

Training Notes including Standard Operating Procedures V8 August 2026

Aims

The Aims of the NCSC RYA Training Section are to:

- Foster a love of dinghy sailing, windsurfing, wingsurfing and powerboating in a safe, supportive, enjoyable, and challenging environment that is accessible to all.
- Offer training and RYA qualifications to club members and the community, to encourage membership of NCSC and RYA.
- Ensure that opportunities are available to everyone regardless of any protected characteristics.
- Improve standards of dinghy sailing, powerboating, windsurfing and wingsurfing and assist in providing pathways to higher levels of performance through RYA courses.
- Improve powerboat use and safety throughout the club.
- Provide training necessary for the development of volunteers so that the above will be achieved.
- Ensure all RYA Training Section activities are run in a safe manner with appropriately qualified and experienced personnel in place.
-

Document amendments dates	
Date	Change/Notes
Sept 2018	Added Safety drivers briefed on emergency procedures as an alternative to a card that may get lost. Considered
Nov 2019	Detail amended to update wordage and locations for new Training Room
March 22	Map of lake added, OP updated.
October 23	Minor updates and corrections. Addition of Trapeze and clarification re Race Coaches. Definition and role of activity lead(s).
February 2025	Consideration of link to Pathway Club interface, participation of 16/17 year-old students on adult courses, SOPs related to revised Risk Assessments
Summer 2025	Addition of Wingsurfing and amendment re-refuelling, Rigiflex recovery, SI role
Feb 2026	Addition of Swim Safe
August 2026	Clarification of terms, safety boat ratios, discussion of non-RTC activities and the provisions for instructors and students aged 16 or 17 to participate in adult courses

Contents

Aims	1
Contents.....	2
Introduction	3
Precis:	3
All NCSC policies must be adhered to and in particular note is made of the following (see website):.....	3
Organisational Structure of the RTCTraining Section:	3
Courses offered:.....	3
Responsibilities	4
Training Section Finance	5
Training Room and Hub	5
Administration:	5
RYA Course Material:	5
Tuition:.....	6
Student/Instructor Ratios (RYA and Club Powerboat courses)	6
Participant/Instructor Ratios Other RYA Training Section Activities	6
Training activities and Procedures	6
Activity Lead.....	6
Sailing Area and Hazards.....	7
General Instructor Responsibility and Water Safety (SOP 1)	7
Clothing: (SOP 2)	7
Safety. (SOP 3)	8
Dinghy Sailing Tuition (SOP 4)	8
Windsurfing & Wingsurfing (additional considerations) (SOP 5).....	8
HANSA and Sailors with disabilities (SOP 6)	8
Sailor Hoist	8
Capsize and Entrapment Risks (SOP 7).....	8
Lifting and Handling (SOP 8)	9
Health, Safety and First Aid (SOP 9)	9
Contaminants on Craft (SOP 10)	9
Slipway and shore (SOP 11).....	9
Safeguarding (SOP 12)	9
On shore Activities (SOP 13)	10
Power Craft use by training (SOP 14)	10

Introduction

Definition of Abbreviations

NCSC = Nottinghamshire County Sailing Club; "the club." RYA = Royal Yachting Association, RTC = RYA Training Centre, SI = Senior Instructor, DI = RYA Dinghy Instructor, WI = Windsurf Instructor, Wgl = Windsurf Instructor, WAI/JAI/DAI (Windsurf, Junior and Dinghy Assistant Instructors)

Precis:

- The recognition of the Training Centre is vested in the Principal.
- The standard of tuition and the safety of all volunteers and students are the responsibility of the Principal.
- The responsibilities for club maintenance and safety are carried out by the Executive Committee of NCSC.
- The responsibility for the delivery of RYA Training Centre Activities and line management of instructors lies with the Chief Instructor and Senior Instructor, respectively.
- The direct supervision of candidates and equipment falls to the Instructor leading each activity.
- The RYA is responsible as the governing body for informing the Principal of any advances or changes in practice relating to the activities undertaken at the establishment.

All NCSC policies must be adhered to and in particular note is made of the following (see website):

- Safeguarding Policy
- Privacy policy
- Safety Policy and Guidance notes
- Equality & Diversity Policy
- Data Protection Policy
- HANSA SOP
- Photography policy
- Code of Conduct
- Delivery of paid coaching guidelines

Organisational Structure of the RTC Training Section:

The RYA Centre Training Committee shall be as outlined in the AGM documents.

