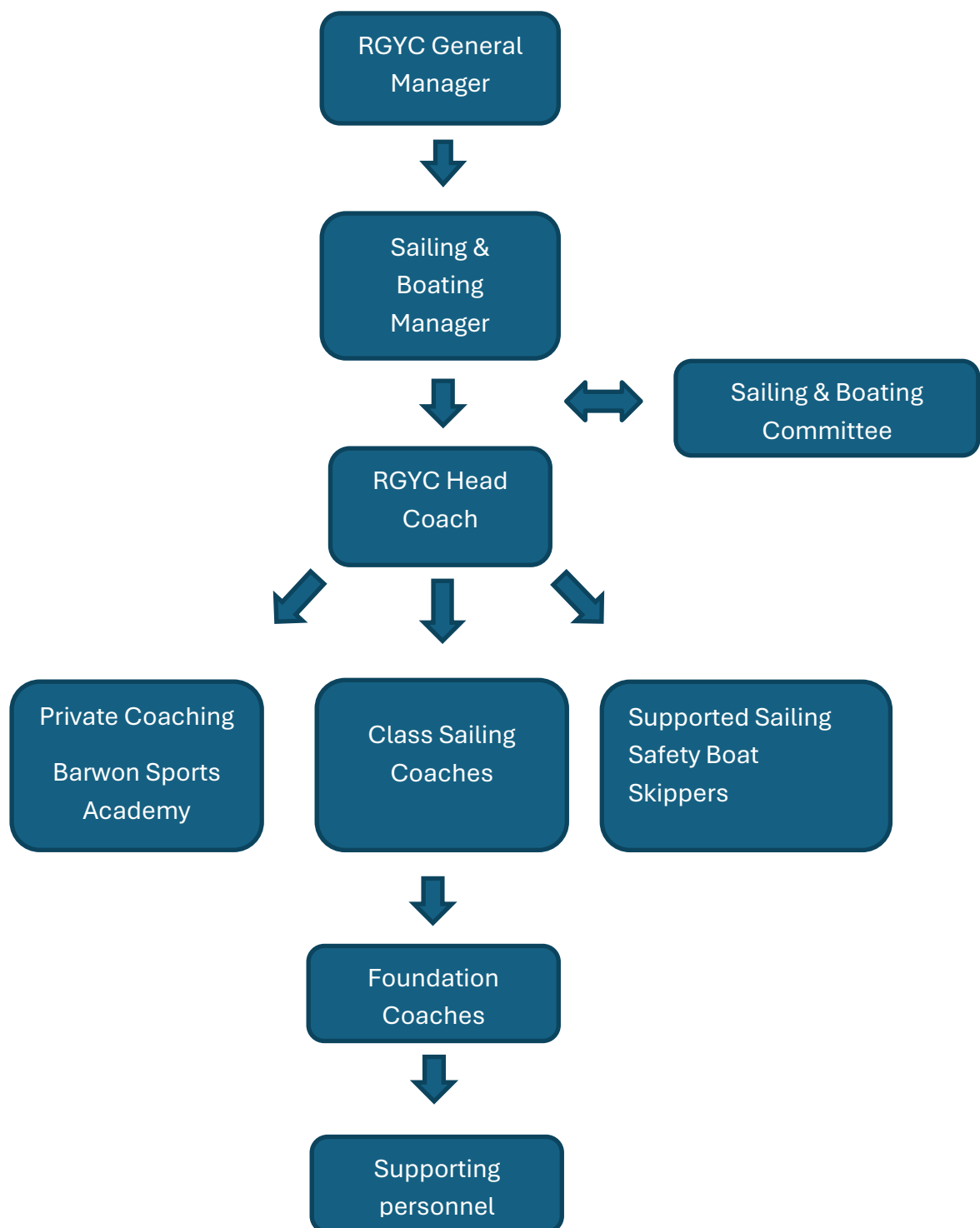




RGYC Coaching & Training Policy

Policy Number	16	Version	13
Drafted by	Drew Malcolm	Adopted by Board on	27/10/2024
Responsible person	Sailing & Boating Committee Sailing Manager	Scheduled review date	01/07/2025

RGYC Coaching & Training Structure



1. Overview

- 1.1. This policy outlines the requirements for coaching and training activities conducted at the Royal Geelong Yacht Club (RGYC). Its purpose is to ensure that all training activities are safe, structured, and compliant with RGYC and Australian Sailing (AS) standards. This policy does not apply to programs under the AS Discover Sailing framework.

2. Definitions

- 2.1. **Coach:** Any person holding an active Australian Sailing coaching qualification.
- 2.2. **Coaching:** The act of teaching and/or training one or more athletes in sailing.
- 2.3. **Supported Sailing:** Sailing activities where one or more sailors practice in the absence of a Coach but with the support of a safety boat.
- 2.4. **Session Coordinator:** The individual responsible for the organisation and delivery of a coaching or supported sailing activity.
- 2.5. **AS Participation Framework:** The program framework, sailor and coach profiles by which all RGYC Coaching programs shall align.

