

Course Programme - 2024



**ARMY INSHORE
SAIL TRAINING CENTRE**

*Thorney Island
Hampshire, PO10 8DS*



Army Sailing Association

The Army Inshore Sail Training Centre is the premier inshore sail training centre for the Army delivering courses and support for competition. The Centre can offer practical and theory courses to the Army. Please contact the sailing team for details.

Email: jcunningham@britisharmysport.com

Telephone (Mil): 94295 8315 - (Civil): 01243 388315

Course Bookings

jaynecunningham@britisharmysport.com



[Army Sailing Association](#)

See us on face-book



[Army Inshore Sail Training Centre](#)

or on the web



[@ArmyDinghy](#)

and on Twitter

The Army Inshore Sail Training Centre

The Army Inshore Sail Training Centre is on Baker barracks, Thorney Island in Chichester Harbour, on the south coast of the England. This allows the Centre to sail in Chichester Harbour and kitesurf at a premier site off Hayling Island. The Centre is an Army Sailing Association (ASA) training centre.

Starting in the spring the Centre delivers the practical courses in dinghy sailing (including keelboat and multi-hull), windsurfing, powerboating, kitesurfing and winging from basic courses to instructor awards. On light wind days, we run Stand Up Paddleboard courses. We can organise unit training for up to 50 people; just call us so that we can tailor your requirements.

If you are interested in dinghy racing our sister club, [Thorney Island Sailing Club](#), have dinghy regattas on most Tuesday and Thursday nights and Sundays. They are happy for Service Personnel to join in.

The Centre uses the national governing bodies of the Royal Yachting Association, British Stand Up Paddleboard Association and the British Kite Sports Association to ensure it provides internationally recognised courses.

Practical Courses:

Dinghy, Windsurfing, Winging	£80 + accommodation if required
Power-boating	£185 + accommodation
Kitesurfing Level 1	£80 + accommodation
Kitesurfing Level 2	£160 + accommodation
Multi-activities for units	£25 per head per day + accom

Interactive online courses:

Safe & Fun Safeguarding	£9
Professional Practices and Responsibilities	£38
Marine VHF (SRC) less assessment	£50
Essential Navigation & Seamanship	£70
CEVNI Test	£20
Cruising Instructor pre-course assessment	£8

Accommodation fees:

Course personnel	£9 per night
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Theory courses:

RYA First Aid	£ 50
Marine VHF Radio SRC Assessment	£ 70 payable to the RYA

AISTC COURSES 2024

Just click on a picture to take you to the course dates



DINGHY COURSES

Which DINGHY SAILING course is right for you?

Level 1 - Start Sailing	Level 2 – Basic Sailing	Sailing Development
<p>Prerequisites - None</p> <p>The Start Sailing course will introduce you to sailing and give you all you need to go afloat, in light winds, under supervision. The course teaches you how to sail in all directions including an awareness of launching and recovering the boat.</p> <p>If conditions and aptitude allow some elements of the Level 2 Basic Sailing syllabus may be achieved.</p>	<p>Prerequisites - Level 1</p> <p>The level 2, Basic Sailing course will develop rigging, launching, sailing in all directions. You will learn capsized recovery and essential safety knowledge during the course.</p> <p>This course sets out the foundations of sailing. By the end of it you will be a competent light wind sailor</p>	<p>Prerequisites - Level 2</p> <p>The Sailing Development course will consolidate your skills and develop your handling of sailing dinghies including double handed boats with confidence. It will introduce spinnaker sailing and foiling boats and work towards the RYA advanced modules of sailing.</p> <p>If conditions and aptitude allow some elements of the RYA Advanced Sailing syllabus may be achieved.</p>
<p>What next? - Level 2 Basic Sailing</p>	<p>What next? - Sailing Development</p>	<p>What next? - Start Racing</p>

LEVEL 1 -START SAILING		Book Now	<i>Introducing you to sailing with all you need to know to get afloat under supervision Setting out the foundations of sailing for you.</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:	
D01/24	13-16 May	4 days	£80		
D02/24	20-23 May	4 days	£80		
D03/24	28-31 May	4 days	£80		
D04/24	3-6 Jun	4 days	£80		
D05/24	10-13 Jun	4 days	£80		
D06/24	17-20 Jun	4 days	£80		
D07/24	24-27 Jun	4 days	£80		
D08/24	1-4 Jul	4 days	£80		
D09/24	8-11 Jul	4 days	£80		
D10/24	15-18 Jul	4 days	£80		
D11/24	22-25 Jul	4 days	£80		
D12/24	5-8 Aug	4 days	£80		
D13/24	12-15 Aug	4 days	£80		
D14/24	19-22 Aug	4 days	£80		
D15/24	27-30 Aug	4 days	£80		
D16/24	2-5 Sep	4 days	£80		
D17/24	9-12 Sep	4 days	£80		
D18/24	16-19 Sep	4 days	£80		

