

SAILING INSTRUCTOR LICENCE

VDWS Instructor Level 1

I Training and Examination Course

Admission Requirements	Safe handling of a catamaran/dinghy in 4-5 Bft. Completion of theoretical basics on the VDWS eLearning platform (you receive the link after your registration)
Age	18 years
Registration forms	- Online registration on www.vdws.de - Proof of liability insurance - 50% of participation fee (you will receive the invoice after reception of registration)
Duration	8 days incl. exam
Course Contents	<u>Theoretical Basics:</u> Lesson planning, methods of teaching, school and lesson organisation based on teaching, safety, sailing theory and manoeuvres. Teaching/learning with exercises, recognising mistakes, knowing and recognising causes, correcting, Function/action, theoretical preparation of basic license topics, aero- and hydrodynamic basics. <u>Practical Basics:</u> Running in, demonstration of manoeuvres, weight trim, boat trim, model of a beginner course on both boats and possible alternatives, Improvement of sailing skills. Teaching implementation of the sailing beginner program: Rigging up/down, starting and landing, steering, sail position, courses to wind, tacking, jibing, capsizing and righting, man-over-board, theory lessons.
Examination	<u>Practice at 8-20 knots:</u> Tacking upwind, tacks, downwind, jibes, mooring to a boat, drifting on the bow/reverse sailing, man-over-board, orientation on the water. Attention: Depending on the weather the practical exam might take place as soon as the first course day. <u>Video practical exam:</u> https://www.youtube.com/watch?v=3Twkilbm2MA <u>Demonstration Lesson:</u> Several boats and one instructor. Teaching ability in combination with specialised theoretical knowledge and real students. <u>Theory:</u> Written exam, duration approx. 120 minutes.
License Level 1	Participants who pass all exams (practice, demonstration lesson, theory) during the training will receive the VDWS Instructor Level 1 Licence. An active VDWS membership is required for licensing (online application: www.vdws.de) as a picture. The licence is valid for 3 years. It is extended by participation in a VDWS seminar for further education.

VDWS Instructor Level 2

II Internship

Admission Requirements	VDWS Instructor Level 1
Duration	21 days (100 working hours) are recommended
Implementation	The internship can only be done at a VDWS kitesurfing center entitled to train interns (see current list: www.vdws.de).
Completion	The opinion of the supervising instructor will be taken into account when awarding the VDWS licence.

III Documents

Licensing Level 2	- Internship Confirmation - First Aid Certificate (not older than two years) - Lifeguard Licence (VDWS Rescue or equivalent to German DLRG Bronze)
	After successful completion of the training & examination course as well as the internship, the VDWS VDWS Instructor Level 2 Licence is granted. This qualification entitles to teach and to be an examiner of the contents of the VDWS sailing basic licence and to issue this licence. The licence is valid for 3 years. It is extended by participation in a VDWS seminar for further education.