

MANTA Learn to Sail Training Programme - Dinghy

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Position: Director MANTA (Vietnam's first sailing school mantasailing.org)
Sailing advisor to Vietnam Olympic Committee and Ministry of Transport University
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Clubs

1966-1993 Royal Lymington Yacht Club (RLYC)

1993+ – Royal Hong Kong Yacht Club (RHKYC)

1998+ – Royal Ccean Racing Club (RORC)

OVERVIEW: sailing and conservation

HISTORY

Sailing

- Sailing since five years old
 - School and University teams
 - First girl at Uppingham School, UK, with sailing colours
 - Classes included: International Cadets, 420s, J24s, Dragons, Etchells and one designs
 - Coastal and offshore races in Europe and Asia, included Fastnet, Sydney Hobart, Hong Kong and Thai series
- Freelance journalist Yachts & Yachting

Teaching

- Teaching (friends) since six years old, includes Con Dao kids & fishermen (2008-9) & Halong Bay captains (2010)
- Marine conservation pilot programmes for Wildlife at Risk in Con Dao archipelago included teaching fishermen to sail using their existing ocean skills to take them over the poverty line, off endangered habitats to help service Vietnam's growing Industries of watersports and tourism, while helping to replenish falling fish stocks. As overfishing is one of the biggest threats to marine environments (www.youtube.com/watch?v=4yUY5iSTnKg). Sailing also helps create marine protected areas so fish can grow and replicate and helps switch engine power to wind power.

CURRENT

Setting up Vietnam's first sailing school International classes include:

- Laser Standards (2), Laser Radials (2), 420 (1), RS Fevas (2), RS Teras (2), BIC (1).
- Rescue RIB 4m, 40 hp 2stroke outboard engine with option on 3.6m zapcat and 40hp 2stroke outboard engine
- National classes donated include: Pelican 12 (7), Optimists/Flying Fish (2), Sunfish (1)

CERTIFICATION (see below)

Navigation

1993 – 2003. RYA Yachtmasters

1993 – 2027 Hong Kong Yachtmasters Grade I (vessels of 20m or less)

1993 – 2027 Hong Kong Engineers Grade II (Inboard, outboard, petrol, diesel]

2009 Day skipper – refresher course

Requirements for instructors

2010 Powerboat certificate level 2

2010 First Aid certificate

Teaching

1968 – 2010 Teaching friends with no certification

2010 – RYA Instructor's programme with Rockley Academy to help support national training programme

Manuals & movies

Getting afloat – English & Vietnamese. Designs by Dao Van Hoang

Yachtmasters – English & Vietnamese. Designs: Dao Van Hoang. Translation: Khang Le. Editing: Thiện Bùi Đình

Men of the Island (www.motionbox.com/videos/7a98d5b81813ebc3f5 username: juliashaw. password: surfing)

National Sailing plan for Vietnam. Operational manual for MANTA sailing school

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CERTIFICATES/LICENCES/CARDS

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Navigation

1993 - 2003. RYA Yachtmasters

1993 - 2027 Hong Kong Yachtmasters Grade I (Vessels of 20m or less)

1993 - 2027 Hong Kong Engineers Grade II (1,2,3) [Inboard, outboard, petrol, diesel]

2009 Day skipper - refresher course

HONG KONG
香港海峽執照
Serial No. 038191
PLEASURE VESSEL CERTIFICATE OF COMPETENCY
(Valid for Hong Kong Waters Only) (祇適用於香港水域)
(Issued under Shipping and Port Control Ordinance, Cap. 313)
(根據船舶及海港管理條例簽發)

Name 姓名 SHAW, Julia C. Restrictions 規限代號 NIL

HKIC/Passport No. 身份證/護照號碼 P377094(3)

Master 船主 Grade 等級 I

Engineer 輪機師等級 Grade & Type 及類別 II(1,2,3)

