

ON WATER REFRESHER PRACTICE WITH YOUR CHIEF INSTRUCTOR OR ANOTHER SCHOOLS' CHIEF INSTRUCTOR

On water refreshers must be completed by all instructors after the winter break (beginning of term 4) and at the beginning of the year for any instructors who were not active during term 4 the previous year.

The list of activities below, are designed to be printed out and cut down to a small rectangle, to fit inside a small plastic snap lock bag, this allows you to take with you on the water. You don't have to individually do each task, unless you wish to, so long as you were part of the group doing it. Each school's chief instructor is to keep note of all their instructors' refreshers, and note in the Logbook.

Refresher PRACTICE

Patrol Boat

Prepare, safety features.
Correct launching and approaching shore,
in waves and wind shadow.
Set and Retrieve Buoys
–windward side of Patrol Boat
Setting buoys for beam reach course
v Windward /leeward course.
Correct towing procedure for Opti,
Right capsized opti from PB.
Give instruction whilst 'keeping station',
Reverse steering
Have a go with the anchor.
Tow/shunt kayak

OPTI

Rig, turntable demonstration
leave and approach shore,
sail efficient triangle course,
tacking to windward,
rounding of the buoys, and gybing.