D19/24	23-26 Sep	4 days	£80	
D20/24	30 Sep – 3 Oct	4 days	£80	
D21/24	7-10 Oct	4 days	£80	
D22/24	14-17 Oct	4 days	£80	
D23/24	21-24 Oct	4 days	£80	
D24/24	28-31 Oct	4 days	£80	
LEVEL 2 – BASIC SAILING Book Now		<i>Learning to sail a dinghy with crew</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
D25/24	13-16 May	4 days	£80	
D26/24	20-23 May	4 days	£80	
D27/24	28-31 May	4 days	£80	
D28/24	3-6 Jun	4 days	£80	
D29/24	10-13 Jun	4 days	£80	
D30/24	17-20 Jun	4 days	£80	
D31/24	24-27 Jun	4 days	£80	
D32/24	1-4 Jul	4 days	£80	
D33/24	8-11 Jul	4 days	£80	
D34/24	15-18 Jul	4 days	£80	
D35/24	22-25 Jul	4 days	£80	
D36/24	5-8 Aug	4 days	£80	
D37/24	12-15 Aug	4 days	£80	
D38/24	19-22 Aug	4 days	£80	
D39/24	27-30 Aug	4 days	£80	
D40/24	2-5 Sep	4 days	£80	
D41/24	9-12 Sep	4 days	£80	
D42/24	16-19 Sep	4 days	£80	
D43/24	23-26 Sep	4 days	£80	
D44/24	30 Sep – 3 Oct	4 days	£80	
D45/24	7-10 Oct	4 days	£80	
D46/24	14-17 Oct	4 days	£80	
D47/24	21-24 Oct	4 days	£80	
D48/24	28 Oct -1 Nov	4 days	£80	
SAILING DEVELOPMENT Book Now		<i>Consolidating skills and trying new ones</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
D49/24	24-27 Jun	4 days	£80	
D50/24	15-18 Jul	4 days	£80	

D51/24	29 Jul – 1 Aug	4 days	£80	
D52/24	12-15 Aug	4 days	£80	
D53/24	30 Sep - 3 Oct	4 days	£80	

CONVERSION COURSES

Ready to convert your sailing skills to different hull designs?

	MULTI-HULL	KEEL BOAT
	2-day course designed for the mono-hull sailor who already has a sound knowledge of sailing and wishes to transfer their skills to a catamaran	2-day course designed for the dinghy sailor who already has a sound knowledge of sailing and wishes to transfer their skills to a keel boat.
Assumed knowledge	Sailing and background knowledge to the standard of the Level 2 course	Sailing and background knowledge to the standard of the Level 2 course
Duration	2 days	2 days
Course content	Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge. Focusing on crew weight, aerodynamics and technique.	Introduction to the five essentials of sailing: Balance, Trim, centreplate, sail setting and course made good.
Ability after course	Able to sail at Catamaran and make decisions in good conditions	Sailing confidently without the instructor onboard; ready to skipper a keelboat on the sea in familiar waters and practice your new-found skills!

MULTIHULL	Book Now	<i>Setting sails and making way</i>
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Course Number:	Course Dates:	Duration:	Costs:	Remarks:
D54/24	On demand	2 days	£50	

KEEL BOAT	Book Now	<i>Setting sails and making way</i>
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Course Number:	Course Dates:	Duration:	Costs:	Remarks:
D55/24	On demand	2 days	£50	

KEELBOAT COURSES

Try KEELBOAT SAILING on our 26-foot Folk Boats – a route to cruising or racing

Start Keelboat Sailing

Prerequisites - None

The Keelboat course will introduce you to sailing in the Chichester Harbour and the Solent and give you all you need to go afloat, in light winds, under supervision. The course teaches you how to sail in all directions including picking up moorings and coming alongside a pontoon.

Our aim is for you to achieve the internationally recognized Royal Yachting Association's (RYA) Start Sailing qualification. If conditions and aptitude allow some elements of the RYA Basic Sailing syllabus may be achieved.

What next? - After achieving Start Sailing return on another Keelboat course and learn to Skipper the boat.

Keelboat Sailing Development

Prerequisites - Start Sailing

Keelboat Sailing Development will take place on the keelboat course, consolidate your skills and develop you to handling the boat and enable you to take out a properly crewed keelboat without supervision.

Our aim is for you to achieve the internationally recognized Royal Yachting Association's (RYA) Basic Sailing qualification in Keelboats. If conditions and aptitude allow.

What next? - Racing

The Keelboat course will give you the necessary skills to take part in regattas using the Centre's keelboats.

START SAILING & DEVELOPMENT

Book Now

Learn to sail or develop your skills

Course Number:	Course Dates:	Duration:	Costs:	Remarks:
KB01/24	8-11 Apr	4 days	£80	
KB02/24	29 Apr – 2 May	4 days	£80	
KB03/24	13-16 May	4 days	£80	
KB04/24	10-13 Jun	4 days	£80	
KB05/24	8-11 Jul	4 days	£80	
KB06/24	12-15 Aug	4 days	£80	

POWERBOAT COURSES

Which course is right for you?

Level 2

This two-day course provides the skills and background knowledge needed to drive a powerboat and is the basis of the International Certificate of Competence. It is available to those who are engaged in water sports and need to provide safety boat cover for their sport. This qualification qualifies them to helm but a qualified Safety Boat operator in the boat is required to operate safely.

