

SINGAPORE SAILING FEDERATION
National Coaching Accreditation Programme (NCAP)
Technical and Practical (Coaching) Course

TECHNICAL COURSES	PRACTICAL
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These courses offered by the Singapore Sailing Federation, present skill development and strategies in a progressive teaching sequence. Coaches will be prepared to guide developing athletes with skill necessary for the sport and competition.	Coaches will be required to produce evidence of their actual coaching experience before they can obtain certification at any level.
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LEVEL 1 TECHNICAL	LEVEL 2 TECHNICAL	LEVEL 3 TECHNICAL
<p>OBJECTIVE:</p> <p>Level 1 targets on the beginning coach providing basic technical aspects of teaching. The Level 1 coach would be able to teach beginner-sailors in one-sail as well as two-sail boats/board at club, school and recreational programme level. With the help of an assistant, he would be sufficiently qualified to supervise a group of up to six boats/boards. He teaches ailing to individuals as a recreational sport and would be able to coach individuals to pass the SingaporeSailing Proficiency Level 1 Certificate test.</p>	<p>OBJECTIVE:</p> <p>Level 2 targets on the intermediate coach providing more advanced technical aspects of coaching. The Level 2 coach is prepared to take intermediate sailors at club, school and recreational programme level. He would be qualified to teach individuals and small groups as well as coach intermediate racers incorporating the physical, technical and mental demands of the sports</p>	<p>OBJECTIVE:</p> <p>Level 3 is designed to equip coaches with a high standard of technical expertise necessary to coach advanced sailing skills for competition at international level.</p>

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LEVEL 1 TECHNICAL	LEVEL 2 TECHNICAL	LEVEL 3 TECHNICAL
<p>COURSE DURATION: 20 Hours</p> <p>PRE-ENTRY REQUIREMENT</p> <ul style="list-style-type: none"> • Holder of at least SingaporeSailing Proficiency Level 2 single-handed or/and double-handed with spin certificate. • Holder of Pleasure Craft Driving License. • Holder of First Aid certificate. • Holder of NCAP Theory Level 1 certificate • Be at least 18 years of age. • Must be physically fit. • Ability to swim 50m without personal flotation device in tidal waters. • Must be recommended by SingaporeSailing member club/organisation 	<p>COURSE DURATION: 28 Hours</p> <p>PRE-ENTRY REQUIREMENT</p> <ul style="list-style-type: none"> • Holder of SingaporeSailing Proficiency Level 2 both single-handed and double-handed with spin Certificate. • Holder of SingaporeSailing Coaching and Practical Level 1 Certificate. • Holder of NCAP Theory Level 2 certificate. 	<p>COURSE DURATION: 32 Hours</p> <p>PRE-ENTRY REQUIREMENT</p> <ul style="list-style-type: none"> • Holder of SingaporeSailing Coaching and Practical Level 2 Certificate for 2 years. • Racing experience at National level for 3 years. • Holder of NCAP Theory Level 3 certificate
<p>COURSE CONTENT</p> <p>SingaporeSailing Development</p> <ul style="list-style-type: none"> • National training schemes <p>Syllabus</p> <ul style="list-style-type: none"> • Teaching techniques and fault identification in 1-man and/or 2-man dinghy or board (for windsurfing) • Demonstration of correct techniques • Use of simulator • Alternative activities in view of conditions • Training sequences for manoeuvres afloat • Theory of sailing • Right of way rules concerning sailing and powered vessels • Tide, current, meteorological aspects 	<p>COURSE CONTENT</p> <p>SingaporeSailing Development</p> <ul style="list-style-type: none"> • National Training Scheme/s and syllabi for Level 1 and Level 2 <p>Syllabus</p> <ul style="list-style-type: none"> • Organisation and management of a coaching programme • Coaching techniques and fault identification • Boat/board and sail tuning • Operate a coach's powerboat including towing • Outboard engine trouble shoot • Tide, current, meteorological aspects 	<p>COURSE CONTENT</p> <p>SingaporeSailing Development</p> <ul style="list-style-type: none"> • National Training Scheme/s and syllabi for Level 1, 2 and 3 <p>Syllabus</p> <ul style="list-style-type: none"> • Advance coaching techniques • Team selection support and management • Physical training programmes and diet • Racing Rules • Protest procedures / hearing • Boat / board maintenance and basic repair • Sails, spars, foils and hull characteristics, functions and controls • Tactics and strategies • Competition planning • Physical fitness training • Mental training

