

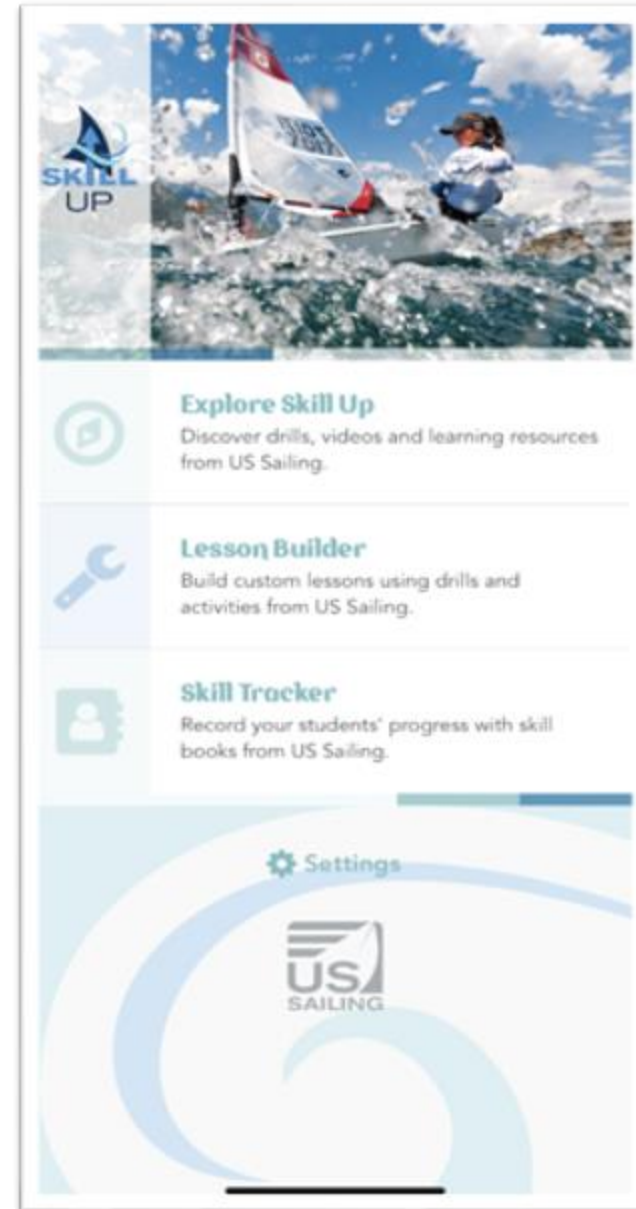
# Skill Up How-To for Instructors



*You must be a current US Sailing Level 1 Certified Instructor to unlock many of the features in this app.*

# Two Skill Up Platforms

**(1) Website Dashboard:** For program administrators to create classes.



**(2) Phone App:** For instructors to track classes, individual students, and other coaching resources.



# SKILL UP PHONE APP FOR INSTRUCTORS

1. How to Sign In
2. Navigating Home Page
3. Explore Skill Up
  - Lessons
  - Videos
  - Educational Material
  - Drills
4. Skill Tracker
5. My Classes
  - Attendance
  - Update Class Skills
  - Update Individual Skills
6. Small Boat Curriculum Components



# 1. How to Sign In

## STEP 1

Download “US Sailing Skill Up”

## STEP 2

Sign in with:

YOUR US Sailing Member ID

AND US Sailing Account Password



SIGN IN

ENTER AS GUEST



Cancel

## Sign in

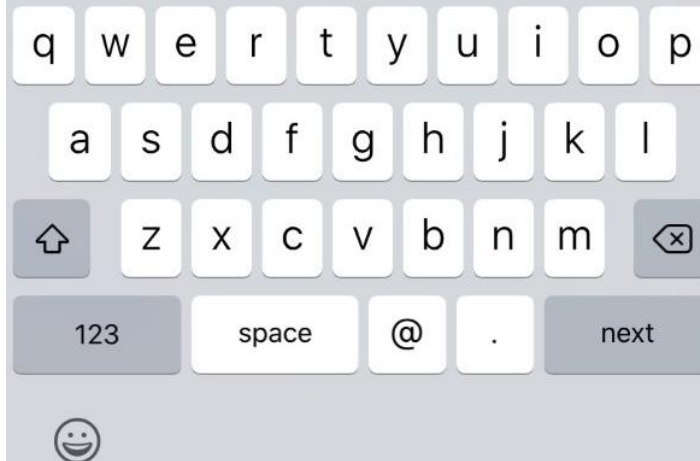
US Sailing Member ID

Password

SIGN IN

[Forgot Password?](#)