3. Coaching Accreditation and Requirements

- 3.1. Coaching shall be conducted by an approved RGYC coach, as nominated by the RGYC Head Coach, with a valid AS qualification in accordance with AS standards.
- 3.2. Coaches shall meet all requirements set by AS to maintain their Coach qualification.
- 3.3. A Coach with a valid Foundation Coach qualification who are working toward Sailing Coach accreditation may coach Intermediate and Advanced programs under the on-water supervision of a Sailing Coach.

4. Program Alignment

- 4.1. All Coaching programs shall be aligned with the AS Participation Framework and allocated as either Green, Intermediate or Advanced programs.

5. Program Approval

- 5.1. Application to run a program under this policy shall be submitted to the Sailing Office with a detailed program outline and session plans.
- 5.2. The Sailing & Boating Manager and Head Coach shall review and approve all program applications.
- 5.3. Private coaching, or coaching by selection, shall only be approved when a clear, fair and inclusive selection criterion is provided with the program application, or in the instance of exceptional sailor goals or performance as identified the RGYC Head Coach.

6. Club Assets

- 6.1. The use of RGYC assets shall only be available to either a financial member of RGYC or under a written coaching agreement with the club.
- 6.2. Private vessels and assets shall only be used for club programs with written approval from the Sailing & Boating Manager.

7. Compensation

- 7.1. Coaches who enter into a coaching agreement with RGYC to provide coaching services agree not to receive any payment or compensation for the program outside of the terms specified in that agreement.

8. Supported Sailing Accreditation and Requirements

- 8.1. Supported Sailing safety boat skippers shall hold a valid:
 - 8.1.1. AS Powerboat Handling Certificate or higher.
 - 8.1.2. HLTAID011 Provide First Aid Certificate.
 - 8.1.3. Working with Children Check (WWCC).
- 8.2. Safety boat skippers and crew may assist sailors but must not coach or show preference to individuals, except for safety reasons, and are expected to support all participants equally.
- 8.3. Supported Sailing activities are to provide safety coverage only, not tuition or coaching.

9. Session Management

- 9.1. The Coach or Session Coordinator shall conduct a risk assessment prior to all sessions.
- 9.2. All on-water activities under this policy shall adhere to the AS Recommended Training Boat to Safety Boat Ratios.
- 9.3. All on-water activities under this policy shall adhere to class wind limits.
- 9.4. Advanced coaching programs may continue up to 5 knots above class wind limits, as recorded at Hopetoun #10 weather station, and if the participant to safety boat ratio does not exceed 3:1.
- 9.5. When any additional safety boat is on the water with a Coach, all Safety Boat skippers shall meet the requirements listed in 9.1 and operate under the direction of the Sailing Coach.
- 9.6. No RGYC-owned boats or boats on the RGYC vessel register shall be on the water with a gale warning (or higher) issued by the Bureau of Meteorology for Port Phillip.

10. Fee Structure

- 10.1. The Sailing & Boating Manager and Head Coach will determine the fee structure.

11. Appendices

- **Appendix A:** Australian Sailing Recommended Training Boat to Safety Boat Ratios.
- **Appendix B:** Revision Record.

Appendix A

Australian Sailing Recommended Training Boat to Safety Boat Ratios

Coaching type & wind speed	Maximum Vessel to Safety Boat Ratios	Maximum Participant to Instructor Ratios	Comments
Single handed or Crewed dinghy 0-22 knots	1=>10: 1 10-20: 2	20:1	Participants may be on a safety boat during a session
Single handed or Crewed dinghy 22-25 knots	6:1 7-14: 2 15+: 3	18:1	
Single handed or Crewed dinghy 25+ knots	0=>3:1 4=>7:2 8=>10:3	10:1	

Appendix B

Revision Record

Initial Draft	2015	
Review P.A. T. B & R H	Dec 2017	
Reviewed SGN	May 2018	
Reviewed and updated M Williams, P Alexander, T Bull, C Manton, G Sinclair, B Case	8/6/2018, 22/6/2018	
C. Williams	29/6/18	
M Williams	15/8/18	
Reviewed and updated P Buchholz, T Bull, S Gillam, P Francis, J Farnell, P Kirman	12/8/22	
P Buchholz	29/6/2022	
P Kirman	15/8/2022	
D Malcolm, P Buchholz	15/11/2022	Addition of unsupported sign on, off and flag system
D Malcolm	24/04/2023	Update to several sections. Addition of Foundation Coach qualification.
D Malcolm, T Bull, B Garner	20/10/2024	Major revision of policy.