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LEVEL 1 TECHNICAL	LEVEL 2 TECHNICAL	LEVEL 3 TECHNICAL
Safety Skills <ul style="list-style-type: none"> • Emergency procedures • Maintaining safety in sailing environment • Performing simple tasks inside an inverted dinghy • Assistance to sailor/s in distress 	Safety Skills <ul style="list-style-type: none"> • Emergency procedures • Maintaining safety in sailing environment • Assistance to sailor/s in distress 	Safety Skills <ul style="list-style-type: none"> • Emergency procedures • Maintaining safety in sailing environment • Assistance to sailor/s in distress
	Aspect of Race Management <ul style="list-style-type: none"> • Knowledge and practical involvement in race officiating 	Aspect of Race Management <ul style="list-style-type: none"> • Knowledge and practical involvement in race officiating
Theory Passing marks: 90% to 100% - Distinction 80% to 89% - Good 70% to 79% - Pass 69% and below – Fail	Theory Passing marks: 90% to 100% - Distinction 80% to 89% - Good 70% to 79% - Pass 69% and below – Fail	Theory Passing marks: 90% to 100% - Distinction 80% to 89% - Good 70% to 79% - Pass 69% and below – Fail
Assessment <ul style="list-style-type: none"> • Theory and practical • Coaches will be required to conduct at least one Proficiency level 1 sailing course comprising a minimum of 4 boats / boards before they can obtain certification. • Practical assessment is to be completed within <u>ONE</u> year and must informed SingaporeSailing in writing with endorsement from any of the SingaporeSailing affiliated club/s. 	Assessment <ul style="list-style-type: none"> • Theory and practical • Practical assessment is to be completed within <u>ONE</u> year and must informed SingaporeSailing in writing with endorsement from any of the SingaporeSailing affiliated club/s. 	Assessment <ul style="list-style-type: none"> • Theory and practical • Practical assessment is to be completed within <u>ONE</u> year and must informed SingaporeSailing in writing with endorsement from any of the SingaporeSailing affiliated club/s.

REVALIDATION for coaches / instructors:

Must have conducted a minimum of eight sessions during a period of two years for the certificate to remain valid. Sessions must be approved and endorsed in the logbook by SingaporeSailing designated bodies / representative(s).

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NCAP (TECHNICAL & PRACTICAL) COURSE

APPLICATION FORM

Level (Coaching Technical & Practical) applied for _____

Date(s) of the course applied for (dd/mm/yy) _____

Name : _____ Sex: M / F Date of Birth : _____

NRIC No.: _____ School / Club : _____

Tel : _____(O) _____(H) _____(Pg) _____(Hp)

e-Mail : _____

Presenting Instructing Experience (if any) : _____

Sailing Proficiency Certificate: _____ (state level & Proficiency Awards Date)

PSA Boat Driving License: _____ Expired Date: _____

First Aid Qualification : _____ Expired Date: _____

NCAP(Theory) Level: _____ When Achieved: _____

NCAP (Technical & Practical) Level (if any): _____

Note: Please attached all relevant certificates otherwise the application is considered invalid. Thank you.

Application endorsed by: _____
(Name of Club Secretary)

Signature Authorised stamp Date

I declare that the particulars stated above are true and correct and will not hold SingaporeSailing, its instructors and employees liable for any accident, loss damage or injury during the conduct of the course, whether such accident, damage or injury shall occur ashore or afloat.

Signature of Applicant : _____ Date: _____

Enclosed *cash/cheque _____ of \$ _____ being payment for my course. Payment by cheque should be made payable to 'Singapore Sailing Federation'

SINGAPORE SAILING FEDERATION

Terms & Regulations

1. In the event that there are insufficient applicants to form a class, SingaporeSailing reserves the right to cancel or postpone the course commencement date.
2. To apply for the technical course, the applicants must meet the pre-requirements. SingaporeSailing reserves the rights to reject the applicant if the certificate(s) has expired.
3. Any request for replacement of participants is to be made in writing to SingaporeSailing **at least five working days before** the course commences. Otherwise, SingaporeSailing reserves the rights to forfeit payment.
4. All payment made are strictly non-refundable and must be made at least one week before course commence. Cheque payment should be made payable to 'Singapore Sailing Federation'.
5. NETS / Credit Card can be made personally to SingaporeSailing's office at National Sailing Centre.
6. **100% Attendance is Required.** Any absenteeism (without valid reasons) during the course will not be entertained.
7. Participant, who failed the theory test at their first attempt, will have to re-take the test within 1 month from the letter of notice.
8. Participants, who failed the theory test on the 2nd attempt, will have to re-take the entire course. The course fee will be charged accordingly.