It includes close quarters handling, high speed manoeuvres, man overboard recovery and collision regulations. View our online brochure [here](#)

Assumed knowledge	None. May be preceded by Level 1
Minimum duration	2 days
Minimum age	18
Course content	Launching and recovery, boat handling, securing to a buoy, anchoring, leaving and coming alongside, man overboard
Ability after the course	Self-sufficient powerboater in the right conditions, aware of own limitations and those of craft

POWERBOAT LEVEL 2

Book Now

This course gives the skills to drive boats in support of other water sports

Course Number:	Course Dates:	Duration:	Costs:	Remarks:
P01/24	5-6 Feb	2 days	£185	
P02/24	7-8 Feb	2 days	£185	
P03/24	12-13 Feb	2 days	£185	
P04/24	14-15 Feb	2 days	£185	
P05/24	19-20 Feb	2 days	£185	
P06/24	21-22 Feb	2 days	£185	
P07/24	9-10 Mar	2 days	£185	
P08/24	11-12 Mar	2 days	£185	
P09/24	13-14 Mar	2 days	£185	
P10/24	18-19 Mar	2 days	£185	
P11/24	20-21 Mar	2 days	£185	
P12/24	25-26 Mar	2 days	£185	
P13/24	27-28 Mar	2 days	£185	
P14/24	2-3 Apr	2 days	£185	
P15/24	4-5 Apr	2 days	£185	
P16/24	8-9 Apr	2 days	£185	

P17/24	10-11 Apr	2 days	£185	
P18/24	15-16 Apr	2 days	£185	
P19/24	19-20 Apr	2 days	£185	
P20/24	17-18 Apr	2 days	£185	
P21/24	22-23 Apr	2 days	£185	
P22/24	24-25 Apr	2 days	£185	
P23/24	29-30 Apr	2 days	£185	
P24/24	1-2 May	2 days	£185	
P25/24	7-8 May	2 days	£185	
P26/24	9-10 May	2 days	£185	
P27/24	29-30 Jul	2 days	£185	
P28/24	31 Jul – 1 Aug	2 days	£185	
P29/24	5-6 Aug	2 days	£185	
P30/24	7-8 Aug	2 days	£185	
P32/24	12-13 Aug	2 days	£185	
P33/24	14-15 Aug	2 days	£185	
P34/24	19-20 Aug	2 days	£185	
P35/24	21-22 Aug	2 days	£185	
P36/24	27-28 Aug	2 days	£185	
P37/24	29-30 Aug	2 days	£185	
P38/24	9-10 Sep	2 days	£185	
P39/24	30 Sep- 1 Oct	2 days	£185	
P40/24	2-3 Oct	2 days	£185	
P41/24	21-22 Oct	2 days	£185	
P42/24	23-24 Oct	2 days	£185	
P43/24	28-29 Oct	2 days	£185	
P44/24	30-31 Oct	2 days	£185	

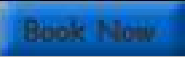
Safety Boat

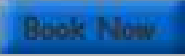
This two-day course provides the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes, or for racing or training activities.

Assumed knowledge

Basic understanding of sailing boats and windsurfers. RYA Powerboat Level 2 certificate must be held prior to this course and the student must be current and competent with that skill to the extent that boat handling is instinctive; this normally takes a full season helming a boat. It is strongly

	recommended that candidates hold a first aid certificate and a VHF/SRC operator's certificate.
Minimum duration	2 days
Minimum age	18
Course content	Preparation, boat handling, dinghy rescue, windsurfer rescue, kayak or canoe rescue (can be covered as theory), towing, end-of-day procedures, safety, suitability of craft, local factors, communication, rescuing other water users
Ability after the course	Able to provide safety or support cover to a range of craft, particularly sailing or windsurfing

SAFETY BOAT			<i>This two-day course provides the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes, or for racing or training activities</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:	
P45/24 SB	4-5 Apr	2 days	£185		
P46/24 SB	5-6 Sep	2 days	£185		

WINDSURFING COURSES					
<i>Which course is right for you?</i>					
START WINDSURFING			WINDSURFING DEVELOPMENT		
<p>Prerequisites - None</p> <p>This course is for beginners who have done little or no windsurfing before. It is the first part of the Royal Yachting Association (RYA) windsurfing scheme and its aim is to provide basic windsurfing techniques and essential background knowledge. By the end of the course you will be able to windsurf safely under loose supervision, be able to turn the board around, sail to where you want to go and get back to shore.</p> <p>What next? - After achieving the Start Windsurfing qualification return on a Windsurfing Development course.</p>			<p>Prerequisites - Start Windsurfing</p> <p>This course is aimed at those that have learned to windsurf and need to get to the next level whether it is getting into the harness, improving your planing skills or getting into foiling. The RYA windsurfing modules are the building blocks to advanced skills. The aim is to deliverer skills from the intermediate syllabus plus.</p> <p>What next? - Join the Army Windsurfing Facebook group and get into competitions and adventures.</p>		
START WINDSURFING			<i>A course for complete beginners</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:	
W01/24	20-23 May	4 days	£80		

