

Dinghy Mentor Programme – Guidelines for Mentor and Mentee

The aim of the programme:

- 1) a mentoring programme that will assist HISC youth (15 yrs.+) prepare for the RYA Dinghy Instructor (DI) course
- 2) offer valuable teaching experience to recently qualified RYA Dinghy Instructors post the DI course.

Role of Mentor:

To guide, advise and pass on your experience

Preparation

- 1) On arrival check who is your Mentee and ask if already completed a training day. If so read their previous sheet and familiarise yourself with your Mentee.
- 2) Read the Mentee Tracking Log check list of subjects to work on.
- 3) Meet your Mentee and discuss the plan for your training day. Discuss what roles they may do.
- 4) Find out what qualifications they already have, eg, PB2, DI, First Aid.

During your training session

- 1) Depending on your Mentees ability, it up to you how much you let them do. You may be more confident if they observe in the rib with you teaching.
- 2) Things they must NEVER do
 - a. Be left in charge of the group.
 - b. Drive the rib without you aboard.
 - c. Be left in a position where they are responsible for other people lives.
- 3) Mentees are your assistants so make the most of them helping you too.

At the end of the session

Please take a few minutes to sit down quietly with your Mentee and debrief – please use the Mentee Sheet and score fairly. There is no point giving your mentee 5/5 for everything – they won't learn anything that way.

Thank you very much for your help and support in this programme.

Role of Mentee:

You are here to learn from your Mentor in any way they are comfortable in sharing their knowledge. They are not qualified to teach you, they are trained to Instruct sailors.

Preparation

- 1) Be prepared! Know what event you are assisting. Try and find out about the children, their levels, who your Mentor is, and think about what you think might be on the training programme for the day.
- 2) Study the Mentee Sheet, this will help you understand the areas your mentor will try to help you with. Its not about being the best sailor, its about being a good teacher. Think about your teachers at school, what makes the good ones stand out?
- 3) Don't be late, have the correct kit – be prepared to get wet.

During your training session

- 1) Listen
- 2) Ask questions
- 3) Offer ideas and suggestions
- 4) SMILE

NEVER

- 1) Never do something that you are not confident or happy to do – just tell your Mentor you are not ready to that.
- 2) Don't get grumpy or sulky on the course.

After the Session

- 1) Take the time to sit down and receive feedback from your day. This is the most important part for you, learn from it.
- 2) Don't be upset when you don't get 5/5 for everything. Work through the Mentor feedback and keep practicing.
- 3) Please remember to thank your Mentor, they are not getting any extra fee for helping you.

Thank you for taking part in the programme. Enjoy it and learn lots of new skills.

Mentee Tracking Log

Mentee Name:

Mentor Name:

Date of Activity

Activity:

Mentees current Qualifications

	Mentee subjects to focus on	Score or n/a	Notes
1	Personal appearance and correct sailing kit		
2	Time keeping - arrival and during sessions		
3	Enthusiasm, being positive and smiley		
4	Knowledge and confidence with students (ashore & afloat)		
5	General organisation during training session		
6	Instructor teamwork and proactive assistance		
7	Safety for students + RIB safety		
8	Ideas for training sessions		
9	RIB driving (if applicable)		
10	Communication skills		
	5 Subjects to focus learning and experiencing		
	Presentation skills		
	Briefing and debriefing skills		
	Rigging a boat correctly		
	Land drill skills		
	Boat handling skills		

Score reference: (highest 5)

Excellent work - keep going	5
Good work - small improvements required	4
Average - focus on improving knowledge	3
Much more knowledge and understanding required	2
Seek additional guidance and increase knowledge	1