Sailing Safety Workshop Agenda

Total Duration: 60 minutes

Introduction and Objectives (5 minutes)

Welcome and Overview

- **Warm Greeting:** Begin the workshop with a warm welcome to all participants, expressing enthusiasm for their commitment to enhancing their sailing skills.
- **Workshop Purpose:** Explain that this workshop is designed to bridge the gap between the knowledge gained in the ASA 101 sailing class and the practical skills needed when sailing solo on the Columbia River.
- **Importance of Safety:** Emphasize the significance of safety in sailing, particularly when navigating challenging conditions and avoiding river hazards.

Instructor Introduction

- **Instructor Background:** Introduce yourself (or the instructor), highlighting sailing experience, qualifications, and passion for teaching sailing.
- **Connection to Island Sailing Club:** Share a brief history with the club and commitment to empowering members to achieve their sailing dreams.

Participant Introductions

- **Icebreaker Activity:** Invite participants to introduce themselves, sharing their name, sailing experience, and what they hope to learn from the workshop.
- **Building Community:** Encourage camaraderie and open communication among participants, fostering a supportive learning environment.

Materials Provided

- **PowerPoint Slides:** Visual aids to complement the presentation.
- **Participant Guide:** A booklet containing workshop content, notes sections, charts, and additional resources.

- **Feedback Forms:** To be filled out at the end of the workshop for continuous improvement.

Module 1: Identifying "No-Go" Areas on the Chart (10 minutes)

Content Presentation

- **Understanding "No-Go" Areas:** Define "no-go" areas as zones that are unsafe for sailing due to hazards like rocks, sandbars, shallow waters, wing dams, and other obstacles.
- **Importance of Awareness:** Discuss why identifying these areas is crucial for preventing accidents and ensuring the safety of all on board.

Detailed Explanation

- **Reading Nautical Charts:** Introduce the basics of nautical charts, including symbols, scales, and depth measurements (sounding units).
  - **Sounding Units:** Explain the importance of understanding depth measurements and how they relate to the safety of navigation.
  - **Chart Symbols:** Review common symbols used to indicate hazards.
- **Local Hazards on the Columbia River:** Highlight specific hazardous areas known to the region, such as anabranches and wing dams.
  - **Anabranches:** Explain what an anabranch is and why it's dangerous.
  - **Wing Dams:** Discuss how wing dams affect river currents and navigation.

Interactive Examples

- **Chart Analysis Activity:**
  - **Group Work:** Divide participants into small groups.
  - **Hands-On Exercise:** Provide each group with a section of a nautical chart of the Columbia River.
  - **Task:** Identify and mark all "no-go" areas using markers and highlighters.
- **Group Discussion:** Reconvene to discuss findings, ensuring everyone understands the hazards identified.

Student Grouping and Media Usage

- **Small Groups:** Encourage collaboration and shared learning experiences.

- **Visual Aids:** Utilize PowerPoint slides to display enlarged sections of charts and highlight key points.
- **Physical Materials:** Engage participants with tangible charts and tools for a hands-on learning experience.

Materials Needed

- Nautical Charts of the Columbia River
- Markers and Highlighters
- PowerPoint Slides with chart visuals
- Participant Guide sections on chart reading

Module 2: Plotting a Safe Course (10 minutes)

Content Presentation

- **Course Planning Fundamentals:** Introduce the principles of plotting a safe and efficient sailing course.
- **Factors to Consider:** Discuss wind patterns, currents, weather conditions, and avoidance of "no-go" areas.

Detailed Explanation

- **Wind and Current Analysis:**
    - **Wind Patterns:** Explain how to interpret wind direction and strength.
    - **Current Effects:** Discuss how river currents can impact sailing and course plotting.
- **Use of Technology:**
    - **Digital Tools:** Introduce navigation apps like Windy App and how they can aid in planning.
    - **Weather Forecasting:** Show how to access and interpret weather forecasts relevant to sailing.