W02/24	10-13 Jun	4 days	£80	
W03/24	17-20 Jun	4 days	£80	
W04/24	24-27 Jun	4 days	£80	
W05/24	1-4 Jul	4 days	£80	
W06/24	8-11 Jul	4 days	£80	
W07/24	15-18 Jul	4 days	£80	
W08/24	22-25 Jul	4 days	£80	
W09/24	29 Jul – 1 Aug	4 days	£80	
W10/24	5-8 Aug	4 days	£80	
W11/24	12-15 Aug	4 days	£80	
W12/24	19-22 Aug	4 days	£80	
W13/24	27-29 Aug	4 days	£80	
W14/24	9-12 Sep	4 days	£80	
W15/24	16-19 Sep	4 days	£80	
W16/24	23-26 Sep	4 days	£80	
W17/24	30 Sep-3 Oct	4 days	£80	
W18/24	14-17 Oct	4 days	£80	
W19/24	21-24 Oct	4 days	£80	
W20/24	28-31 Oct	4 days	£80	
WINDSURFING DEVELOPMENT		<i>Consolidating skills and trying new ones</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
W21/24	10-13 Jun	4 days	£80	
W22/24	15-18 Jul	4 days	£80	
W23/24	19-22 Aug	4 days	£80	
W24/24	30 Sep – 1 Oct	4 days	£80	

RYA First Aid The course is recommended by the MCA and HSE.

Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, and estuaries or on cross channel passages.

In a medical emergency, a little first aid knowledge and immediate action can save lives, especially in remote locations. This one-day course is designed to provide a working knowledge of first aid for people using small craft and to support skippers. It fulfils the requirements for professional skippers of small craft working within 60 miles of a safe-haven, including boat-masters.

The subjects specific to boating include:

- The recovery position in a confined space
- CPR, including the drowning protocol and use of the defibrillator
- Cold shock and hypothermia from immersion and/or exposure
- Seasickness and dehydration
- Medical assistance or advice by VHF
- Helicopter rescue

RYA FIRST AID		<i>Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages.</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
FA01/24	17 Feb	1 day	£50	Saturday
FA02/24	6 Mar	1 day	£50	
FA03/24	5 Apr	1 day	£50	
FA04/24	24 May	1 day	£50	
FA05/24	16 Aug	1 day	£50	
FA06/24	23 Sep	1 day	£50	
FA07/24	7 Oct	1 day	£50	

KITE SURFING COURSES

Which course is right for you?

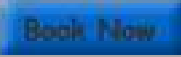
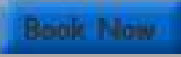
	Level 1 Kitesurfing	Level 2 Kitesurfing	Kitesurfing Development <i>Whether you're on the cusp of board starting or already riding upwind this course will cater for you</i>
Duration	4 days	4 days	4 days
Assumed knowledge	None	Level 1 Parts 1 - 4	Level 2
Course content	P1 – Basic Kite handling P2 – Water based flying P3 – Bring on the power and basic body dragging P4 - Directional an upwind body dragging, going the right way, balance body dragging. If conditions and aptitude allow elements of the	P1 – Intro to boards and board start technique P2 – First Board Starts P3 – First rides including prolonged power delivery P4 – Independent Kite surfing – Kite surfing with others.	Intermediate classes are for kite surfers that are riding along confidently and now want to master some more advanced techniques and tricks or get into foiling. Some examples of what we will cover are: advanced equipment tuning, upwind and light wind riding techniques, turning and carve turns, toe-side riding, pop, first jumps, using a directional board and foiling
Ability after course	BKSA level 1 qualification Assessing land & water-based sites. Knowledge of the wind window Able to Rig kites Understanding of release mechanisms and when to use. Intro to essential communication signals. Recover kite from a single line and re launch techniques. Powering kite up in specific directions 4 x body dragging techniques One handed flying technique	Able to perform a controlled board start using power generated by the kite (Power stroke) Completion of initial rides across the wind, developing technique to prolong rides to become an independent kite surfer.	You'll be more confident and will have experience a range of board type and disciplines within kitesurfing.

LEVEL 1



A course for complete beginners

Course Number:	Course Dates:	Duration:	Costs:	Remarks:
KS01/24	7-10 May	4 days	£80	
KS02/24	13-16 May	4 days	£80	
KS03/24	20-23 May	4 days	£80	
KS04/24	3-6 Jun	4 days	£80	
KS05/24	10-13 Jun	4 days	£80	
KS06/24	17-20 Jun	4 days	£80	
KS07/24	24-27 Jun	4 days	£80	
KS08/24	1-4 Jul	4 days	£80	

