

Saturday

0830 - 0930	Registration							
0945 - 1045	Keynote Speaker							
1045 - 1100	Coffee							
Activity	RCL2 Update	Powerboat CPD	Club Development	Instructor CPD	Windsurfing CPD	YMI Conference	Event Safety	Sailability
1100 - 1200	Perfecting the Pre Start	Swift Water Rescue	OnBoard	Team Racing for Instructors	T15, Windfest & Project Windsurf	YMI Conference	Race management , judges & umpire conference	RYA Sailability Scotland
1215 - 1315	Coaching Protests	Powerboat Handling	Olympic Activation	'Keeping it Fun!'	Teaching Freestyle	YMI Conference	Race management , judges & umpire conference	Blind Sailing - What, why & how
1315 - 1515	Lunch & Trade Hall							
1515 - 1615	Sailing Fitness: A Practical	Honda Youth Rib Fun & Frolics	Volvo Champion Club	Working with Powerboats	Working with Powerboats	YMI Conference	Race management , judges & umpire conference	
1615 - 1715	session with an RYA Physio	Passage Planning	Activate Your Fleet	Working with Disabilities	Teaching the Carve Gybe & Waterstart	YMI Conference	Race management , judges & umpire	
1715 - 1815	Trade Hall							
1900	Awards Dinner							

Sunday

0830 - 0930	Registration							
0945 - 1045	Keynote Speaker							
1045 - 1100	Coffee							
Activity	RCL2 Update	Powerboat CPD	Club Development	Instructor CPD	Windsurfing CPD	Cruising CPD	Event Safety	Sailability
1100 - 1200	Sailing Fitness: A practical	Swift Water Rescue	OnBoard	Team Racing for Instructors	T15, Windfest & Project Windsurf	Sailing a Bigger	Event Safety course	RYA Sailability Scotland
1215 - 1315	session with an RYA Physio	Powerboat Handling	Olympic Activation	'Keeping it Fun!'	Teaching Freestyle	Yacht	Event Safety Course	Blind Sailing - What, why & how
1315 - 1515	Lunch & Trade Hall							
1515 - 1615	Perfecting the Pre Start	Honda Youth Rib Fun & Frolics	Volvo Champion Club	Working with Powerboats	Working with Powerboats	Electronic Navigation	Event Safety Course	
1615 - 1715	Coaching Protests	Passage Planning	Activate Your Fleet	Working with Disabilities	Teaching the Carve Gybe & Waterstart	First Aid for cruisers	Event Safety Course	
1715 - 1800	Trade Hall							



Big Weekend 2012 – Programme Detail

Race Coach Level 2 Update:

Perfecting the Pre Start –

One of Scotland's top coaches will be talking about pre Start routines and what sailors should be doing on the water in preparation for the start.

Coaching Protests –

Here we will discuss the role of the coach in protest situation including the protest form dos and don'ts recommended by an ISAF judge. We will also provide useful information for you to feed into your squads and clubs.

Sailing Fitness –

Building on the successful race coach development day in 2011 RYA and RAF Physio Matthew McGovern will be running a practical fitness and posture session giving you time to practical some typical training circuits and learn more about fun ways of getting your sailors active. Make sure you bring your gym kit.

Windsurfing Program:

T15, Windfest & Project Windsurf –

Adam McGovern 'Club & Pathway Development Officer' and Robin Nicol 'T15 Co-ordinator' will provide a detailed update on the Team 15 circuit and Scottish Windfest including the plans for 2012. We will also look at the new RYA program 'Project Windsurf' and how windsurfers in Scotland can use the forum to get out windsurfing.

Teaching Carve Gybing and Water Starting –

This session will look in detail at carve gybing and water starting with an emphasis on the common mistake people make when learning. The session is aimed at providing instructors and coaches some top tips when teaching the skills to ensure windsurfers progress as quickly as possible.

Working with Powerboats; lessons learnt –

Some gentle reminders around how to work with powerboats, and how we can learn from some recent incidents – relevant to all instructors even if you hold a powerboat instructor award.



