

Training Guidance

1. Aim

The aim of UKLA Training is to provide a comprehensive regional training programme for all UKLA members, inclusive of rigs and ages, all ran at safe training venues across the UK. The UKLA intends to provide high quality for coaching for all and work hand in hand with the RYA Junior, Transitional, Youth and Podium programmes. The UKLA Training Officer is responsible for this policy.

2. Eligibility

Sailors must be capable of safely sailing their chosen class of boat (ILCA 4, 6,7) in an average of 25 knots of wind and be members of the UKLA. It is strongly advised that sailors join the UKLA, membership is available through: [UKLA : Join Us \(ilca.uk\)](http://ilca.uk).

3. Communication

All UKLA Training can be accessed via www.ilca.uk. Training will be placed on the website as soon as confirmed and no training will be placed until it is confirmed. Only open training will be posted on the UKLA site, so sailors can enter any training event that they are able to view on the UKLA website. Club training which is solely for club members would not be advertised and it is up to the club to promote their own events. For restricted RYA events please refer to the relevant page on the RYA website: In example Junior, Transitional, Youth and Podium squads.

4. Organisation

Training events are run through the UKLA Training Officer who will review dates for approval before they are posted on the UKLA website to avoid clashes. No UKLA training of a specific class will clash with training of that class in the same date and venue because the UKLA hopes that sailors will attend the events. An example you would not have ILCA 6 training at the same venue and weekend as ILCA 6 Qualifier, but you could have ILCA 4 training there if there was no racing for ILCA 4 that weekend. All training entry will close no later than three days before the proposed date but in most cases 10 days before. After this time (10 days), no refunds will be available unless the place can be filled on the training. Training costs may vary, depending on venue.

5. Coaching

Coaching consists of high-level coaching from people who are expert in the class (all rigs) and have up to date and relevant technical knowledge and coaching qualifications.



Risk assessment: On the day it is the responsibility of the head coach to assess the safety of the conditions having consulted all reasonable resources as to what to expect. If the case of uncertainty then err on the side of caution, as they are mainly useful lessons which can be learned via shore-based activities. Coach appointment will be made with the approval of the UKLA Training Officer. Should conditions not allow for all, or some sailors to go afloat, this decision will be made by the head coach. It is their prerogative to determine who is safe to be on the water at any given time.

6. Expectations

Coaches must respect the rights, dignity and worth of every person and treat everyone equally with the context of sailing. Well-being and safety are of higher priority than development of performance and coaches must encourage sailors to accept responsibility for their own behaviour and sailing performance. Coaches must display consistent high standards of behaviour and coaching professionalism. Below expected standards of behaviour or professionalism in Coaches/Sailors is to be immediately reported to the UKLA Training Officer.

7. Club Training

Training for club sailors is available through the UKLA Training Officer. The fee is £180 per day per coach and expenses are very rarely charged because, if possible, a local Coach will always be used. Procedure

1. Contact the UKLA Training Officer (training@ilca.uk) with training venue and chosen date(s)
2. The UKLA Training Officer will then supply the appropriate Coach's contact details
3. Payment is made directly to the Coach(s) on the day. Coaching ratios 1:10 (so for example between 11 -> 20 sailors would require 2 coaches).

Safe and effective management of the training is solely the responsibility of the appointed coach.

8. Contact

The primary contact is the UKLA Training Officer for anything not covered in this document and for general coaching enquires please email training@ilca.uk. For specific training queries please use the contact information for the particular weekend on www.ilca.uk