KS09/24	8-11 Jul	4 days	£80	
KS10/24	22-25 Jul	4 days	£80	
KS11/24	5-8 Aug	4 days	£80	
KS12/24	19-22 Aug	4 days	£80	
KS13/24	2-5 Sep	4 days	£80	
KS14/24	16-19 Sep	4 days	£80	
KS15/24	30 Sep-3 Oct	4 days	£80	
KS16/24	14-17 Oct	4 days	£80	
LEVEL 2			<i>Become an independent rider</i>	
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
KS17/24	28-31 May	4 days	£160	
KS18/24	15-18 Jul	4 days	£160	
KS19/24	29 Jul- 1 Aug	4 days	£160	
KS20/24	12-15 Aug	4 days	£160	
KS21/24	27-30 Aug	4 days	£160	
KS22/24	24-27 Sep	4 days	£160	
KS23/24	21-24 Oct	4 days	£160	
KS25/24	28-31 Oct	4 days	£160	
KITESURFING DEVELOPMENT			<i>A course for those that want to learn more</i>	
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
KS26/24	28-31 May	4 days	£160	
KS27/24	15-18 Jul	4 days	£160	
KS28/24	29 Jul- 1 Aug	4 days	£160	
KS29/24	12-15 Aug	4 days	£160	
KS30/24	27-30 Aug	4 days	£160	
KS31/24	24-27 Sep	4 days	£160	
KS32/24	21-24 Oct	4 days	£160	
KS33/24	28-31 Oct	4 days	£160	

WINGING COURSES

WINGING

We aim to introduce you to foiling by the end of this 4 day course; how far along the training route you get below depends on conditions and aptitude. Great value for money on this brand new discipline.

Learn To Wingsurf

Winging Development



Learn to Wing Surf

Improve your Wing Surfing

First Flights

Sustained Flight

Duration	2 days	2 days	8-10 hours, delivered over a number of short sessions	8-10 hours, delivered over a number of short sessions
Assumed knowledge	None	Learn to wingsurf	Wingsurfing skills to the standard of Improve your Wingsurfing or experience foiling in a similar foiling discipline.	Achieved first flights
Course content	An introductory course, providing a basic introduction to wingsurfing. This course is split into two parts; flying the wing ashore, and getting afloat. Together these sessions provide the fundamentals of wing control, translating its power into forward momentum and steering, whilst reinforcing the core skills of board balance to enable you to travel across the wind a short distance, gybe and return to starting point.	This course concentrates on building confidence and enhancing the skills learnt in the Learn to Wingsurf course, enabling students make progress and hold ground upwind, as well as improve tacking and gybing transitions. This course is a fundamental stepping stone to being able to progress onto Wingfoiling	Progress the pre-learnt skills of Wingsurfing, taking them to the next level and learning to wingfoil. This course will assist you in understanding and achieving your first flights in both directions and gaining the knowledge to increase flight time.	Advanced your skills and foiling knowledge to achieve longer, sustained flights, holding ground upwind and downwind on the foil and working on gybing entries from a foiling position.
Ability after course	Having achieved these skills ashore, you will progress to using a board such as a windsurfer (with centreboard) or WindSUP. You will be able to launch and land safely, sailing across the wind, steering towards and away from the wind, and carrying out a basic gybe.	Improve your wingsurfing course increases confidence and ability, having completed this course you will be able to progress and hold ground upwind, confidently tacking and gybing as conditions require.	At the end of this course you will be able to setup, launch and recover wingfoiling equipment safely, making your first take offs and short flights on the foil. Improving your knowledge and understanding of equipment available and opportunities for continuing, including the next wing-foiling progression of sustaining flight.	By the end of the sustained flights course you will have an increase knowledge of how foils work, improved skill level enabling you to enjoy longer foiling flights, make effective ground up and downwind, and progressing on to entering a gybe from a foiling position, in a variety of conditions.

Learn to Wingsurf 		<i>A course for complete beginners including Learn to Wing Surf and Introduction to Foiling</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:
WG01/24	13-16 May	4 days	£80	
WG02/24	10-13 Jun	4 days	£80	
WG03/24	24-27 Jun	4 days	£80	
WG04/24	1-4 Jul	4 days	£80	
WG05/24	8-11 Jul	4 days	£80	
WG06/24	15-18 Jul	4 days	£80	
WG07/24	22-25 Jul	4 days	£80	
WG08/24	29 Jul - 1 Aug	4 days	£80	
WG09/24	5-8 Aug	4 days	£80	
WG10/24	12-15 Aug	4 days	£80	
WG11/24	19-22 Aug	4 days	£80	
WG12/24	27-30 Aug	4 days	£80	
WG13/24	9-13 Sep	4 days	£80	
WG14/24	16-19 Sep	4 days	£80	
WG15/24	23-26 Sep	4 days	£80	
WG16/24	30 Sep- 3 Oct	4 days	£80	
WG17/24	7-10 Oct	4 days	£80	
WG18/24	14-17 Oct	4 days	£80	
WG19/24	21-24 Oct	4 days	£80	
WG20/24	28-31 Oct	4 days	£80	
WINGING DEVELOPMENT 		<i>Once you have achieved first flights arrange for a high level coach to bring on foiling skills</i>		
WG21/24	On demand	1 Day	£30	Arranged for when the conditions suit

INSTRUCTOR TRAINING

Which Instructors course?

