

Prerequisites: US Sailing Adaptive Sailing Workshop

Course Goals

The Adaptive Sailing Instructor Workshop covers all aspects of setting up, and teaching, an adaptive sailing program. Topics include: Facility requirements, disability types/populations, breaking down barriers to participation, safety requirements, volunteer/staff training and a detailed overview of how to correctly adapt your equipment (or what equipment is available to purchase). A heavily interactive course, attendees will go through a variety of exercises to help them better understand what's required to teach sailors with disabilities.

Training Materials

[The Adaptive Sailing Resource Manual will be the provided text for this course.](#)

Course Length and requirements

This is a three-day, 25 hour course.

It is strongly recommended that all participants hold US Sailing Small Boat Level 1 or Basic Keelboat Instructor Certification. However, non-certified participants may take part in the workshop noting:

1. Participants that **do not** hold a current US Sailing Instructor Certification **will not** receive the **Adaptive Sailing Instructor Endorsement** at the completion of the course. Any non US Sailing Certified participant wishing to become a US Sailing Certified Small Boat or Basic Keelboat Instructor with the Adaptive Endorsement will have up to six (6) months after successful completion of the Adaptive Workshop to successfully complete the US Sailing Small Boat Level 1 or US Sailing Basic Keelboat Instructor Course. It is up to the participant to inform and provide proof of certification to US Sailing within this time period to be eligible to receive the Adaptive Instructor Endorsement.
2. Priority will be given to USSA Certified SB or BK Instructors when space/time is limited during the “hands on- on the water” training and interaction with sailors with disabilities portion of the workshop
3. Participants that **do not** hold a current US Sailing Instructor Certification and take part in all of the on and off the water training throughout the duration of the workshop and has the IT acknowledge such completion will receive a certificate of completion after the workshop. This will not be a Certificate for Instruction or Endorsement.

Prerequisites for entrance into the course *without* US Sailing Instructor Certification

1. Current US Sailing Adult Individual Membership or a family membership with only 1 instructor in the family.
2. Completed registration and course fees
3. Completed Medical Form and [Swim Verification Form](#). All candidates shall provide proof of their ability to swim 50 yards at the start of the course. If a candidate has US Sailing Small Boat Sailing Level 1 Instruction certification or US Sailing Basic Keelboat

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Instructor certification, this will suffice as proof. US Sailing will accept swimming certificates issued by the American Red Cross or YMCA or PADI. US Sailing will also accept its Proof of Swimming Ability Verification form completed and signed by a swimming instructor certified by the American Red Cross or YMCA, or PADI, or a lifeguard certified by the American Lifeguard Association or U.S. Lifesaving Association.

4. Free **Teaching and Coaching Fundamentals Online** (TCFO) course is now part of the Prerequisites for this course. [TCFO information click here.](#)
5. **SafeSport**. This program, developed by the US Olympic Committee, is required training for all Instructors and those seeking the Endorsement. This requirement is also being put in place for other National Governing Bodies. This free online training course must be completed every 2 years. Instructor certification is not active unless SafeSport training has been completed.
 1. ***A few notes on completing Safesport...***
 1. Enter your US Sailing member number. [If you need to find it click here.](#)
 2. Complete all the modules.
 3. You DO NOT have to complete it all at once. The course allows you to log in and out without losing your progress.

[TAKE THE SAFESPORT TRAINING](#)

Prerequisites for entrance into the course *with* US Sailing Instructor Certification for Instructor Endorsement

1. Completion of Small Boat Instructor Level 1 Course **or** Basic Keelboat Instructor Course and accompanying certification.
2. Current US Sailing Adult Individual Membership or a family membership with only 1 instructor in the family.
3. Completed course registration course fees
4. Completed Medical Form
5. Free **Teaching and Coaching Fundamentals Online** (TCFO) course is now part of the Prerequisites for this course. [TCFO information click here.](#)
6. **SafeSport**. This program, developed by the US Olympic Committee, is required training for all Instructors and those seeking the Endorsement. This requirement is also being put in place for other National Governing Bodies. This free online training course must be completed every 2 years. Instructor certification is not active unless SafeSport training has been completed.
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Requirements for Successful completion of course

1. Attendance at all portions of the course. Absence from any portion of the course excludes the instructor candidate from evaluation
2. Personal and Interpersonal Practical Skills: Demonstrate professional conduct, an open-minded, positive and enthusiastic attitude, appropriate appearance (clothing, footwear and tidiness), participation in discussions, collaboration skills/team player, confidence and ease of manner.
3. A positive evaluation by the Instructor Trainer.
4. Ability to exhibit appropriate personal and interpersonal skills.
5. Validation from the US Sailing Adaptive Sailing Instructor Workshop Instructor

Course Fees

Registration is on a first pay basis. US Sailing will not reserve spots without full payment.

The course registration fee is:

\$350 if received more than four (4) weeks prior to course start date

\$370 if received within four (4) weeks of course start date

\$420 if received within one (1) week of course start date

Cancellation Policy

Course fees are nonrefundable but are transferable to another course/date if the Training office is given enough notice:

- More than four weeks before the course start date: Fee is transferable to another course.
- Within four weeks of course start date: ½ half of course fee is transferable to another course
- Less than 24 hours' notice of course start date (or no-show), 100% of the course fee is forfeited.