

HKSF ASSISTANT INSTRUCTOR (minimum 21 hrs)

The HKSF Assistant Dinghy Instructor is a competent small boat sailor, who has been trained to *assist* with teaching sailing under the direct supervision of an HKSF Instructor or Senior Instructor.

1. Eligibility

Candidates must hold the HKSF Level 3 Dinghy Certificate. If they do not hold an HKSF Level 3, they may still attend the course, but an Assistant Instructor Certificate will not be awarded until the Level 3 has been successfully completed.

2. Training

Induction training in basic teaching techniques will be provided by an *approved* HKSF Senior Instructor or Trainer. The focus will be on the roles of the Assistant Instructor, teaching methods and safe practice.

3. Syllabus

The HKSF Assistant Instructor course will cover the following:

- Definition and specific roles of the HKSF Assistant Instructor
- Qualities of a good instructor
- Principles of Instructional technique
- Teaching resources and good techniques
- The Teaching Method
- Reducing risk and safe practice
- Centre rules and procedures / policies
- Standards of behavior / code of conduct

The course will include practical tasks such as:

- Assisting teaching and presenting various common teaching tasks
- Helping with on-shore drills and on the slipway / pontoon
- Demonstrating boat rigging and preparation
- How to assist on the water at various levels in various dinghies

4. Assessment & Validity

Candidates will be assessed on their practical teaching ability, including knowledge, temperament and sailing skill. The Assistant Instructor award is normally valid for three years, after which candidates who have not yet become full HKSF Instructors may apply to attend a revalidation session, which usually will be part of an upcoming Assistant Instructor Course.

5. Important Note

The award is intended to provide recognition of the local training given to experienced sailors who are intending to qualify as HKSF Dinghy Instructors. As the training and assessment is limited to the role of *assisting* as outlined above, Assistant Instructors must never be allowed to work without direct supervision.

香港帆船運動總會助理教練

(訓練時數最少 21 小時)

香港帆船運動總會小帆船助理教練是一名稱職的小帆船航員，接受過訓練，可以在教練或高級教練的直接監督下協助教授航行。

1. 資格

學員必須持有本會第三級證書。尚未持有第三級證書的學員亦可參加本課程，但在成功完成第三級課程以後才可獲發助理教練證書。

2. 訓練

訓練課程由本會批准的高級教練或教練訓練員教授基本教學技巧。重點將放在助理教練的角色、教學方法和安全實踐上。

3. 教學大綱

香港帆船運動總會小帆船助理教練課程將涵蓋以下內容：

- 香港帆船運動總會助理教練的定義和具體角色
- 優秀教練的素質
- 教學技巧的基本原理
- 教學資源和良好的教學技巧
- 教學方法
- 如何降低風險和安全實踐
- 中心規則、程序、政策
- 行為標準、行為守則

該課程將包括實習任務，例如：

- 協助教學並執行各種常規教學任務
- 進行岸上演習和在下水坡道/浮橋上幫助學員
- 示範帆船的設置和準備工作
- 如何在水上為使用各種小艇和具不同水平的學員提供幫助

4. 評估和有效性

助理教練將在實踐教學能力的三方面接受評估，包括知識、個人素質和航行技能。助理教練資歷通常有效期為三年，在此之後，尚未成為正式香港帆船運動總會教練的候選人可以申請續證評核，該評核可在將開辦的助理教練課程中進行。

5. 重要提示

助理教練資歷旨在認可本地接受培訓的為有經驗的小船帆手，為他們成為正式教練作準備。由於培訓和評估僅限於上述協助教學的角色，助理教練不得在沒有直接監督的情況下工作。