Date of Issue 簽發日期 9.10.95

Expiring 滿期 28.12.2027

M.O. 603 for Director of Marine



YOU ARE REQUIRED by law to produce this licence to any officer of the Marine Department or a Police Officer when required. If unable to do so, the holder must tender it to Marine Department within 72 hours.
法例規定在遇海事處職員或警員要求時，持照者必須出示本執照。倘未能照辦者，則執照持有人必須在七十二小時內將執照呈交海事處。

| GRADE 等級 | TYPE 類別 |
|---|---|
| MASTER 船主 GRADE II 二級 | Vessels of 13.7 metres or less in length 船隻長度在13.7米或以下 |
| MASTER 船主 GRADE I 一級 | Vessels of 20 metres or less in length 船隻長度在20米或以下 |
| ENGINEER 輪機師 GRADE II up to 120 kW 120千瓦特以下 | 1. Inboard diesel 船內柴油機 |
| ENGINEER 輪機師 GRADE I up to 750 kW 750千瓦特以下 | 2. Inboard petrol 船內汽油機 |
| | 3. Outboard unlimited power 船外機(動力無限制) |

| RESTRICTED CODE: 規限代碼 | ENDORSED FOR: 批註 |
|------------------------------------|------------------|
| 1. = Daytime operation only 只限日間操作 | |
| 2. = Corrective lenses 帶眼鏡 | |
| 3. = Other(s) 其他 | |

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Day skipper refresher course - theory