DINGHY INSTRUCTOR TRAINING

Instructors teaching the National Sailing Scheme need to be qualified for the type of boat in which they teach, ie dinghies, small keelboats or multihulls.

Role

The instructor is a competent, experienced sailor capable of sailing a training boat in strong winds and handling small powerboats. The instructor has been assessed as competent to teach adults and children, beginners and improvers. Although responsible for teaching individuals and small groups, the instructor has not been assessed as competent in running a sailing centre and should always work under the supervision of an RYA Senior instructor (for dinghy and multihull courses) or the chief instructor of a keelboat training centre.

Eligibility

Prior to the course candidates must fulfill the following requirements:

- Minimum age 18;
- Valid first aid certificate
- RYA Powerboat Level 2 certificate
- RYA Safe and Fun certificate
- Pre-entry sailing assessment completed within 1 year prior to the instructor training course.

DINGHY INSTRUCTOR

[Book Now](#)

Instructors teaching the National Sailing Scheme need to be qualified for the type of boat in which they teach, ie dinghies, small keelboats or multihulls.

Course Number:	Pre-entry assessment date:	Course Dates:	Duration:	Costs:	Remarks:
DI01/24	By arrangement	3-7 Jun	5 days	£80	Plus publications. Beat-Up week 20-24 May with Darren Kirkham
DI02/24	By arrangement	30 Sep – 4 Oct	5 days	£80	Plus publications. Beat-Up week 24-28 Sep with Darren Kirkham

INSTRUCTOR ENDORSEMENTS

[Book Now](#)

To enable instructors to teach the National Sailing Scheme in keelboats or multi-hulls.

DI03/23	Multi-hull	On demand	2 days	£40	The cost of publications is not included
DI04/23	Keelboat	15-19 Apr	5 days	£80	The cost of publications is not included
DI05/23	Foiling	On demand	5 Days	£80	The cost of publications is not included.

ADVANCED INSTRUCTOR TRAINING

The advanced instructor is an experienced instructor with a wide background of sailing experience who has been trained to teach the Performance Sailing and Sailing with Spinnakers courses.

Eligibility

Candidates must hold the RYA instructor certificate and will usually have recorded at least one season's experience of teaching sailing since qualifying. Candidates will be skilled to at least the level of the Performance Sailing and Sailing with Spinnakers courses and should have previous powerboat handling experience in a teaching environment.

NOTE: Membership of the RYA (or the National Governing Body for your boating activity in your country of residence) is required to qualify or revalidate as an RYA instructor.

Training

This is a two-day course covering the teaching a boat handling, the use of spinnakers and 5 essentials coaching to the required standard, as well as powerboat driving.

Assessment

Candidates will be assessed on a continuous basis afloat and may be given a theory test. Upon successful completion of the course, the Coach/Assessor will sign their logbooks.

ADVANCED DINGHY INSTRUCTOR

[Book Now](#)

To enable instructors to teach Performance Sailing and Sailing with Spinnakers

Course Number:	Course Dates:	Duration:	Costs:	Remarks:
DI06/24	On demand	2 days	£40	The cost of publications is not included

SENIOR DINGHY INSTRUCTOR TRAINING

The Senior Instructor (SI) is an experienced instructor who has been assessed as competent to organise and manage courses within the RYA's Sailing Scheme.

Senior Instructors are qualified to organise and control group sailing tuition and to supervise and assist instructors. SIs must be confident, competent managers, capable of organising groups of all ages and directing the work of their instructors. An RYA recognised dinghy/keelboat/multihull training centre must have a current SI as its Principal or chief sailing instructor, though a Yachtmaster™ instructor may fulfil this role in a keelboat centre.

Eligibility

Candidates must first be an RYA dinghy instructor and must fulfil the following criteria prior to the SI course:

Minimum age 18;

Dinghy Senior Instructor: At least two years intermittent or one-year full time instructing since qualifying as an RYA Dinghy or Multihull Instructor

Keelboat Senior Instructor: At least two years intermittent or one-year full time instructing since qualifying as an RYA Keelboat Instructor

RYA Safety Boat certificate*

Valid first aid certificate

RYA Safe and Fun certificate

Signed recommendation from the Principal of an RYA recognised Training Centre (see G14/05)

Sailing ability to at least the standard of RYA Instructor (an assessment may be necessary if sailing ability cannot be adequately demonstrated during the training course).

DINGHY SENIOR INSTRUCTOR		Book Now			<i>The Senior Instructor (SI) is an experienced instructor who has been assessed as competent to organise and manage courses within the RYA's Sailing Scheme.</i>
Course Number:	Course Dates:	Duration:	Costs:	Remarks:	
DI07/24	6-12 Apr	7 days	Free	The cost of publications is not included. A joint Army RN course	

POWERBOAT INSTRUCTOR TRAINING

The Powerboat Instructor is a competent, experienced powerboater who has been trained to teach powerboating up to Level 2 under the supervision of the Principal or Chief Instructor of a recognised centre.

Eligibility Candidates should have logged at least five seasons' experience of powerboating, preferably in a range of boat types and sizes. For those who use powerboats as an integral part of their normal full-time occupation, this period is reduced to one season. Candidates will hold the RYA's Level 2 powerboat certificate and an RYA first aid certificate

Prior to the instructor training course, candidates must attend a skills assessment.