[Forgot Member ID?](#)



## 2. Navigating Home Page

### The Home Page

- *Explore Skill Up* includes already published resources created by US Sailing
- *My Classes* lets you track your classes progress and attendance
- *Skill Tracker* lets you track an individual's skill progress



#### Explore Skill Up

Discover drills, videos and learning resources from US Sailing.



#### My Classes

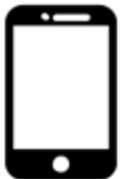
Manage student skill progress and attendance.



#### Skill Tracker

Record your students' progress with skill books from US Sailing.

⚙ Settings



# 3. Explore Skill Up

## Explore Skill Up:

Includes already published resources created by US Sailing

- Lessons
- Videos
- Educational Material
- Drills



**Explore Skill Up**  
Discover drills, videos and learning resources from US Sailing.

**My Classes**  
Manage student skill progress and attendance.

**Skill Tracker**  
Record your students' progress with skill books from US Sailing.

**Settings**

**US SAILING**

## Explore



### Lessons

Ready-made lesson plans.



### Videos

Watch videos of skills, drills, and more.



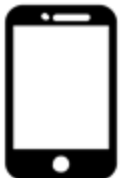
### Educational Material

Educational material for sailors, parents, and instructors.



### Drills

Drills, games and activities to help kids learn to sail!

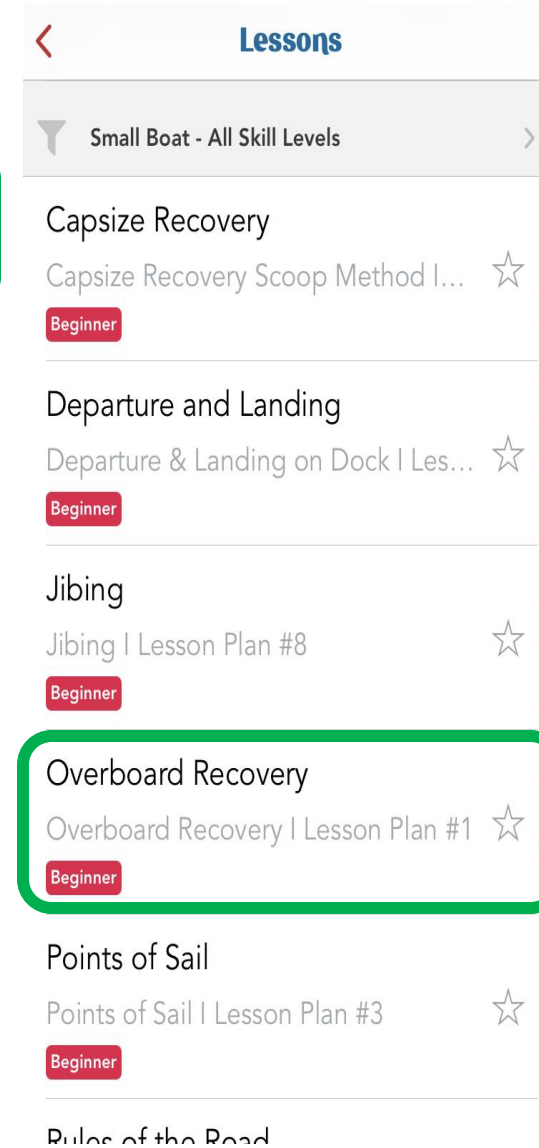
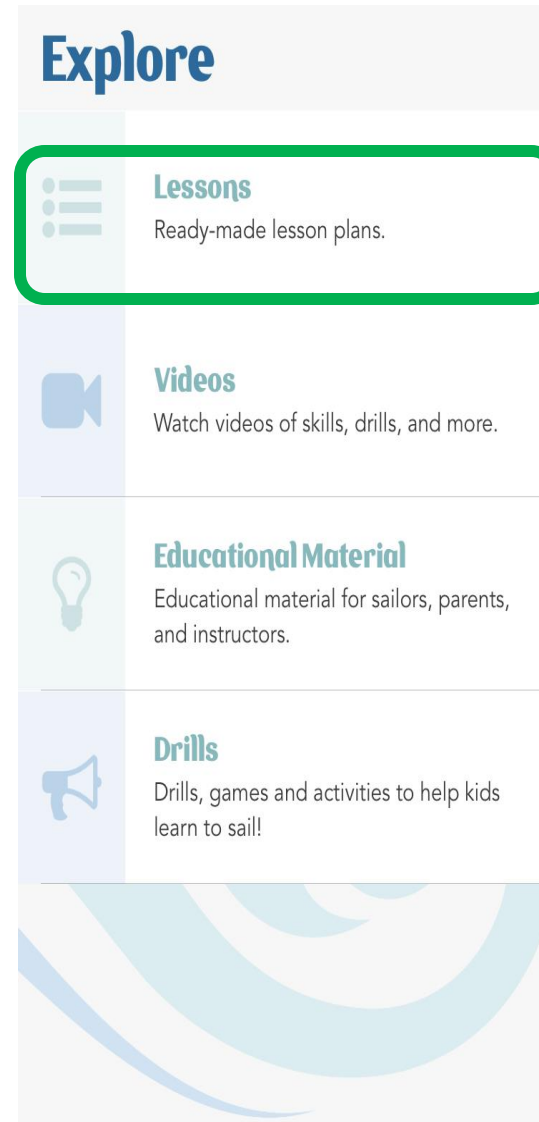




