

1 AND ½ HOURS SESSION

*The purpose of SITC Taster Session's is to introduce **children to sailing in as fun and safe an environment as possible** through the use of challenges and games using toys with a high visual impact. This note intends to give you a brief break down of how SITC Taster sessions are delivered.*

Ideal Taster Session structure

➤ *Phase one – booking and kitting up group one - **Gazebo Instructor***

Sailing Instructors (one must be in the waders when working on the ponds)

➤ *Phase two – **intro** to boat and paddle/steer and **play** paddling/steering*

- Collect the kids – establish medical conditions
- Gather round taz – **introduce**, just the basics avoid technical terminology
- They will **paddle first** to get used to the boat, explain and demonstrate the 2 jobs – steering and paddling
- Set a **challenge** or game for them to play on the water
- Identify **whistle signals** to control group (use a signal getting them to swap jobs!)
- 1 Instructor in the **RIB** ready to support the new sailors
- Other **Instructor and Gazebo Instructor help the kids** into the boats and to launch
- **Play time** afloat – let them experiment and build their confidence
- Get them to **swap** over
- If they are a strong group stay **afloat for another exciting game** that requires them to finish ashore where you can **then review** what they have achieved afloat
- If they are a weak group head back for a **quick review** of how they learnt to steer giving helpful hints and demos where required then **set them another quick challenge** to ensure they are confident with the basics

➤ *Phase three – **chat** on paddle and **intro** to sail*

- One Instructor **review the steering** and progress onto using the sail
- Ask the **kids to establish the wind direction** then **demonstrate rigging**, get the kids to help, explain briefly what things do!
- **Other Instructor and Gazebo Instructor rig the other taz's** according to the wind, sailing conditions and the number of participants
- **Other Instructor then help with the tacking demonstration** either by acting as the wind and tacking the boom or by holding the taz in the water (with waders on) or by explaining while the other is sailing and demonstrating
- Set a **figure of eight** course across the wind ensure they can all see and understand, remember whistle commands

➤ *Phase four – **play** sail*

- **Launch them one at a time** sending them straight to the Instructor in the RIB – the **Gazebo Instructor should help** with launching

- **If windy, gusty or if the kids are nervous or over enthusiastic do a quick capsize demo – this will make your life easier should one occur accidentally or on purpose!**
- When they are all afloat and have attempted the figure of eight get them to **swap** over
- When the second team of helms have had a go of figure of eight set a new challenge
- Follow the RIB or use the paddling pools to drop off toys in or to collect them, throw lots of toys in and get them to collect their colour, or set different points for different balls/toys, or use a whistle to signal different tasks like standing up, dancing or touching the bow etc.
- Use your imagination and have fun taking into consideration the weather conditions and your groups needs

When winds are strong or gusty make life easier for your selves - send out fewer boats. Get them to pair up with another team to do a relays out and back, giving everyone an opportunity to steer across the wind and tack. Ensure the kids ashore are kept entertained. If you have time and the kids are confident rig up only then send more boats out to play.

➤ *Phase five – chat on sail*

- Try to end plat with a game that can be summed up ashore – indicating an obvious conclusion to the session
- De-brief once they are all ashore by the boats or...
- Get all the kids together to do a **presentation** – chat about the session get them to tell you what they learnt. When presenting the certificates encourage them to think of their favourite moment, one word to describe their experience, how they feel right now etc. **Encourage them to continue sailing** pointing out the information and details in their info packs.

Have fun!