Interactive Demonstration

- **Live Plotting Exercise:**
    - **Instructor Demonstration:** Plot a sample course on a nautical chart, explaining each step and decision.

- o **Participants Follow Along:** Encourage participants to replicate the process on their own charts.
- **Individual Practice:**
  - o **Task:** Have participants plot a course from the dock to a predetermined location, considering all discussed factors.
  - o **Review:** Provide feedback on their plotted courses.

Student Grouping and Media Usage

- **Individual Work:** Allow participants to develop confidence in their own skills.
- **Digital Integration:** Encourage the use of personal devices to explore navigation apps.
- **Visual Support:** Use slides to highlight key steps and considerations in course plotting.

Materials Needed

- Printed Nautical Charts
- Personal Digital Devices (smartphones/tablets) with navigation apps
- PowerPoint Slides outlining plotting techniques
- Participant Guide sections on course plotting

Module 3: Docking and Maneuvering Techniques (10 minutes)

Content Presentation

- **Challenges of Docking:** Address common difficulties faced when docking, such as wind, current, and traffic.
- **Importance of Technique:** Emphasize that proper docking and maneuvering are critical for safety and vessel integrity.

Detailed Explanation

- **Approach Strategies:**
  - o **Assessing Conditions:** Teach how to evaluate wind and current before making an approach.
  - o **Speed Control:** Discuss the importance of maintaining appropriate speed.
- **Communication and Signals:**

- o **Crew Coordination:** Highlight the need for clear instructions and teamwork.
- o **Hand Signals and Verbal Cues:** Provide standard signals for common docking maneuvers.

Visual and Interactive Examples

- **Video Demonstrations:**
  - o **Successful Docking:** Show videos of proper docking techniques.
  - o **Common Mistakes:** Include examples of what to avoid.
- **Simulator Practice (if available):**
  - o **Hands-On Experience:** Allow participants to practice docking in a simulated environment.
- **Role-Playing Exercise:**
  - o **Mock Docking:** Participants simulate docking procedures, taking turns as the skipper and crew.

Student Grouping and Media Usage

- **Pair Work:** Partner participants to encourage teamwork.
- **Multimedia Resources:** Utilize videos for visual learners.
- **Interactive Engagement:** Role-playing to reinforce learning.

Materials Needed

- Videos of docking scenarios
- Docking simulators or models (if available)
- PowerPoint Slides summarizing techniques
- Participant Guide sections on docking

Module 4: Avoiding Collisions with River Barges and Debris (10 minutes)

Content Presentation

- **Understanding River Traffic:** Explain the dynamics of commercial traffic on the Columbia River, including barges and tugs.
- **Hazards of Floating Debris:** Discuss how logs and other debris can pose risks to sailors.

Detailed Explanation

- **Barge Characteristics:**
  - **Limited Maneuverability:** Emphasize that barges have difficulty stopping or changing course quickly.
  - **Visibility Limitations:** Explain blind spots and how they affect a barge operator's ability to see smaller vessels.
- **Strategies for Avoidance:**
  - **Situational Awareness:** Teach constant vigilance and scanning techniques.
  - **Communication:** Instruct on the proper use of VHF radio to communicate with commercial vessels.
  - **Crew Involvement:** Encourage assigning lookout duties to crew members.

Case Studies and Video Analyses

- **Incident Reviews:**
  - **Case Study 1:** Analyze a real incident where a sailboat narrowly avoided a collision.
  - **Case Study 2:** Discuss a situation involving debris causing damage.
- **Lessons Learned:** Extract key takeaways and preventative measures from each case.

Student Grouping and Media Usage

- **Group Discussions:** Facilitate conversations about participants' own experiences or concerns.
- **Video Analysis:** Use actual footage to provide a realistic perspective.
- **Problem-Solving Exercises:** Present hypothetical scenarios for participants to navigate.

