIST OTHERS WITH LEVEL 1 SKILLS

Has demonstrated they have the knowledge and ability to assist other volunteers with the skills and knowledge listed under Level 1

AWARE/MANAGES PEOPLE'S SAFETY

Learns what to look out for, and how to address, issues affecting the safety of participants, volunteers, and others on and around the ASC sailboats

AWARE/MANAGES BOAT/EQUIPMENT SAFETY

Learns what to look out for, and how to manage, issues affecting the safety of ASC boats and equipment

EVALUATES/ADDRESSES PARTICIPANTS NEEDS

Learns to determine which sailboat (if any) are safe and appropriate for each participant. What special equipment or adaptations they may need. What method for loading and unloading is safe for the participant, volunteers, sailboats, and equipment

OPERATES ALL ASC BOATS LAWFULLY

Learn and obey state and federal laws applicable to ASC boats including having required equipment onboard when operating ASC boats

HAS READ PORTIONS OF US SAILING MANUAL

Has read, discussed, and understands the portions of the US Sailing "Adaptive Sailing Resource Manual" dealing with volunteers, participants, and working with people with disabilities on a sailboat and in a sailing program. Sections include: Awareness of Needs, Safety and Risk Management, Instructional techniques, Transfers and Assisted Lifts, and Equipment Adaptations

Sailing Skills

SAIL FROM BEACH OR DOCK SAFELY

Learn and demonstrate how to set sail and sail away from beach or dock safely without risk to people, boat, or equipment

NAVIGATE WITHOUT RISKING BOAT/PEOPLE

Learn and demonstrate ability to sail in and out of the inlet as well as the rest of the ASC sailing area without risk to the boat or people (learn/know local hazards). Learn and explain what to do for board, rudder, hull strikes

SAIL SAFELY/PROFICIENTLY AT ALL POINTS

Learn and demonstrate sailing at all points to the wind including dead run, broad reach, beam reach, close reach, beat, and controlled pinching

TACK AND JIBE SAFELY/PROFICIENTLY

Learn and demonstrate safe and proficient tacks and jibes without risk to people/boat

DOCK, BEACH, MOOR SAFELY/PROFICIENTLY

Learn and demonstrate how to safely and proficiently dock, beach or moor the boat without risk to people, boat, or equipment

CAN HANDLE BREAKDOWNS/EMERGENCIES

Learn and describe how to handle boat and equipment breakdowns. Learn what is an emergency, and how to handle emergencies

ENSURES PARTICIPANT'S PROGRESS NOTES

Recognizes participant's interest or progress and ensures notes are recorded for the participant's file to pass along for those wanting to learn more and improve their sailing/boating skills

Skipper Skills

LEARN AND RESPOND TO WEATHER/HAZARDS

Learn the weather forecast for the sailing event, monitor the weather visually and with a radio, and respond to hazards or changes in conditions appropriately

SKIPPER/TEAM/PERSONAL SKILLS

Learn and demonstrate a positive attitude while sailing with participants, crew, guests, and volunteers. This is for safety and to ensure a good experience for all

DEMONSTRATES/TEACH READING WINDS

Demonstrates they can read wind shifts, puffs, gusts and respond accordingly as well as teach those skills to crew and participants

LEARN TO AVOID OR HANDLE CAPSIZES

Learn and demonstrate how to avoid capsizes. Know what to do if a capsize occurs (Level 3 skippers do actual capsize practice, not required for Level 2 skippers)

DEMONSTRATES GOOD TEACHING/MENTORING

Demonstrates the ability to be positive and effective in teaching/mentoring sailing skills to participants, crew, volunteers, and others (first determine what each person's goals and abilities are)

DETERMINE PERSONAL WIND LIMITS

Learn and demonstrate what their personal safe sustained and puff/gust wind speed limits are in each ASC sailboat where there should be no risk of injury or reasonable chance of capsize. Those limits will be recorded and used for go/no-go decisions by the skipper, the lead skipper, the head of the ASC sailing program, or Program Director, especially when participants are onboard or plan to be onboard

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SAILING LEVEL 3 SKIPPER CURRICULUM (RED NAME TAG UPON COMPLETION)

