

WW Instructors Personal Refresher Checklist

Here is a guideline to help you to practice yourself, or do together.

You should use this Checklist if you have not helped at a WW session for 3 or more months, or even just over the Christmas holidays.

You will also need to complete Session 3 of the Refresher Course, with your school Chief Instructor, after a 6 month winter break, or, if your annual WW Instructor time is less than 12 hours, you will need to do all 3 Sessions.

CONDITIONS/RATIOS

It is important that you know and are comfortable with the weather conditions today.

Where can you check?.....

What is WW maximum wind speed?.....

What is the pupil to WW Instructor Ratio on the water?.....

PATROL BOATS

Get out of garage, check safety features are present and correct.

1.....2.....3.....4.....

5.....6.....7.....8.....

9.....10.....11.....12.....

Prepare boat, take to beach, tip on sand, return trailer to road, prepare to launch, with you being skipper. You need to practice launching in off, and onshore conditions. Deep water and shallow water positions for the motor. Practice 'keeping station' with a sailing opti. Pick up and set a buoy. Remember how to tow an opti? Can you demonstrate it?

Can you set a beam reach course, from the shore round a buoy and back?.....

Can you set a triangle course?.....

If your motor stops, you quickly check fuel line, fuel, and cut out cord, all ok, and still wont start NOW what do you do?.....

Practice going backwards. Coming ashore, instructing crew what to do.

Have you practiced righting an opti from the side of the patrol boat?.....

RIGGING AN OPTIMIST

Head to wind. Know the safety features ,

1.....2.....

3.....4.....5.....

6.....7.....8.....

Correctly rig an opti. Launch, and sail a triangle course, demonstrate tacking and gybing, return to shore.

Practice how to demonstrate going about and gybing on the turntable.

Should the bow or stern go into the waves first?.....

Where do you hold and opti when it is in the water?.....

What side do you hold the opti in shallow water, so the child can get in/out ,windward or leeward?.....

When doing painter work, is the opti upwind, or down wind of you?.....

Have you done a capsized recently?.....

KNOTS

Demonstrate, bowline, fishermans bend and figure 8 knots.

[And, don't forget to re-read your manual](#)

If in doubt.....

Waterwise Refresher Course in 3 Sessions

Session 1

Dry land session

Round table conversation, start at the beginning, phone, first aid kit, nearest doctor, hypothermia, use of car, talk about running sessions, experiences to avoid, experiences learned to share. Not happy with... How do we do...? Equipment ...

Ratios, wind strength, how, when and who to decide? Petrol? ..Etc.

Outside, go through safety parts of patrol boat, where is the pump? talk about launching and returning into on- shore waves. All have a go lowering and raising motor into all positions.

Rig opti, safety features, demonstrate going about and gybing on the turntable.

Demonstrate dry land capsize in opti and righting. Talk about how to tow an opti, demonstrate on the land.

Most people consider this session a most important learning experience.

Session 2

Rig optis and get out enough inflatableables to keep everyone covered.

Practice painter work, set beam reach course that can be sailed from shore.

Decide **before** going afloat what you are all going to do, everyone must be on the same 'page'

This is one of WW most important safety practices.

Hand signals, whistles for afloat, messages??

Consider the tidal flow and wind direction today, does this mean you need to set the course accordingly, to allow for drift?

Who has/where is, the key?

Patrol boat practice as on Refresher checklist.

Session 3

Everyone must be able to achieve this TASK to qualify to wear a WW cap

1 Set a triangle course in the middle of the bay, can decide where together.

2 Set a buoy in the middle of this course, and tie a patrol boat with a bowline to this buoy, lift motor, no one in it.

3 Have a couple of 2 or 4 litre bottles half filled with water to scatter around the course.

4 Have at least 1 other patrol boat properly 'manned'

WHO HAS/ WHERE IS, THE KEY?

5 All afloat in patrol boat/s, or optis, efficiently sailing the set course.

6 This is the TASK, 1 at a time; sail opti alongside the moored PB, and get into the PB, holding onto the opti painter tie with bowline to buoy. Lower motor, start PB, untie from buoy, motor away and pick up one of the milk bottles, and move back into course, toss back to the water, go round a 200 m buoy, and do a bit of backwards motoring back to the buoy. Now you can go back to your moored opti, and tie up the PB again. Turn off, and lift the motor. Untie your opti and sail off to continue sailing the triangle course.

This does take a while so if you have more than 6 people, you may need more anchored PB's.

Whilst sailing optis round the course, also pick up and drop off the milk bottles. Capsizes, if too cold to do today, do a shallow water demo as a reminder before you pack up.

If you have extra PB, you could practice towing.