It has responsibility for:

- Club Policy on RYA Training matters
- The Annual Plan for RYA Training activities
- Updating procedures, plans and implementing RYA policies as appropriate.
- Preparing investment, oversight, and maintenance plans for the RTC
- Organisation of RYA Racing Courses
- Planning and running dinghy sailing, Windsurfing and Wingsurfing activities for non-members, such as On Board and Open Days.

Courses offered:

The list of RYA Certificated courses provided are as listed in the RYA Recognition Certificate displayed in the Training Room.

Currently this comprises:

Dinghy	Youth Stage 1,2,3,4
	Adult Level1,2,3
	Seamanship Skills
	Sailing with Spinnakers
	Start Racing
	Day Sailing
	Facilitation of Club Racing & Regional Racing
Windsurfing	Start Windsurfing
	Intermediate, Planing and Non-Planing,
	Youth Windsurfing Stages 1 2 3 4.
Wingsurfing	Learn to Wingsurf
	Improve your Wingsurfing
Powerboat	Powerboat Level 1, 2

	RYA Safety Boat
Shore-based	RYA First Aid
Online	Safe and Fun
On Board	Swim Safe

Non-RYA courses (offered to NCSC Members only)

Powerboat	NCSC Club Powerboat Driving
	NCSC Club Powerboat Safety Duty

Other non-RTC activities such as Open Days, Inclusive Sessions for members, Informal Race Training and Youth Racing Squad are governed by separate club SOPs/Policies.

Responsibilities

Role	Responsibilities
Principal	RYA Training Centre Committee chair. Management and overall responsibility for the club's RTC activities. Responsible for risk assessments and SOPs in consultation with Chief Instructors. The primary interface role with the RYA regarding relevant certifications and operational activity. Liaison with Bosuns and Sailing Committee regarding safety boats, water use, training rooms, equipment, and usage as required for RTC purposes. Responsible for ensuring the relevant content regarding training is maintained on the Sailing Club Manager database system with assistance from the Training Secretary and CIs Signing and registering certificates in the absence of the CI Ordering RYA training materials
Training Secretary	Taking bookings for courses Checking payment received Answering general queries Taking and sharing the RYA Training Committee minutes
Chief Instructor (CI) and/or Club Race Coach	Training and professional development of the instructing/coaching team in collaboration with RYA coaches and trainers. Informing the training section of changes in RYA or maritime safety specifications. Organisation of appropriate student to instructor/safety ratios for RYA courses Signing of relevant RYA certificates Updating tags in SCM Checking and approving qualification records
Activity Lead	Usually Senior Instructor (SI), Lead RC2/3) or Lead Powerboat Instructor as applicable. Management of course/activity team and safety activities Ensure best practice is being used and taught. Ensuring RYA and club safety ratios are adhered to
Instructor (I)	Ensuring that course delivery follows the specification outlined in the relevant RYA instructors' handbook and guidance. Reporting any problems or potential hazards to the Activity Lead Determining student pass/fail status of certification awarded to students in liaison with the CI, RC, and Principal as appropriate
Assistant Instructor (AI) NCSC Junior Assistant Instructor Experienced helper	Supervised course delivery
Race Coach (1/2/3)	Delivery of RYA Racing Schemes levels as outlined by the RYA. Additional relevant coaching activities Signing certificates for Race Schemes as defined by RYA
Development Coach	To assist the development of the training team, processes, and programme.
Bosun	Responsible for equipment maintenance of relevant section

It is the responsibility of the Instructor/RC (with assistance where necessary from the Activity Lead or Chief Instructor) to ensure that the course programme covers the syllabus and

learning objectives of the activity undertaken for students to be able to achieve the desired outcome and where relevant certification.

Training Section Finance

The RYA Training Section will provide an oversight of RYA training budgets and expenditure. It will approve expenditure decisions based on delegation of authority or if this is exceeded it will raise requests for equipment etc. through the Training Principal to the Exec Committee as required.

Training Room and Hub

These should be booked through the Training Secretary.

Where an RYA course is on the club calendar, this will automatically result in a booking for the Training Room.

The RTC is responsible for maintaining and purchasing equipment used for RYA Training Section purposes.

Administration:

The Standard Operating Procedures below have been prepared using the relevant parts of the Risk Assessments and from RYA publications and guidance.

All people involved in the delivery of RTC activities must undertake to adhere to this document. Those working with children and vulnerable adults must read and comply with the Safeguarding Policy.

Copies of the Safety Policy and Operating Procedures are posted on the Training Room noticeboard and are available online.