Training Candidates will attend a three-day instructor course run by an RYA Powerboat Trainer and assessed by an independent Trainer. The course will consist of: principles of practical instruction, lesson planning, teaching styles, use of questioning, preparation and use of visual aids, assessment of students' learning, explanation and presentation of theory subjects, the structure of the scheme, planning progressive teaching sessions, preparation of boats and equipment, teaching methods to RYA Level 2.

POWERBOAT INSTRUCTOR		Book Now	<i>The Powerboat Instructor is a competent, experienced powerboater who has been trained to teach powerboating up to Level 2 under the supervision of the Principal or Chief Instructor of a recognised centre.</i>		
Course Number:	Pre-entry assessment date:	Course Dates:	Duration:	Costs:	Remarks:
PBI01/24	11 Mar	12-14 Mar	4 days inc pre-assessment	£185	Pre-assessments can only be done by a PB trainer
PBI02/24	14 Oct	15-17 Oct	4 days inc pre-assessment	£185	Pre-assessments can only be done by a PB trainer

START WINDSURFING INSTRUCTOR TRAINING

RYA Start Windsurfing instructors are qualified to teach the Start Windsurfing course and Stages 1 and 2 of the Youth Windsurfing Scheme under the supervision of a senior instructor.

Eligibility

- RYA Membership
- Minimum age 16
- Intermediate non-planing certificate with beach starting and non-planing gybe clinics
- RYA Powerboat level 2 certificate
- RYA Safe and fun certificate
- RYA first aid qualification

WINDSURFING START INSTRUCTOR		Book Now	<i>RYA Start Windsurfing instructors are qualified to teach the Start Windsurfing course and Stages 1 and 2 of the Youth Windsurfing Scheme under the supervision of a senior instructor.</i>		
Course Number:	Course Dates:	Duration:	Costs:	Remarks:	
WSI/01/24	20-24 May	5 days	£80	Beat Up week 13-17 May with Jon Metcalfe	

INTERMEDIATE WINDSURFING INSTRUCTOR TRAINING

RYA Intermediate windsurfing instructors are qualified to teach the Intermediate course and Youth Windsurfing Scheme under the supervision of a senior instructor.

The Intermediate course and instructor training is assessed in two competencies, non-planing and planing, and is the first instructor course to incorporate the new Fastfwd coaching tool.

Eligibility for Intermediate non-planing instructors

- Minimum age 18
- Start windsurfing instructor
- Intermediate certificate plus beach starting and non-planing carve gybe clinics
- RYA Powerboat level 2 certificate
- RYA Safe and Fun certificate
- RYA first aid certificate
- Evidence of 50 hours logged as a Start windsurfing instructor

Eligibility for Intermediate planing instructors

- In addition to the prerequisites listed for the Intermediate non-planing instructor the following prerequisites are required:
- Advanced certificate with waterstart and carve gybe clinics
 - Evidence of 50 hours logged as a Start windsurfing or Intermediate non-planing instructor

WINDSURFING INTERMEDIATE INSTRUCTOR	Book Now	<i>RYA Intermediate windsurfing instructors are qualified to teach the Intermediate course and Youth Windsurfing Scheme under the supervision of a senior instructor.</i>		
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Course Number:	Course Dates:	Duration:	Costs:	Remarks:
WSI/02/24	15-18 Apr	4 days	£80	

WINDSURFING ADVANCED INSTRUCTOR TRAINING

RYA advanced windsurfing instructors are qualified to teach the Advanced course and all stages of the Youth Windsurfing Scheme under the supervision of a senior instructor.

The Advanced Instructor course has a clinic-based approach, appealing to a wider spectrum. The core content of the instructor course enables instructors to teach the main advanced course in the scheme. In addition, instructors can be assessed during the course to enable them to teach further advanced clinics in advanced carving skills and bump and jump.

Eligibility

Intermediate planning instructor:

- Minimum age 18
- Minimum of a very competent Advanced certificate holder plus clinics in waterstarting and carve gybing
- RYA Powerboat level 2 certificate
- RYA first aid qualification
- RYA Safe and Fun certificate
- Evidence of 100 hours logged as an Intermediate planning instructor

WINDSURFING ADVANCED INSTRUCTOR	Book Now	<i>RYA advanced windsurfing instructors are qualified to teach the Advanced course and all stages of the Youth Windsurfing Scheme under the supervision of a senior instructor.</i>		
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Course Number:	Course Dates:	Duration:	Costs:	Remarks:
WSI/04/24	TBC	4 days	£80	

WINDSURFING SENIOR INSTRUCTOR TRAINING

The Senior Instructor (SI) is an experienced instructor who has been assessed as competent to organise and manage courses within the RYA's Windsurfing Scheme. They are qualified to organise and control group windsurfing tuition and to supervise and assist instructors.

SIs must be confident, competent managers, capable of organising groups of all ages and directing the work of their instructors.

An RYA recognised windsurfing training centre must have a current SI as its Principal or chief windsurfing instructor.