Day skipper refresher course - practical

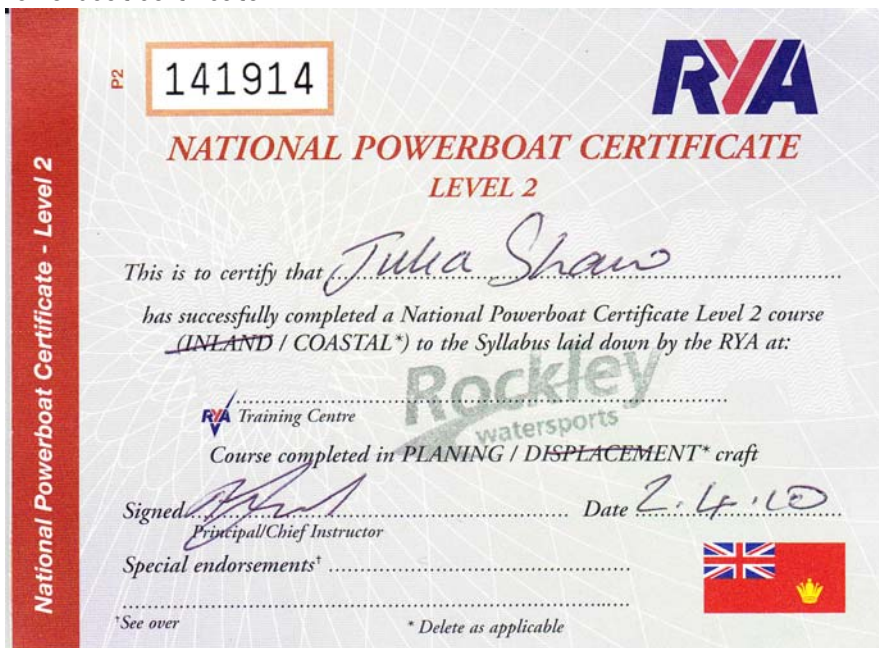


MANTA Learn to Sail Training Programme - Dinghy

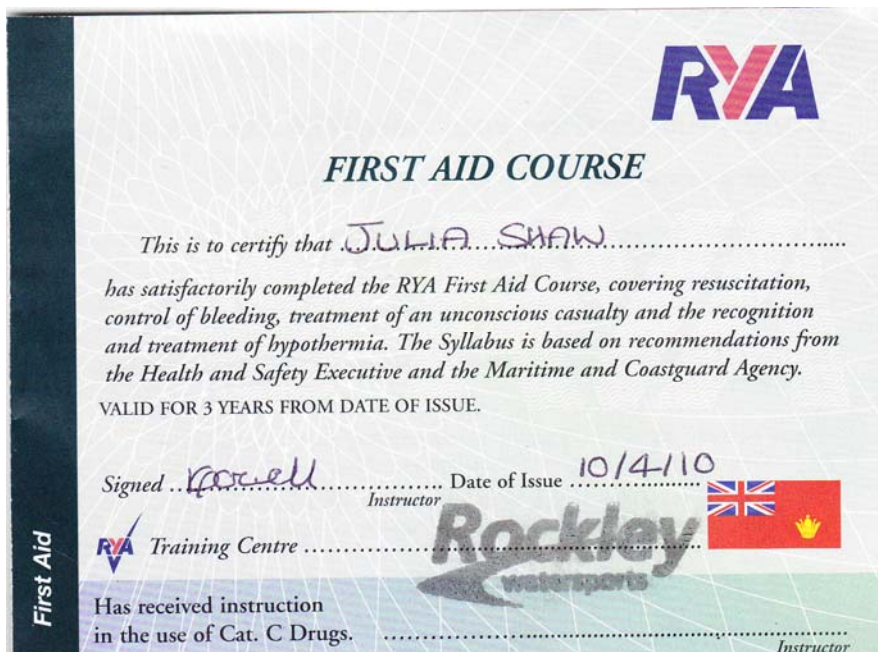
Requirements for instructors

- Powerboat certificate level
- First Aid certificate

Powerboat certificate



First Aid certificate




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Instructor's programme

1968 - 2010 Teaching friends with no certification

2010 - RYA Instructor's programme with Rockley Academy

Rockley Development Plan



Rockley
academy

Instructor Monitoring and Development Plan

| | |
|--------------------|---------|
| Course Start Date | 12/4/10 |
| Course Finish Date | 16/4/10 |
| photo | |

| | |
|-------------|----|
| Course Type | DI |
|-------------|----|

| | | | |
|----------------|------------|------------------|--|
| Candidate Name | JULIA SHAW | Candidate Number | |
|----------------|------------|------------------|--|

| | | |
|-----------------|------------|-------------------|
| Course Trainers | ANDY SMITH | WZ, JOHN McMASTER |
|-----------------|------------|-------------------|

| Session No. | Session | Brief | Session Goal | Coaching | Suitability | Debrief | Comments |
|-------------|--------------|-------------|--------------|-------------|-------------|-------------|---|
| 1 | RACE STARTS | P O G | P O G | P O G | P O G | P O G | DONT JUST SET TASK UP BE ASSERTIVE PUT IN KNOW TEACHING POINTS NEEDS |
| 2 | PICK UP BOOY | P O G | P O G | P O G | P O G | P O G | BE ABLE TO HELP TEACH & IMPROVE PEOPLES SAILING |
| 3 | | P O G | P O G | P O G | P O G | P O G | |
| 4 | | P O G | P O G | P O G | P O G | P O G | |

| | | | | | | | |
|------------|-----------|--------|---------|---|---|---|-------|
| Theory | Comments: | | | | | | |
| Quiz Score | 1 13/23 | 2 8/13 | 3 21/32 | 4 | 5 | 6 | TOTAL |

| | | | |
|------------------|------|-------|------|
| Personal Sailing | Pass | Defer | Fail |
|------------------|------|-------|------|

1st Debrief

| | | |
|---------|---------|------|
| Student | Trainer | Date |
|---------|---------|------|

2nd Debrief

KNOWS WHAT WANT TO DO BUT NEEDS TO BE ABLE TO PUT INFO & TEACHING POINTS OVER. LEARN BOLIT POINTS BREAK DOWN INTO SMALL SECTIONS AND TEACH ONE AT TIME

| | | |
|---------|---------|------|
| Student | Trainer | Date |
|---------|---------|------|

Action Plan

KNOWS WHAT WANT TO DO

GAIN PRE ENTRY, BE POSITIVE IN WHAT TEACHING LEARN TEACHING POINTS. NEEDS TO BE ASSESSED BY COACH TO GAIN INSTRUCTORS 1 DAY. RYA NO 7.

| | | |
|---------|---------|------|
| Student | Trainer | Date |
|---------|---------|------|

| | | | |
|----------|------|-------|------|
| Outcome: | Pass | Defer | Fail |
|----------|------|-------|------|

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Example of manual design by Dao Van Hoang



Certificates similar to motorbike licences



In collaboration with Ministry of Transport Inland Waterway's University

MANTA Learn to Sail Training Programme - Dinghy

Next levels for Vietnam:

- Invite FFV/RYA/ISAF trainers of instructors to train the students MANTA has trained
- Apply for Olympic scholarship to next 3 ISAF levels of training of instructors

Example of ISAF Dinghy Instructor's training

Training and Development Department – Technical Programmes, Workshops and Clinics

MNA Dinghy Instructor Training Suggested 5 day Programme Outline



Day One

Introduction, ISAF Facilitator Briefing, Questionnaire, recall first sailing experiences.