The Club Executive Committee will arrange that all written policy statements will be posted in the Clubhouse and be made available on the club website. These will inform and be informed by risk assessments that will be carried out and updated regularly and in keeping with any safety guidelines published by the RYA or other relevant authorities.

The Executive Committee will arrange insurance cover for third party liability.

When the SOP is updated, an email with link to the online pages will be emailed to all members of the NCSC Training team identified via Sailing Club Manager, and all members of the NCSC Executive Committee. Read/receipt and signature of acceptance will be requested and logged via the online web page.

The Accident and Near Miss sheets are in the First Aid cupboard (in corridor) or available online including via QR code. Pt 2 of the Safety Policy and Guidance Notes cover the reporting of incidents. The procedure in case of accident is posted next to the First Aid cupboard and in pt 2.4 of the Safety Policy.

Training course online booking includes information about pre-course requirements, terms and conditions, emergency contacts and a declaration of health problems that may affect participation. The Training Secretary is responsible for receiving bookings.

The Training Committee should carry out a system of receiving and reviewing course appraisal and feedback.

RYA Course Material:

- Relevant personal logbooks will be included as part of the course material. Participants will be given information about other relevant RYA manuals by the Activity Lead where relevant and where appropriate an option to purchase via the club.
- The items of training identified in the logbook satisfactorily carried out by candidate will be signed off by the instructor, RC, or SI.
- Certificates will be issued only when candidates have fully satisfied the requirements of the course.
- For those certificates that require it, these will be registered with the RYA in a timely fashion.
- Certificates will be obtained from the Principal / Chief instructor and issued in the name of Nottinghamshire County Sailing Club
- Records relating to candidates and instructors will be kept up to date by the training

section including names, contact details, and emergency contact number, register of attendance, course activities and certificates issued. Record keeping and retention will be in accordance with the General Data Protection regulations 2018 and NCSC Privacy Policy.

All those involved in activities covered by this document must adhere to the RYA Instructors Code of Conduct; a copy will be displayed in the Training Room and is available on the RYA website.

Tuition:

All RYA courses must always be supervised in accordance with current RYA guidance:

Student/Instructor Ratios (RYA and Club Powerboat courses)

Craft	Student Instructor Ratio (RYA Guidance 2022)	
Dinghy crewed	3:1 for beginners when an ADI/DI is on board	Max. 9:1 but no more than 6 boats per instructor (ADI/DI not on board)
Dinghy Single handed	6:1 (applies only whilst the boats are used as single handers)	
Powerboat	RYA Levels 1 & 2, NCSC Club Powerboat Driving and NCSC Club Powerboat Safety Duty – 3:1	RYA Safety Boat Course – 6:1 (in two boats)
Windsurfing	6:1	
Wingsurfing	4:1	
First aid	12:1	
Swim Safe	6:1	

Participant/Instructor Ratios Other RYA Training Section Activities

Craft	Participant Instructor Ratio
Dinghy ride along	1 AI/DI per craft
Dinghy Single handed "Paddlboards"	6:1 (applies only whilst the boats are used as single handers)