General Skills & Knowledge

DEMONSTRATES/CAN TEACH LEVEL 1 & 2

Has demonstrated they have the knowledge and ability to teach other volunteers the skills and knowledge listed under Level 1 and Level 2. Has the authority to sign off a volunteer's satisfactory completion of a skill or item under Level 1 and/or Level 2

FINAL APPROVAL AUTHORITY FOR PAIRINGS

Has demonstrated the ability to make good decisions in matching participants with boats, crew, and skippers (Level 2 may make these decisions but can be changed by the Level 3 Lead skipper)

PRESENT FOR A SAILING SESSION/EVENT

A Level 3 skipper is required to be on-site for any sailing sessions/events, or under certain low wind weather conditions (and with the proper personnel), may approve a sailing session/event conducted by Level 2 skippers

ENSURES INCIDENTS ARE HANDLED

Ensures ASC reportable incidents are handled to the level of their training or are handled by others as appropriate and an ASC incident report filled out (if needed/warranted)

Sailing Skills

LEVEL 2 PROFICIENCY IN HIGHER WINDS

Has demonstrated the ability to sail safely, proficiently, and expertly in wind speeds to 15 to 20 mph (or more) with all of the skills listed under Level 2 sailing skills*.

CAN TEACH ADVANCED SAILING SKILLS

Demonstrates the ability to teach sailing skills positively and effectively to "racing" standards (Note for ASC purposes, "racing" standards means sailing with precision, efficiency, speed of action/reaction, and proper planning)

Note: a higher wind speed limit than a Level 2 skipper's wind speed limit will be recorded for each Level 3 Skipper. It will require the approval of the ASC Program Director or the head of the ASC Sailing Program to sail in winds with a participant onboard in winds higher than a skipper's individual wind speed limit or 20 mph (whichever is lower)

Skipper/Lead Skipper Skills

GOOD TEAM-TEACHING ABILITIES

Demonstrates the ability to teach participants and crew how to work together as a team effectively and positively for safety and fun

DEMONSTRATES ABILITY TO LEAD EVENT

Has demonstrated they have the ability to lead/be in charge of a sailing session/event. Note, if more than one Level 3 skipper is present for a sailing session/event they should decide who is the lead skipper for that session

ABLE TO PERFORM LEAD SKIPPER DUTIES

The Lead Skipper makes himself or herself aware of wind, weather, forecasts, participants, volunteers, and other factors to make the go/no-go decision or the need for modification of a sailing event/session.

HAS DEMONSTRATED CAPSIZE RESCUES

Has demonstrated good decision making and handling of a sailboat capsize (people first, boat second, equipment third) and the ability to single-handedly right capsized ASC sailboats. Is able to teach those skills to others

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ENDORSEMENT CURRICULUM

Power Safety Boat

Has completed and provides proof of passing a NASBLA approved Boater Education Course to the ASC office

Has received and passed training from an approved ASC powerboat trainer

Has read and will follow the instruction sheets and procedures for the safety boat including all applicable laws

Has demonstrated the knowledge and ability to tow ASC sailboats and/or kayaks

Marine Radio

Has read and taken the ASC Marine Radio Quick Start from an ASC approved Marine Radio trainer

Has read and understands the full four-page ASC Marine Guide (ask questions about anything not well understood)

Has demonstrated proficiency in radio use

Understands the need for a yearly update and refresher/practice

Registration

Is familiar with waiver procedures and can inform everyone where to sign and will enforce

Is familiar with program fees and can be responsible for collecting all payment

Will ensure that everyone correctly signs in to each event on sign in sheets

Is familiar with sign in sheets and is sure to fill in all proper info such as emergency contact or background check

Will collect background check authorization from volunteers who need it

Will provide a short training to volunteers who need it

Paddleboard

Familiar with where paddleboards and accessories are stored

Familiar with how to move equipment and not to put pressure on the fin

Can instruct others how to safely launch from the beach on a paddleboard

Is familiar with and can instruct others on basic paddleboard strokes such as forward, reverse, stop, and pivot.

Can help others to get back onto a board after falling off

Seating/Adaptations

Learns how to identify what assistance a participant wants or needs as well as what adaptations or accommodations they need

Learns how to make those accommodations or adaptations and check for fit (such as pressure points), safety, and comfort

Learns proper and safe techniques for transfers of participants (note, no volunteer is ever required to lift a participant)

Learns issues specific to each sport (kayaking, SUPs, sailing)