# 3. Explore Skill Up

## Lessons:

- 10 ready-made lessons from the Small Boat Beginner Curriculum.
- Lesson plans can be downloaded onto both your phone (Android or iPhone) or onto your computer.



## Level 1 Instructor Lesson Plan: #1



Focus Skill

Overboard Recovery

Goal(s) What do you hope to accomplish?

Students will learn to complete an overboard recovery by alerting those around them and executing the Figure-8 Rescue.

Contents

- [Chalk Talk](#)
- [Land Drill](#)
- [Instructor Demonstration](#)
- [Student Practice](#)
- [Debrief](#)

Setup 11 minutes

Materials needed to teach each step in the progression of learning, prep before students arrive.



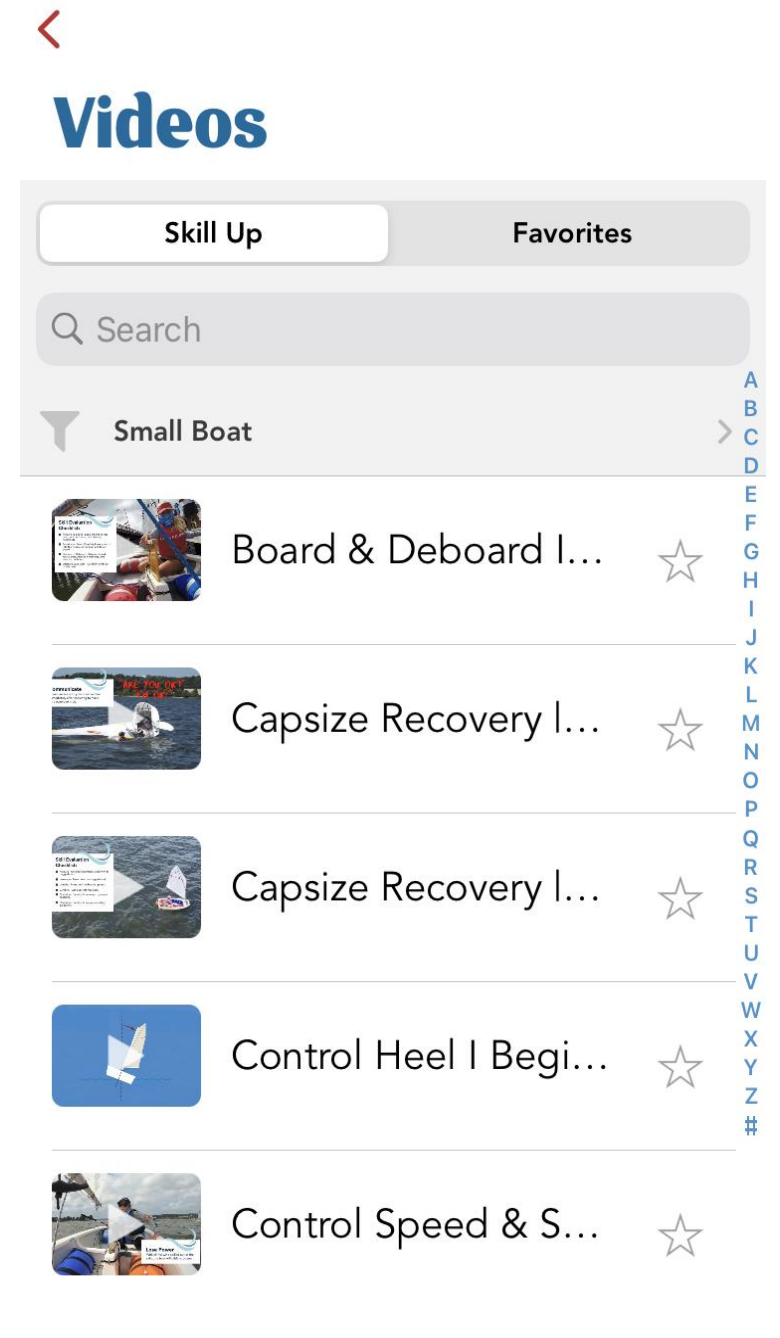
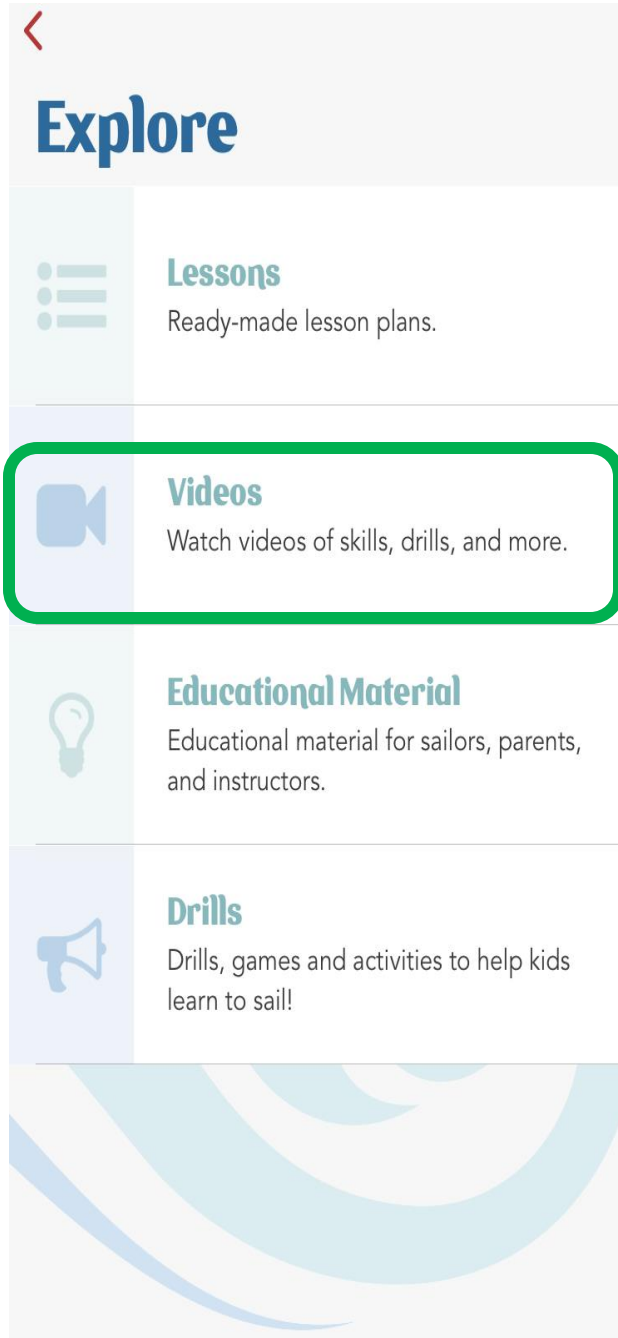
# 3. Explore Skill Up

## Videos:

Watch videos of beginner skills, drills, and more.