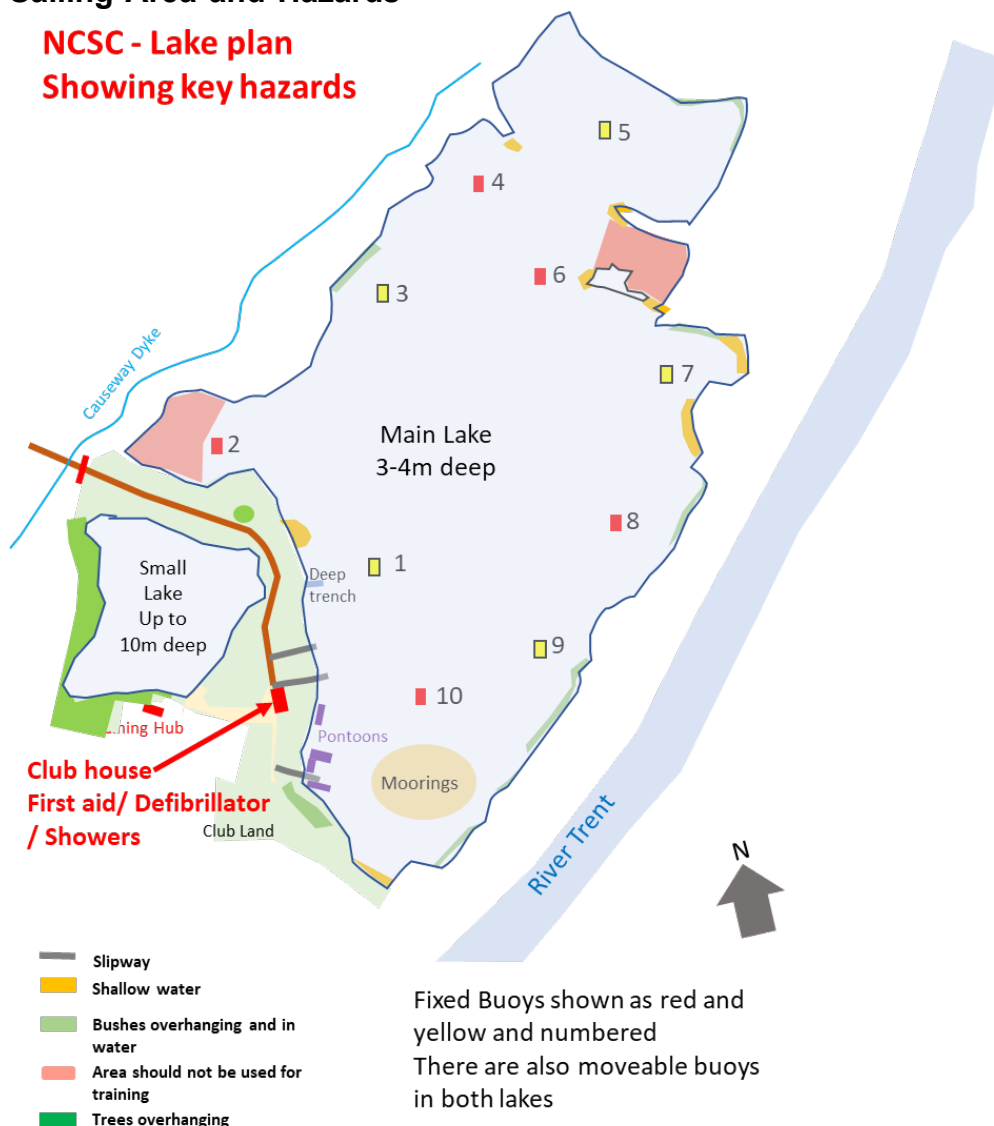
Training activities and Procedures

Activity Lead

All activities covered by this document will be under the supervision of the relevant Activity Lead (AC). This would be SI, PBI, RC or Trainer as applicable in RYA Guidance

Sailing Area and Hazards

NCSC - Lake plan Showing key hazards



Both main and small lakes can be used activities covered by this document, the plan of the lake shows potential hazards. The lake to be used for a particular session will be decided by the Activity Lead

General Instructor Responsibility and Water Safety (SOP 1)

Activity Leads must assess conditions and weather forecast.

Instructors must recognise the risk caused by prevailing weather conditions and mitigate the risk by using appropriate equipment and teaching methods. Input from the Principal, CI or Activity Lead, should be sought.

Activity Lead must ensure that all instructors/coaches/trainers are familiar with the equipment to be used and ensure direct supervision and briefing has occurred. Instructors/coaches are responsible for students.

RYA teaching principles, guidelines and syllabuses must be followed. Student/instructor ratios must be observed.

Instructors shall be trained in accordance with RYA requirements and have appropriate in date certification.

Instructors must have due regard for manual handling e.g., of rig components, ropes & sheets, and mitigate risks. Consider trapping of participants' hands, feet etc. and undertake dynamic risk assessments, as necessary.

All must comply with club rules, instructions, and policies.

Students should be taught how to signal for assistance during the early phase of a course.

Clothing: (SOP 2)

The Activity Lead must ensure in conjunction with instructors that all those going on or near

the water have correctly fitting buoyancy aids.

Safety crew should be dressed for entering the water.

The Activity Lead should ensure that all participants are advised before the course about suitable gear, footwear, and clothing appropriate to the syllabus being delivered.

All participants going afloat should be informed that helmets are available if required/desired.

Candidates in unsuitable clothing should not be allowed afloat.

Safety. (SOP 3)

On water activity covered by this document must have safety cover in line with the current RYA recommendations and club rules and policies.

Any injuries or near misses must be assessed and treated in line with current First Aid training and RYA and Club protocols.

Ensure breakages are reported to the Activity Lead and 'quarantine' labels are tied to damaged equipment and noted on relevant white board. There are also QR codes to report breakages.

