



Junior Instructor Pledge

As a Junior Instructor for the Norwalk Yacht Club Junior Sailing Program, I pledge to:

- Be a positive role model for younger sailors
- Be on time in the morning (8:30) to welcome sailors and to assist the instructors in preparing for the morning class
- Assist instructors gather equipment for classes (i.e. white boards, land demonstrations, marks, safety boxes, radios)
- Assist instructors teach classes
- Assist manage sailors during lessons
- Assist instructors and sailors rig boats (this includes supervising for safety and assisting in lifting and moving)
- Assist with cast-off as is necessary
- Assist instructors with on-the-water activities (this includes sailing with juniors as is necessary)
- Assist instructors and sailors de-rig boats
- Assist instructors debrief the lesson
- Remain attentive and helpful throughout the class session
- Become familiar with the methods of effective sailing instruction
- Become familiar with the process of writing and assessing lesson plans
- Plan and execute one or two full classes (including preparing lesson plans and leading the on-the-water time)
- Asses presented lessons with an Instructor
- Be present on days scheduled

Sailor

Name: _____ Signature: _____ Date _____

Parent

Name: _____ Signature: _____ Date _____