★ Videos are also embedded into the Small Boat Beginner Curriculum Skill Evaluation Checklists

*Present these videos to your students before class or during the chalk talk to help them get a visual of the skill.*



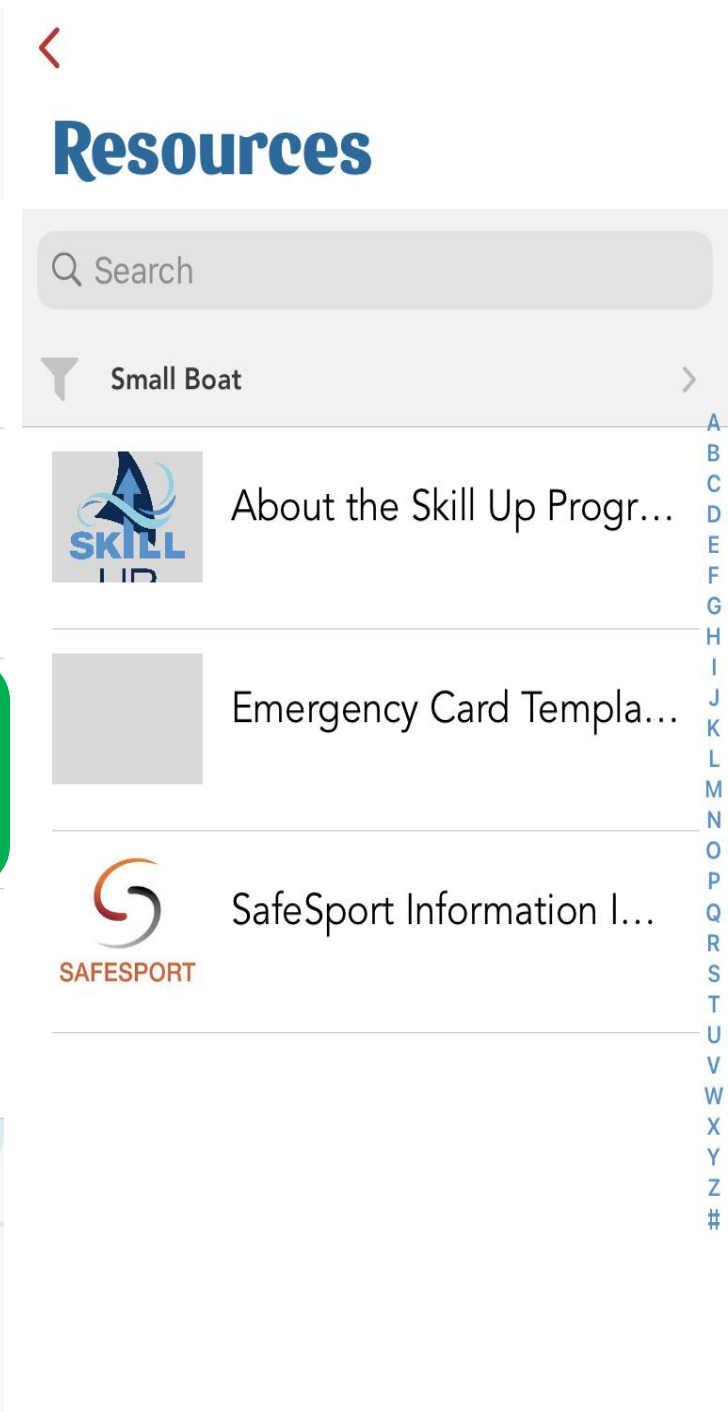
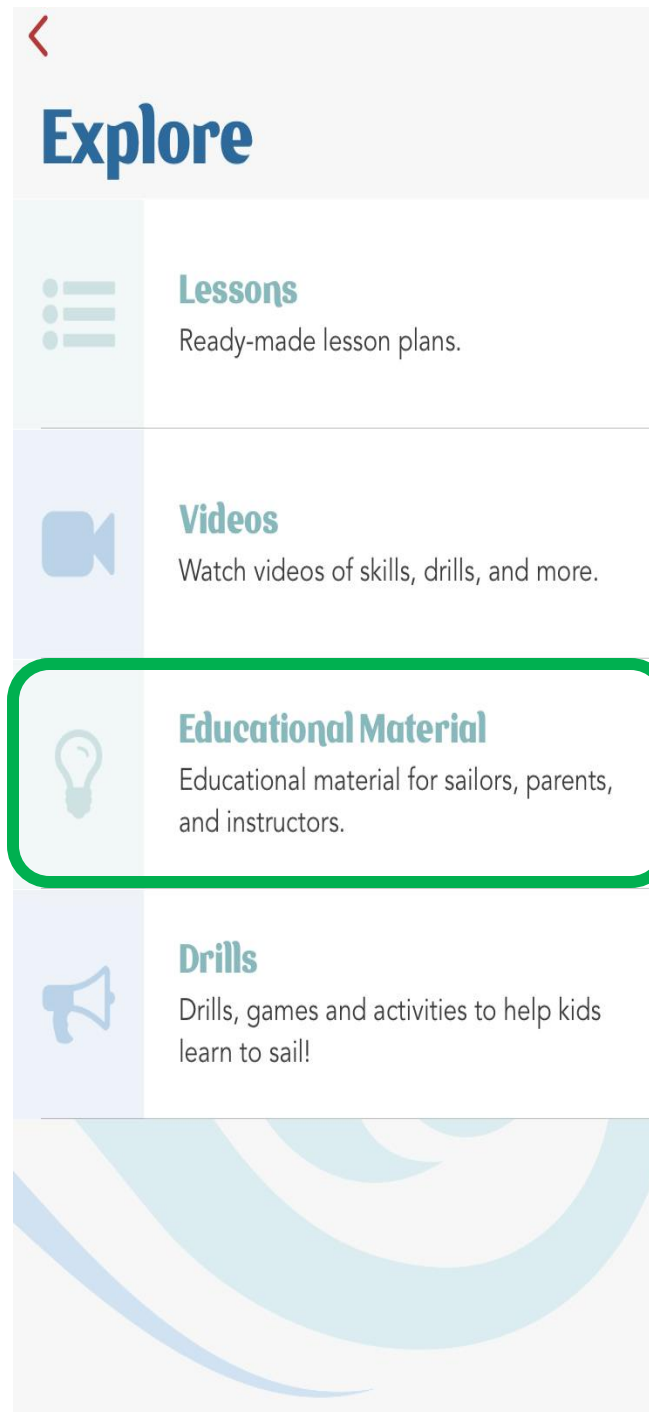


