



HKSF Instructor Pre-Entry Assessment

Organised By: Hong Kong Sailing Federation

People who are interested in taking a HKSF Dinghy Instructor Course must attend and pass a one-day Pre-Entry Assessment. The Assessment is intended to confirm that the candidate has the sailing ability and background knowledge required to be an HKSF Dinghy Instructor. For details of the assessment, please refer to latest Guidance Notes on “Instructor Pre-Entry Assessment and criteria” published on our website and also available from the HKSF Office.

Date: 6 January 2022 **Time: 0930-1730**
7 January 2022 **Time: 0930-1730 (Backup Date only)**

Note: if the conditions are not suitable then the backup date will be used.

Venue: Hong Kong Sailing Federation Little Palm Beach Sailing Centre (or another venue)

Eligibility:

1. Aged 18 or above.
2. Candidates must hold a valid First Aid Certificate
3. Candidates for the Pre-Entry Assessment must be holders of:
 - HKSF Levels 2, 3 and 4, (old HKSF 2013 Scheme) OR
 - HKSF Levels 2 and 3, Spinnaker and Advanced Certificate (new HKSF Scheme 2021), OR
 - Candidates must hold a valid Dinghy Instructor or Senior Instructor certificate issued by other Member National Authority of World Sailing.

Language for Teaching: English / Cantonese

Deadline for Enrolment: 31 December 2021

Maximum Capacity: 6 persons/each day

Fee: Course Fee \$1,500/person for HKSF member, \$1,800/person for non-member

Enrolment Method: Complete the Enrolment Form and submit together with copies of your certificates and sailing log from the Personal Logbook as well as a copy of a valid First Aid Certificate to the **HKSF Office at Room 1009, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong**. A cheque for payment of Pre-Entry Assessment Fee made payable to “Hong Kong Sailing Federation” should also be enclosed with the Enrolment Form.

Enrollment applications received with relevant certificates, copy of sailing log and payment will be accepted on a first come first served basis.

For Enquiry: Please contact the HKSF Office at Tel: 2504 8159, or email: admin@sailing.org.hk.

Note: The HKSF reserves the right to cancel the course if there are insufficient applicants.

Instructor Pre-Entry details and assessment criteria

Before attending a HKSF Dinghy Instructor Course, candidates must attend and pass a one-day Pre-Entry Assessment conducted by an HKSF Dinghy Trainer not more than one year prior to instructor training. The Assessment is intended to confirm that the candidate has the sailing ability and background knowledge required to be an HKSF Dinghy Instructor.

The assessment shall be conducted in a minimum wind speed of 11 knots, (BF force 4) using a boat with a Portsmouth Yardstick of less than 1150. *These include: 420, LDC 2000, Laser Standard/ILCA 7, Laser Radial / ILCA 6, RS400, RS500, RS Vision, Wayfarer, RS Quest.*

During the assessment, the candidate will be expected to be capable of:

1. **Sail around a triangular course** of 100 metre (minimum) legs to the best of his / her ability, demonstrating proper use of the five essentials and using all the boat's equipment to best advantage (*participants do not have to use Trapeze*).
2. Sail around the same course **without a rudder**. (Rudder may be fully raised or held amidships with elastic)
3. **Sail a tight circular course** (less than three boat lengths' radius) around a stationary boat, making only one tack and one gybe.
4. Sail a "**follow my leader**" course behind another boat. The course may include all points of sailing, slowing down and speeding up, keeping in line formation.
5. **Pick up a Crew Overboard dummy**, the dinghy to be stopped alongside and to leeward of the dummy.
6. Demonstrate one of the following, as appropriate:
 - 1) **Lee-shore landing and departure**
 - 2) **Anchoring or picking up a mooring**
 - 3) **Come alongside a moored boat**
7. **Recover a capsized dinghy** using correct technique and sail away

During the assessment the HKSF Trainer will be judging the candidate's preparation for and execution of each of the tasks, including his awareness of others. The Trainer will use an appropriate selection of these exercises to make a judgement of the candidates sailing ability and will look at his / her *overall sailing standard*. If a candidate makes errors or struggles with certain tasks, the Trainer may still pass the candidate if sailing technique in other areas is well to the standard required.

Eligibility for Pre-Entry Assessment

1. Candidates should be aged 18 or above;
2. Candidates must demonstrate confident dinghy sailing to the standard represented by:
The HKSF Dinghy Certificate Level 1 to 4 (old 2013 scheme) or
HKSF Levels 1 to 3, Spinnaker and Advanced (In the new 2021 scheme)
3. Candidates need NOT hold the Pleasure Vessel Operator Grade 2 Certificate (PVOCC) issued by the Marine Department to attend the Pre-Entry Assessment. However, such certification will be required prior to enrollment on any subsequent Instructor Course
4. Candidates must hold a valid First Aid Certificate.

風帆教練入學考核試詳情及評估標準

有意參加風帆教練訓練課程的學員，在入學前一年內須參加並通過由本會訓練員進行的為期一天的入學考核試。該考核試旨在肯定申請人具有成為風帆教練所要求的風帆航駛技術和基本知識。

考核試須在風速最少為 11 海里(蒲福氏 4 級風)之情況下舉行，並且使用的帆船的「撲斯茅系數」(Portsmouth Yardstick) 必須低於 1150 (可使用帆船包括 420, LDC 2000, Laser Standard/ILCA 7, Laser Radial / ILCA 6, RS400, RS500, RS Vision, Wayfarer, RS Quest)。

在考核試中，考生必須達到下列要求：

1. 以個人最佳技術來航駛一個不短於 100 米長的三角形航道；可充分利用船上設備和航駛「航行五要訣」；(考生不須使用吊掛式壓舷裝置)
2. 在不使用船舵之情況下，航駛同一航道；(船舵可全部升起或以橡筋固定收起在船內)
3. 環繞一艘停泊中的船隻，航駛一個半徑小於三船身距離的環形航道，期間只能進行一個迎風轉向和一個順風轉向；
4. 跟隨領航船航駛一段「追隨領袖」的航程。該航程可包括所有航駛方向，隨時減速或加速，期間必須跟領航船保持隊形及距離。
5. 航駛風帆去撈起一個墮海人員的模型，風帆必須停靠於模型人員之下風位置；
6. 在環境允許的情況下，示範以下其中一項；
 - 1) 在下風岸出航及回航；
 - 2) 下錨或泊繫浮泡；
 - 3) 靠泊一艘已下錨的船隻；
7. 扶正一艘傾覆之風帆，然後將風帆駛離。

本會之訓練員在考核期間會觀察考生怎樣準備及執行各項任務，其中包括考生對其他水上活動者的警覺性。訓練員將選擇適當的練習給考生執行，以判斷考生的航駛能力，並評估考生的整體航駛水平。如果考生在個別項目中出錯或遇到困難，而在其它領域的航駛技術達到標準，訓練員仍可評定考生及格。

參加入學考核試的資格

1. 申請人須年滿十八歲或以上；
2. 申請人須能自信地航駛一風帆並擁有
2013 本會舊訓練計劃之第一至四級之風帆證書；或
2021 本會新訓練計劃之第一至三級，球型帆技巧，及深造技巧之風帆證書
3. 申請人不須持有有效的香港海事處遊樂船隻二級操作人證明書；如申請人欲參加風帆教練訓練課程則須在入學前具有此證明書
4. 申請人須持有有效之急救證書