

## Introduction

The Cruising Instructor’s (CI) role is arguably the most important in the cruising scheme. This is because the public’s first contact with the scheme is likely to be on a Start Yachting or Competent Crew course – most of which are run by CI’s.

Whilst it does not require huge amounts of experience to instruct at CI level, it does require a thorough knowledge of:

- a) The RYA Scheme
- b) Yachtmaster theory knowledge and
- c) Practical skills required for Competent Crew and Day Skipper courses

and also the ability to put this across to students.

### So what standard is required?

You must be a Yachtmaster Offshore Commercially Endorsed. The Yachtmaster Offshore exam is essentially a test of your ability to skipper a boat and manage a crew safely. A CI needs to be able to comfortably demonstrate ALL aspects of the Yachtmaster Offshore syllabus, whilst also having enough ability to teach it.

This is why at the beginning of the course on the Sunday morning you will sit a Yachtmaster Navigation Paper and a Yachtmaster IRPCS paper to assess your theoretical knowledge. Also initially, on the water, there will be some assessment of your practical skill levels before integrating this into how you would teach this to students.

It is therefore vital you revisit your Yachtmaster Theory and ensure you are comfortable with carrying out all the techniques and knowledge of the following topics:

<b>International Regulations for Preventing Collisions at Sea (IRPCS)</b>
• General Rules (1-3)
• Steering and Sailing Rules (4-19) including use of Radar esp. rules 7 and 19
• Lights and Shapes (20-31)
• Sound and Light signals (32-37)
• Signals for vessels fishing in close proximity (Annex II)
• Distress Signals (Annex IV)
<b>Safety</b>
You will be expected to know what safety equipment should be carried on-board a yacht, based either on the recommendations in the <i>RYA Boat Safety Handbook (C8)</i> , the <i>ISAF Special Regulations</i> or the <i>Codes of Practice for the Safety of Small Commercial Vessels</i> .
• Safety Harnesses
• Lifejackets
• Distress flares
• Fire prevention and fighting

<ul style="list-style-type: none"> <li>• Liferafts</li> </ul>
<ul style="list-style-type: none"> <li>• Knowledge of rescue procedures</li> </ul>
<ul style="list-style-type: none"> <li>• Helicopter Rescue</li> </ul>
<p><b>Boat Handling</b></p> <p>You will be expected to demonstrate the below to a high standard.</p>
<ul style="list-style-type: none"> <li>• Coming to and weighing anchor under power or sail in various conditions of wind and tide</li> </ul>
<ul style="list-style-type: none"> <li>• Berthing and unberthing situations in various conditions of wind and tide.</li> </ul>
<ul style="list-style-type: none"> <li>• Recovery of a man overboard under power and sail and able to describe the effects of cold-water shock and the aftercare requirements of a casualty who has been in the water.</li> </ul>
<ul style="list-style-type: none"> <li>• Towing under open sea conditions and in confined areas.</li> </ul>
<ul style="list-style-type: none"> <li>• Boat handling in confined areas under power and sail.</li> </ul>
<ul style="list-style-type: none"> <li>• Boat handling in heavy weather.</li> </ul>
<ul style="list-style-type: none"> <li>• Helmsmanship and sail trim to best advantage.</li> </ul>
<ul style="list-style-type: none"> <li>• Use of warps for securing in an alongside berth and for shifting berth.</li> </ul>
<p><b>General Seamanship, including maintenance</b></p>
<ul style="list-style-type: none"> <li>• Properties, use and care of synthetic fibre ropes</li> </ul>
<ul style="list-style-type: none"> <li>• The 8 knots</li> </ul>
<ul style="list-style-type: none"> <li>• General deck-work at sea and in harbour, e.g. coiling a line, tying off on a cleat etc.</li> </ul>
<ul style="list-style-type: none"> <li>• Engine operations, routine checks and trouble shooting</li> </ul>
<p><b>Responsibilities of a skipper</b></p>
<ul style="list-style-type: none"> <li>• Can skipper a yacht and manage a crew</li> </ul>
<ul style="list-style-type: none"> <li>• Communications with crew – remember ALL RYA courses are taught in English and it therefore important that your level of English is at a standard that allows you to effectively teach a course.</li> </ul>
<ul style="list-style-type: none"> <li>• Preparing a yacht for sea in all weather conditions.</li> </ul>
<ul style="list-style-type: none"> <li>• Emergency and distress situations.</li> </ul>
<ul style="list-style-type: none"> <li>• Victualling for a cruise</li> </ul>
<ul style="list-style-type: none"> <li>• Customs procedures.</li> </ul>
<ul style="list-style-type: none"> <li>• Standards of behaviour and courtesy</li> </ul>
<p><b>Navigation</b></p>
<ul style="list-style-type: none"> <li>• Charts, navigational publications and sources of navigational information.</li> </ul>
<ul style="list-style-type: none"> <li>• Chartwork including position fixing and shaping course to allow for tidal stream and leeway.</li> </ul>
<ul style="list-style-type: none"> <li>• Tide and tidal stream calculations.</li> </ul>
<ul style="list-style-type: none"> <li>• Buoyage and visual aids to navigation.</li> </ul>
<ul style="list-style-type: none"> <li>• Instruments including compasses, logs, echo sounders, radio navigation aids, chartwork instruments and Radar.</li> </ul>
<ul style="list-style-type: none"> <li>• Passage planning and navigational tactics.</li> </ul>
<ul style="list-style-type: none"> <li>• Pilotage techniques.</li> </ul>
<ul style="list-style-type: none"> <li>• Navigational records.</li> </ul>
<ul style="list-style-type: none"> <li>• Lee shore dangers.</li> </ul>
<ul style="list-style-type: none"> <li>• Use of electronic navigation aids for passage planning and navigation.</li> </ul>
<ul style="list-style-type: none"> <li>• Use of waypoints and electronic routeing.</li> </ul>
<ul style="list-style-type: none"> <li>• General understanding of AIS.</li> </ul>

<b>Meteorology</b>
• Definition of terms.
• Sources of weather forecasts.
• Weather systems and local effects.
• Interpretation of weather forecasts, barometric pressure trends and visible phenomena.
• Ability to make passage planning decisions based on forecast information.
<b>Signals</b>
• Ability to send a Distress Announcement and Mayday call

We also strongly recommend you purchase the following and read them through thoroughly before attending:

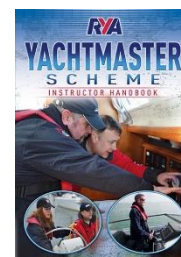
- 1) RYA Yachtmaster Scheme Syllabus and logbook (RYA Code G158)

<https://www.rya.org.uk/shop/search?term=G158>



- 2) RYA Yachtmaster Scheme Instructor Handbook (RYA Code G27)

<https://www.rya.org.uk/shop/p/instructing-coaching-and-careers/rya-yachtmaster-scheme-instructor-handbook-ebook>



## During the Course.

Once your abilities have been established time will be spent on teaching you how to structure a course for the expected conditions. You will be surprised how long it takes to complete exercises.

You will then work together, one as the instructor and the others as your candidates, and you will perform the tasks, (Explanation, Demonstration, Imitation, Feedback) thinking about the different learning styles and how can you keep everyone involved. Then you will be debriefing each other – a crucial part of any instructor's role.

Remember, patience, enthusiasm and a good sense of humour are essential.

Come prepared.

The week is intense but also very rewarding.