Activity Lead is responsible for ensuring breakages are reported to relevant Boson.

Any participant with additional needs should be risk assessed by the activity lead and appropriate adaptations techniques used regarding tuition, communication and assistance offered/discussed and provided (where reasonable).

Dinghy Sailing Tuition (SOP 4)

The RYA method will be used for all relevant RYA courses.

Activity Leads will conduct a training and safety briefing before starting any activity session.

This must include ensuring that all instructors/RC/trainers understand and are confident with the equipment to be used.

To promote confidence and impart appropriate skills consider teaching the principles of capsizing as early as feasible in the course.

Reefing should be considered, along with selection of suitable craft and sail size for conditions and participants.

Windsurfing & Wingsurfing (additional considerations) (SOP 5)

Windsurfing Rigs & boards should be secured when not in use, where possible with the rig attached to a board, or in the cage.

Teach correct RYA method to raise windsurf sail and set off to reduce risk of back injury, use appropriately sized sail for student.

Instructor/ experienced helper to rig sails on first session.

Ensure simulator is carried by two persons and, set up on a flat surface, and only used when supervised by a WAI/WI. Check tension device and straps. A rope should be used on the front to control movement.

Leashes must be always used on boards and wings.

Wings should be tied to tyre-weights or a board prior to inflating and when not in use.

HANSA and Sailors with disabilities (SOP 6)

The HANSA boats are to be used in accordance with the RYA Centre HANSA SOP.

Sailor Hoist

Sailor hoists must only be used by appropriately trained adults, and this training must be by an approved trainer and recorded on sailing club manager. All slings must be inspected before use by the hoist operator. Club slings must be inspected by a competent user at least 6-monthly, and this must be recorded by the RTC. The hoist must be inspected 6-monthly. A visual inspection must be carried out each time the hoist is used by the hoist operator. Inspections must conform to LOLER requirements.

Capsize and Entrapment Risks (SOP 7).

Mast floats are to be used for all Dinghy Activities undertaken by the RTC, except Club Race and higher where use is optional unless trapezing. Mast floats are not required on the HANSA 303 or Coble.

Use of trapeze must be supervised by an instructor experienced in trapezing and used at discretion of the Activity Lead. A safety briefing must be undertaken for all participants to be

part of the “instruction”

Trapezing: quick release harnesses (only) are to be used.

When trapezes are in use the safety crew must be specifically briefed regarding techniques for dealing with entrapment.

Windsurf entrapment should be considered as part of intermediate windsurfing instruction.

Lifting and Handling (SOP 8)

All those involved should follow the NCSC Safety Policy and Appendix on lifting and handling. The instructor should consider the appropriate number of people needed for launching and recovering, especially for the larger trolley launched boats and RigiFlex. RigiFlex boats must not be driven onto the launch/recovery trolley.

RHIBS, Pioneer and Committee boats should be launched using appropriate methods by the bosun or his team, usually by use of a tractor or other vehicle.

Health, Safety and First Aid (SOP 9)

Near misses and accidents must be reported on accident/incident forms in accordance with the club safety policy.

All safety boats must be crewed with at least one first aider with an appropriate and valid First Aid qualification.

All use of First Aid equipment must be recorded on an incident form and such use reported to the person responsible for restocking of single use equipment.

The CI/Activity Lead will, with the student's consent, communicate any relevant medical information as appropriate to safety cover and the relevant instructor(s).

In the event of a Major Incident the RYA must be informed in line with the RYA reporting policy and Major Incident Plan – TG 14-15.

RYA Reporting Trigger

Is a **Major Incident for the RYA Centre**
(all other incidents / accidents should follow Club Safety policy procedure)

Definition of a Major Incident

A Major Incident is an event where there is loss of life, a serious injury, or there is substantial damage to property and/or the environment.

The following would be examples of serious incidents or accidents:

- An incident leading to a fatality, serious or multiple fractures, amputation or other serious injury
- Any situation that presents a serious risk to RYA reputation/brand
- Major damage to vessels afloat or property ashore
- Loss of contact with group or individual, overdue groups or individuals
- Other circumstances in which a group or individual might be at serious risk of harm
- Serious illness of an individual or group
- Any adverse situation in which the media are or may be involved

Principal to Report to Training dept

T: +44 23 8060 4181

E: training@rya.org.uk

Do Not speak / comment to press, refer to RYA (or Commodore)

RYA Head of Communications

+44 23 8060 4209

+44 7789 556080

Contaminants on Craft (SOP 10)

If Blue Green Algae or other contaminated water is known to be present the activity must be run in accordance with current NCSC policy and in line with current RYA guidance.