Qualities of an SI

A safe teacher; working within a known environment; a good leader; capable of working to a high level within any teaching establishment almost seeing problems before they occur.

SIs must also have the objectivity required for conducting assessments and the interpersonal skills needed to debrief unsuccessful students effectively and tactfully in a good manner.

Eligibility

Candidates must first be an RYA start windsurfing instructor and must fulfill the following criteria prior to the SI course:

Minimum age 18;

Evidence of two seasons full-time instructing as an RYA Windsurfing Start Instructor.

Recommendation by a Principal of a Recognised Training Centre.

RYA first aid qualification

RYA Safety boat certificate

RYA Safe and Fun certificate

WINDSURFING SENIOR INSTRUCTOR



The Senior Instructor (SI) is an experienced instructor who has been assessed as competent to organise and manage courses within the RYA's Windsurfing Scheme. They are qualified to organise and control group windsurfing tuition and to supervise and assist instructors.

Course Number:	Course Dates:	Duration:	Costs:	Remarks:
WSI/05/24	TBC	4 days	Free	

BKSA KITE SURFING INSTRUCTOR TRAINING

All Kite Surfing Instructor Training Courses (ITC) are run in conjunction by or at BKSA Recognised schools. The instructor training has been structured to be delivered in a modular bases, which means you may build up to your full qualification over a period and considering prior experience and qualifications. The Instructor award is a 3 year appointment. On completion of the course and relevant action plan met after the course full instructor status is granted.

The instructor is required to teach within a BKSA recognised school.

An instructor can teach up to 4 students with two kites on the water once registered.

An instructor can teach up to and including intermediate levels, equipment tuning, improving technique, riding upwind, transitions and basic jumping.

Eligibility

Valid BKSA membership

Shadow teaching x 10 hours

Riding Competency verified by a BKSA Senior Instructor

RYA Powerboat level 2

RYA First Aid Certificate

KITE SURFING INSTRUCTOR COURSES



Course Number:	Course Dates:	Duration:	Costs:	Remarks:
KSI01/24	24-28 Jun	5 days	£160	

BKSA SENIOR KITE SURFING INSTRUCTOR TRAINING

All Kite Surfing Instructor Training Courses (ITC) are run in conjunction by or at BKSA Recognised schools. The instructor training has been structured to be delivered in a modular bases, which means you may build up to your full qualification over a period and taking into account prior experience and qualifications. The Senior Instructor award is a 3 year appointment. On completion of the course and relevant action plan met after the course full instructor status is granted.

The Senior Instructor is required to teach within a BKSA recognised school. A Senior Instructor can teach up to 4 students with two kites on the water once registered.

Eligibility

Valid BKSA membership
 Shadow teaching x 12 hours
 Riding competency verified by a BKSA Instructor
 RYA Powerboat L2
 RYA first aid certificate
 150 Hours of logged teaching hours as an Instructor in a BKSA recognised school
 Minimum 6 months as a valid BKSA instructor

KITE SURFING SENIOR INSTRUCTOR COURSES



Course Number:	Course Dates:	Duration:	Costs:	Remarks:
KSI02/24	TBC	2 days	Free	

BKSA WINGSURF/FOIL INSTRUCTOR TRAINING

Why become a WINGSURFING INSTRUCTOR?

Wing surfing is the latest watersport to hit our shores and combines the amazing freedom of foiling with wind power, without masts, lines or ropes. It has obvious similarities to a number of skills from Kiting, foiling, sailing, windsurfing and SUP. It can be done on flat, bumpy and wavy water and also can be done inland on previously 'un-kiteable' venues across the UK. It's easy and straight forward to learn, especially if you have some previous credentials above. Like all watersports it requires some tuition and guidance to avoid negative or unsafe experiences.

We are delighted to have drawn up this set of guidelines for tuition and coaching alongside the BSUPA and RYA as a joint project to roll out through our respective schools networks.

Who can become one? Any BKSA Kiteboarding/ RYA windsurfing/ BSUPA Paddleboarding Level 1, instructor with the following experience and skills:

Once endorsed as a WINGSURFING INSTRUCTOR you will be licensed to teach taster/ learn to WINGSURF and WINGSURF FOILING (subject to qualification level) sessions within a BKSA, RYA Windsurfing, and BSUPA recognised school with the correct equipment and location.

Ratio is limited to four students and two wings non foiling and two students two sets of equipment for foiling.

WINGSURF INSTRUCTOR

50 logged hours of teaching
 Capable of riding a medium sized semi floatation board
 Good wing control and power generation
 Able to go across the wind in both directions
 Perform a consistent basic turn in both directions

WINGSURF FOIL INSTRUCTOR

Able to ride in control both on and off the foil
 Be able to make ground efficiently to windward and leeward
 Be able to turn on and off the foil
 (Based on a reasonable foil setup, medium aspect foil and mast length and board volume)

WING SURFING INSTRUCTOR COURSES



Course Number:	Course Dates:	Duration:	Costs:	Remarks:
WGI01/24	17-20 Jun	4 days	£80	