What is a sailing Instructor?

Personal Expectations.

Course outline.

Entry level sailing:

- Basic sailing and rigging demonstration
- Sailing around the facilitators boat
- Person overboard
- Sail a windward / leeward course
- Sailing backwards

De-briefs, participants' question and answer session to review the day

Day Two

Safety:

- Personal preparation
- Boat safety
- Weather / Conditions
- Designated sailing area
- Communication
- Group safety / control
- Emergency action plan

Rescue craft:

- Need for safety boat training
- Seaworthiness and legal requirements
- First aid
- Towing
- Life jackets
- Marker buoys



Day Two continued..

Rules and regulations:

- Government
- National Authorities (MNA representatives' input)

Risk observation:

- Inspect local sailing area and identify potential risks

Sailing skills continued – Instructor candidates to demonstrate

- Rudderless Sailing
- Sailing a triangular course
- Mooring up
- Sailing off a beach
- Returning to a beach

Debrief; participants' opinion of the best and worst parts of the day.

Day Three

Workshop on equipment and facilities for teaching sailing:

- On water
- Instructional Equipment
- Safety Rescue
- Dinghies
- Maintenance
- Accessibility
- Emergencies
- Disabled sailing provision
- Storage
- Security
- Insurance / liability
- Onshore facilities

Teaching method:

- Explain
- Demonstrate
- Imitate
- Correct
- Practice
- Test



Day Three continued

Discussion on how to plan a lesson, effective presentation techniques, teaching styles:

- Lesson plans
- Participants each choose one subject and design a lesson plan.
- Each candidate will complete a classroom presentation, land demonstration and on water practical demonstration on this subject.

How people learn:

- Visual
- Hearing
- Touch / Feel
- Learning difficulties

Sailing skills continued:

- Figure of eight course
- Advanced tacking and gibing
- Other drills
- Sailing techniques, sail setting and steering

Debrief

Day Four

- Presentation by participants
- Group control
- Effective time management
- Mixed ability teaching – how to teach intermediate and beginners

Sailing skills continued:

- Capsize theory / practical
- Demonstration of spinnaker handling (if boats are available)

Debrief:



Day Five

- Presentations by participants
- How to teach person overboard
- Coming alongside / stopping at a pontoon and alongside a safety boat for changing crews or on water debriefs.
- Racing rules

Sailing skills continued:

- Racing – short circuits
- Multiple starts
- Games

Debrief:

- Best and worst parts of the workshop
- Open discussion on personal development
- Individual participant reviews
- Final Group wrap up, Certificate presentation and photo shoot.

Suggested topics for presentations:

Mooring and anchoring, Rules of the road, Basic race organisation, Interpretation of weather forecasts, Sail setting in a two person boat, Sail Setting in one person boats, useful knots, Basic Spinnaker handling, Basic racing tactics, Simple boat repairs, Preparations for a day sail, games for making learning fun.

Suggested subjects for discussion groups:

Land drills, Rigging the boat, leaving the shore, approaching the shore, Group control in one person dinghies, sailing clothing, Reefing ashore, Reefing afloat, Assessing the amount of sail to set, Rules during games (Safety), Knots, Going about, Gybing, Two person dinghies, Trapeze harnesses and entrapment issues.

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A thank you from FFV to MANTA for voluntary work to help the French Olympic Week



SOF 2010
24-30 avril 2010



Le comité d'organisation de la
**Semaine Olympique Française
de Voile Hyères – TPM**

vous remercie d'avoir contribué,
par votre participation, au succès de la SOF 2010
et vous donne rendez-vous en 2011 pour la 43^e édition