Craft should be cleaned of any contaminants prior to the course commencement.

All participants should be advised regarding regular handwashing and particularly before the ingestion of drinks or food.

Slipway and shore (SOP 11)

At the initial briefing warn of the dangers of slippery slipways and shore.

Minimise shoreline hazards by removing trolleys and equipment to the bank.

On-shore catchers should be available where appropriate.

Safeguarding (SOP 12)

All must follow the current NCSC Safeguarding policy and comply with RYA Code of Conduct.

All over 16s involved in RTC activity must undertake the RYA Safe and Fun Course.

Instructors aged under 18 should only instruct on an adult course with the specific mitigations stated below.

Children under 16 should not participate in an adult on-water course, but those aged 16 & 17 require appropriate mitigations. This will include a specific briefing by the Activity Lead regarding the need to avoid sharing contact details with adults, remain under activity lead supervision when off the water and avoid sharing changing rooms with adults. In the case of instructors, the activity lead will include discussion around any potential safeguarding issues at each session debrief.

On shore Activities (SOP 13)

Hot and cold drinks must be available.

Participants need to be informed of arrangements regarding food in advance of the course. When onshore, the Instructor must take appropriate actions including positioning of participants and use of equipment to minimise hazards.

On First Aid courses, one CPR mannequin must be used per person. This will be cleaned, and “lungs” replaced between sessions by the First Aid instructing team.

Children under 18 may participate in a shore-based course provided that the instructors are providing direct supervision at all times including meal-times/breaks.

Power Craft use by training (SOP 14)

Kill cords must be correctly used in line with RYA guidance.

Double kill-cords must be used with drivers aged under 12.

Each powerboat must be checked to ensure that the towing line, bridle, fire extinguisher, spare kill cord, tool kit, first aid kit, knife and paddle are in place.

No on-water activity should take place without appropriate on-water safety cover. RYA safety boat ratios must be followed, and boats crewed in accordance with club rules and policies.

All power craft drivers must always be aware of the propeller position and rotation regarding people in the water. On contact with any person in the water the engine should be turned off if it is safe to do so.

Only appropriately qualified drivers may use powerboats. On RTC Activities all drivers must hold an RYA Powerboat 2 certificate. In addition, training Safety boat drivers should either hold the club safety boat or RYA safety boat qualification.

A safety boat, crewed in accordance with club rules and policies, must be on the water and ready for use when participants are on or near the water.

All appropriately crewed craft are safety craft, their secondary purpose is teaching / coaching, and all users should always keep a lookout for danger.

A coach/instructor boat that is also a safety boat for a group cannot be counted against the overall safety boat ratio i.e.; their prime responsibility is to the group they are teaching and cannot provide designated cover for another group (in line with RYA policy). This boat though is the prime safety cover for their group and must be appropriately crewed.

On larger courses, particularly those involving children, an observer, and helpers onshore, radio contact is advisable.

Radios should be carried by the Activity Lead, Shore team, each instructor teams, and all power boats. They should be on a predefined channel determined at the pre-course briefing – normally channel 37A (on some radios this is designated as 1037 or M1) The Activity Lead may request a switch to another channel (e.g., P4). Radio checks should be undertaken at the start of the session or if channels are changed and should be undertaken from a position on the lake i.e. not onshore.

All refueling must take place immediately outside of the fuel store with a fire extinguisher outside the store before starting. A trolley may be used as necessary for moving fuel.

No naked flames should be used in the vicinity of the fuel store or fuel. Refueling should take place at the end of the day so that the boats are ready in an emergency.

RYA Training Section Activity	Ratio participant/craft to safety boat (Adapted from RYA Guidance 2022)
Windsurfing	6:1 (local modification)
Wingsurfing	4:1
Dinghy (single or double handed)	Up to 6 craft - 1 safety boat 7-15 craft - 2 safety boats More than 15 craft - 3 safety boats. An “instructors/coach” boat acting as safety, only counts towards the ratio for the group it is “instructing/coaching”
Swim Safe	1 safety boat to 12 students/
Sailability	Pioner should be used as one of the safety boats when available
On Board Open days etc.	RYA Safety boat ratios for the relevant craft should be followed. In addition, for ride along activities safety boat capacity should allow for the complete recovery of a craft, crew and passengers