# 3. Explore Skill Up

## Educational Material:

Education Material for sailors, parents, and instructors including:

- About the Skill Up Program
- Template of an Emergency Card
- SafeSport Information

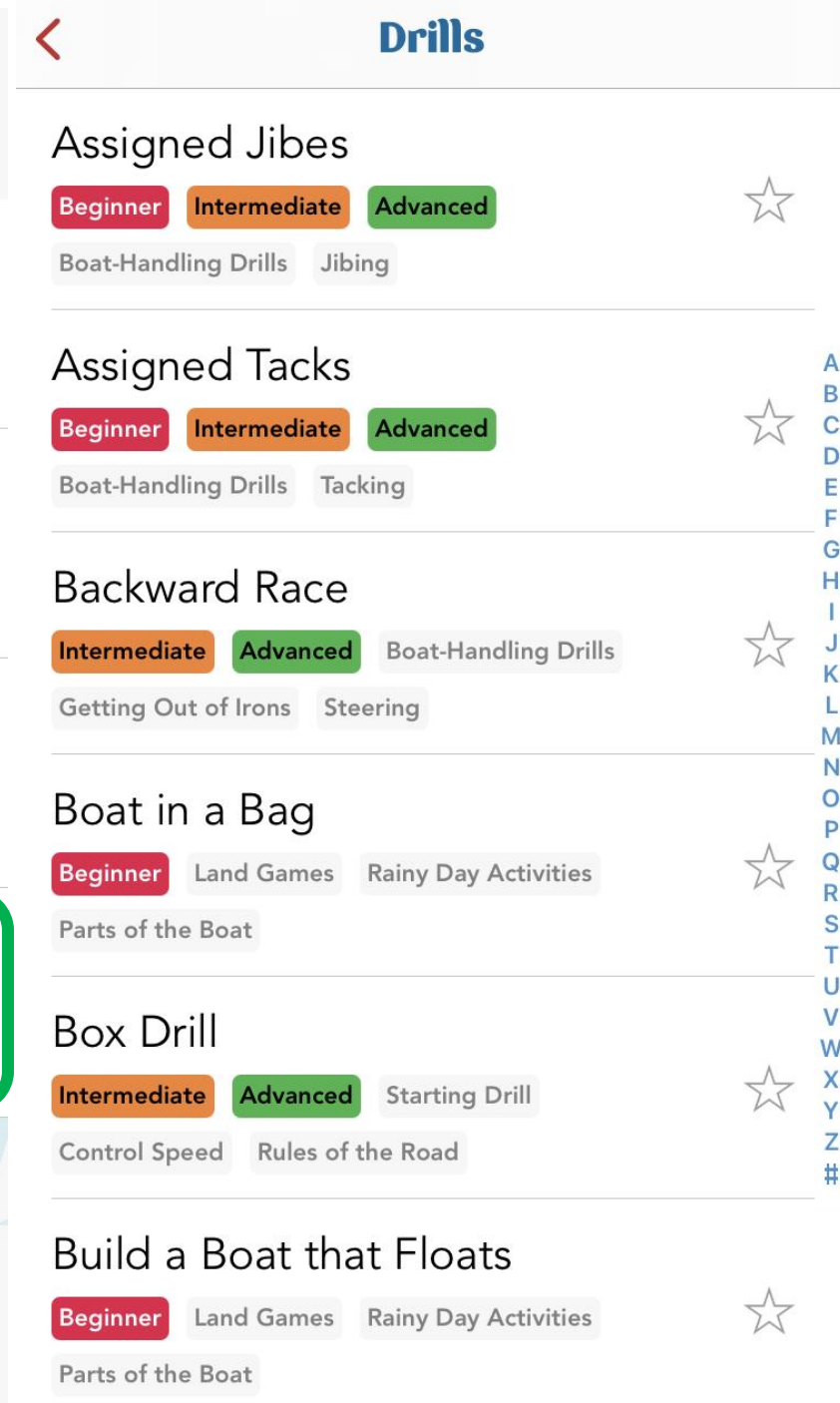
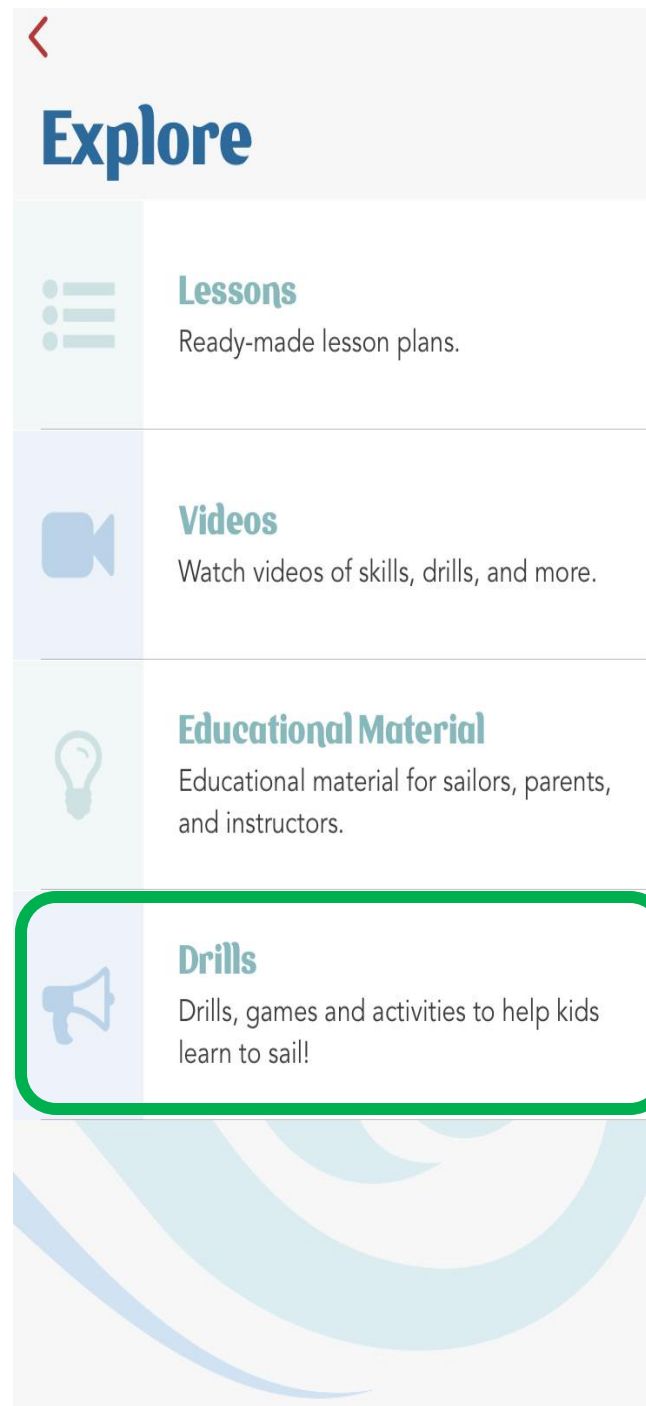


