



CSD1-2-1 Top Tips

Roles

The volunteer Approved Skipper role involves active listening, providing encouragement, challenge, constructive feedback and being a critical friend i.e. helping their shipmate to explore issues, to understand their needs and to decide how they want to proceed.

The Participant role involves having a desire to develop sailing skills and experience, playing an active role in the relationship, active listening, being honest about strengths and weaknesses, developing an achievable set of sailing outcomes, making the best of the help being given.

Both the participant and volunteer Approved Skipper should have fun long the way!

Helpful matching information

Participant

- Location - mobility
- Scope of commitment
- Sailing achievements so far
- Sailing ambitions and interests
- Proposed sailing outcomes for next 12 months
- Other interests
- Any preferences or needs

Approved Skipper

- Location - mobility
- Scope of commitment
- Sailing experience and qualifications
- Scope of help available
- Specialist sailing topics
- Relevant sailing plans including own boat if applicable
- Other interests

Possible topics for a first meeting

- Introductions - the story so far for each person
- What type of assistance does the participant want from the Approved Skipper?
- The purpose of the scheme, its informal nature, and how to make best use of this arrangement
- Areas might include understanding what CSD can do to help and how to book things, understanding the RYA scheme and how to develop skills using the RYA training ladder or a less formal approach, the CSSA Approved Skipper scheme and how CSSA and CSD fit together and operate
- What expectations do you have of each other?
- How often will you meet?
- When and where will you meet and for how long? Face-to-face, by phone or virtually?
- Who will be responsible for scheduling the meetings?
- What will the meeting topics include?
- What will you focus on first?
- What will be the ground rules for discussions? (e.g. confidential, open etc))
- Any additional areas/issues you want to discuss and agree on?
- If problems arise, how will they be resolved?
- How will you know if you have achieved what you want?



Some relationship tips

- Develop trust by regular open and honest communications
- Respect each other's views
- Respect confidentiality
- Respect the use of each other's time but balance this with accessibility
- Do the things you agree to do
- If things are working, or you have any concerns about the scheme or its operation please talk to the CSD1-2-1 Coordinator.

Don't panic!

Contact Colin Hurd, CSD1-2-1 Coordinator

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