Teaching Freestyle –

Some information, advice and ideas for teaching some freestyle tricks in different wind conditions which are sure to go down well when coaching any Team 15 or youth windsurfing session.

Instructor Development Program:

Team Racing for Instructors –

Come along and learn more about team racing.

Working with Powerboats; lessons learnt –

Some gentle reminders around how to work with powerboats, and how we can learn from some recent incidents – relevant to all instructors even if you hold a powerboat instructor award.

Working with Disabilities; opening up opportunities –

Gives an insight into working with disabilities, some ideas on ways of being more inclusive and answering the questions every organization has!

Sailability Program:

Blind Sailing: What, why & how - Royal Northern and Clyde Yacht club have been successful in their bid to host the 2012 IDFS Blind Match Racing World Championships. This session will look at what Blind Match racing is all about and how people can get involved with Blind Sailing.

RYA Sailability Scotland – what they do and how you can join in - Three updates will be taking place within this workshop:

1. What is disability and dispelling any myths
2. Recruitment and training of volunteers; integrating them into the disabled environment.
3. The RYA Sailability Scotland Strategic Plan, with an open surgery to help organisations look at bringing disabled sailing into their activities.

Yachtmaster & Shorebased Instructor Conference:

This conference is open to Yachtmaster, Shorebased and cruising instructors and will be led by Craig Burton, Chief Instructor Sail Cruising – this programme will be sent out to those in this discipline separately, however, the workshops being planned include – working with disabled sailors, Dealing with conflict and as always, there will be an update from the RYA and discussions around hot topics.



Powerboat Program:

Swift Water Rescue with Central Scotland Fire and Rescue Service - Presented by Rod Johnston, Training Officer for Central Scotland Fire & Rescue. Very experienced in running rescues in this area and can tell a few tales!

Powerboat Handling – close quarters manoeuvring - Bumps and circuits in Largs Marina with Mike Willis and David MacGregor from RYA Scotland Powerboating. Come and try driving different boats, big and small, and develop your close quarters handling.

Honda Youth RIB Fun and Frolics - Andy Felthouse, the Honda Youth RIB Co-ordinator, is coming to Scotland to share the positive experiences, answer the issues around junior and youth powerboating, and you can try the course in an unusual way!

Passage planning - Simon Paterson, from Findhorn Marina, and of Moray Inshore rescue, is leading a workshop on how to passage plan and make sure your trips away from base, especially the longer trips, are well planned and you know the factors to work with.

Club Development:

OnBoard – Angie Sword ‘OnBoard Development Officer’ will provide an in depth update on OnBoard & its expansion in Scotland. We will also look at different resources available for club & centres to work with Schools.

Olympic Activation – A look into how the Olympics can help increase activity and membership at your sailing club and/or centre!

Volvo Champion Club Program – Adam McGovern ‘Club & Pathway Development Officer’ will provide a detailed update of the Volvo Champion Club Program and we will look forward to what is available through the program in 2012 to both current and potential Volvo Champion Clubs.

Activate your Fleet – This workshop is focused on club activity with the focus on helping clubs increase adult participation in sailing by reinvigorating activity in the number of under used boats in your dinghy park.

Cruising Program

Sail a Bigger Boat – Your chance to get out on the water in a bigger yacht, look at moving around in tight circumstances and go sailing.



Electronic Navigation workshop – This is a workshop on using electronic navigation aids, and ensuring you are familiar with the latest products and familiar with the methods of use.

First Aid for Cruisers – Come and ask the questions you have always wanted to ask about dealing with awkward situations in terms of first aid on a yacht – this is not an RYA First Aid course, more a chance to learn about various scenarios regularly faced, and look at some possible solutions and the necessary equipment.

Event Safety Course

This new RYA course is aimed at taking clubs through the safety aspects involved in running dinghy championships or open meetings. If your club is organising major championships or hosting large open meetings, then this will be your chance to learn all the latest procedures and planning necessary to make sure that you are running a safe, as well as successful event.

Hosted by David Frame from Cumbrae, he will take you through strategies and materials produced for RYA events that could be used as the basis of a check list for your club.