Materials Needed

- Case study documents
- Videos of river traffic and incidents
- PowerPoint Slides with guidelines
- Participant Guide sections on collision avoidance

Module 5: Safety Measures During High Wind and Strong Currents (10 minutes)

Content Presentation

- **Navigating Challenging Conditions:** Focus on best practices when faced with high winds and strong currents.
- **Preparation and Response:** Highlight the importance of preparation and knowing how to react when conditions change.

Detailed Explanation

- **Weather Forecasting:**
    - **Interpreting Data:** Teach how to read weather reports and forecasts specific to the Columbia River area.
    - **Signs of Changing Weather:** Discuss natural indicators of impending weather shifts.
- **Emergency Protocols:**
    - **Reefing Sails:** Explain when and how to reduce sail area.
    - **Alteration of Course:** Discuss the decision-making process for changing plans due to weather.
    - **Man Overboard Procedures:** Review steps to take in the event of an overboard incident.

Real-Life Examples and Role-Playing

- **Scenario Discussions:**
    - **Hypothetical Situation 1:** Strong winds unexpectedly increase while sailing.
    - **Hypothetical Situation 2:** Currents become stronger than anticipated near a hazard.
- **Role-Playing Exercises:**
    - **Emergency Drills:** Participants practice responses to simulated emergencies.
    - **Decision-Making:** Encourage participants to explain their reasoning during scenarios.

Student Grouping and Media Usage

- **Group Problem-Solving:** Foster teamwork in developing solutions.

- **Visual Aids:** Use diagrams and flowcharts to illustrate emergency procedures.
- **Interactive Learning:** Engage participants actively to reinforce retention.

Materials Needed

- Role-playing scenario cards
- Emergency procedure handouts
- PowerPoint Slides with safety measures
- Participant Guide sections on emergency protocols

Conclusion and Q&A Session (5 minutes)

Summary of Key Points

- **Module Recap:** Briefly revisit the main points from each module, reinforcing the critical safety concepts covered.
- **Emphasizing Application:** Encourage participants to apply these skills during their next sailing experience.

Open Floor for Questions

- **Addressing Concerns:** Invite any final questions or clarifications.
- **Sharing Insights:** Allow participants to share what they found most valuable.

Feedback Collection

- **Distribute Feedback Forms:** Ask participants to provide honest feedback to improve future workshops.
- **Express Appreciation:** Thank them for their time and contributions.

Closing Remarks

- **Encouragement:** Motivate participants to continue learning and practicing their sailing skills.
- **Contact Information:** Provide details for further support or advanced courses.

Materials Needed

- Feedback forms

- Contact information handouts
- Participant Guide for reference

Additional Notes

- **Workshop Environment:**
  - **Informal Yet Informative:** Maintain a relaxed atmosphere consistent with the club's culture while ensuring content is delivered effectively.
  - **Engagement Strategies:** Use humor and relatable anecdotes to keep participants engaged.
- **Incorporation of Feedback:**
  - **Continuous Improvement:** Highlight that participant feedback is essential for refining the workshop.
  - **Adaptability:** Be prepared to adjust content based on the group's needs.

Preparation Checklist

- **Materials and Equipment:**
  - **Ensure All Materials Are Prepared:** Charts, slides, handouts, and any technological tools are ready and tested.
  - **Backup Plans:** Have contingency plans in case of technical difficulties.
- **Participant Communication:**
  - **Reminders Sent:** Confirm participants are aware of the workshop details and any items they need to bring.
  - **Accessibility Needs:** Accommodate any special requirements participants may have.

Instructor Preparation

- **Content Mastery:** Review all materials thoroughly to confidently address any topic.
- **Anticipate Questions:** Prepare for potential questions and challenges participants might present.
- **Facilitation Skills:** Practice delivering content clearly and engagingly, managing time effectively.

Final Thoughts

This comprehensive agenda is designed to provide participants with valuable knowledge and practical skills to enhance their safety and confidence while sailing on the Columbia River. By incorporating interactive elements, real-life examples, and opportunities for hands-on practice, the workshop aims to be both informative and engaging. The inclusion of feedback mechanisms ensures the workshop can be continually improved to meet the evolving needs of Island Sailing Club members.