

SAILING ACADEMY LESSON PLAN

Preparation & Planning				
Session:	Age:	Ashore / On-the-water	Viable Wind:	
Aim		Objectives		
Equipment Required				
Dinghies:	Buoys:	Safety Boat:	Other:	
Session Risk Assessment				
Risk	Who	Severity	Control Measure	Reviewed
		low/med/high		
		low/med/high		
		low/med/high		
		low/med/high		
Brief	Aim:			
	Task:			
Task	Safety:			Diagram:
	Signals:			
	Q & A:			
Task	Aim:		Diagram:	
	Equip:			
	Focus:			
	Q & A:			
Task	Aim:		Diagram:	Plan B
	Equip:			
	Focus:			
	Q & A:			
Debrief	Aim:			Improve on 3 things Focus on 1 area
	Goal:			
	Reflect:			
	Input:			
	Plan:			
Notes:				