# 3. Explore Skill Up

## Drills:

Drills, games, and activities to help sailors learn to sail that are labeled by:

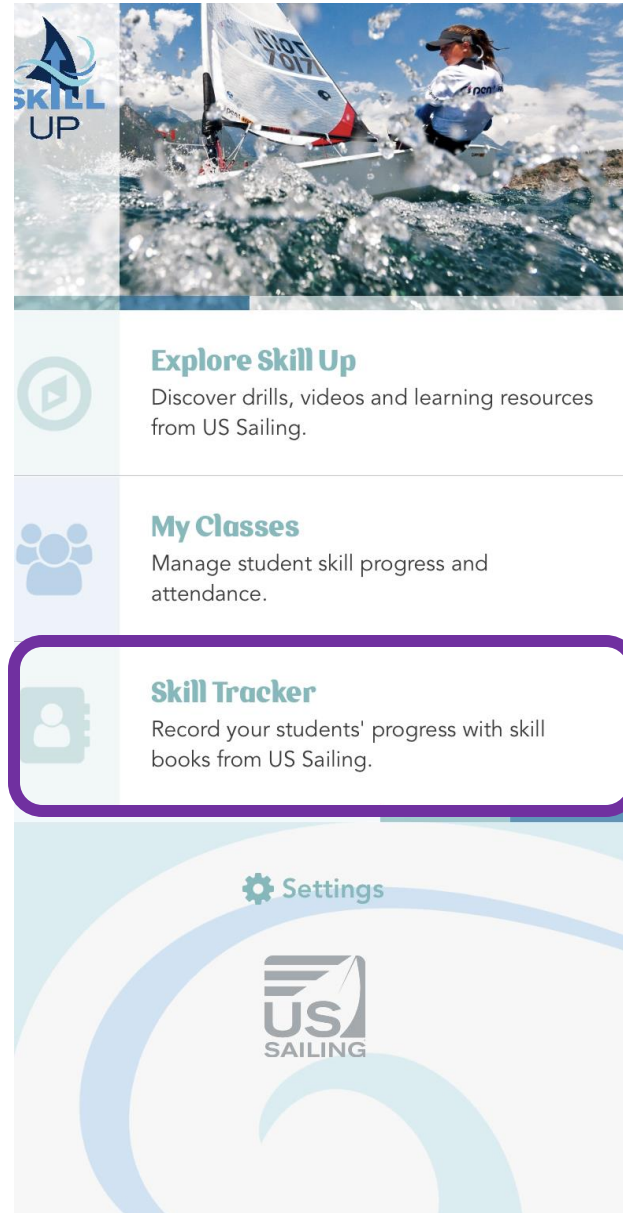
- Skill Level
- Land Games
- Rainy Day Activities
- Skill Type (starting, boat handling, etc.)



# 4. Skill Tracker

## Skill Tracker:

- Track an individual's skill progress who may not be in your class
- Add individual students using their Name & US Sailing Member ID



## My Students

**+ Add Student** Help

John Pearce >  
Member # [REDACTED]

Olivia Colquitt >  
Member # [REDACTED]



# 5. Curriculum Components

- ✓ Student Level
- ✓ Scope & Sequence
- ✓ Phases
- ✓ Focus Skills
- ✓ Skill Evaluation Checklists



There are TWO Small Boat Student Levels Available!

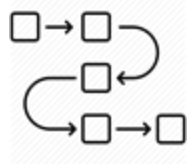


# 5. Curriculum Components

**Scope & Sequence** is a detailed outline of all the major **Focus Skills** that will be taught within a **Student Level**.



The **Scope** is the bird's eye view of all **Focus Skills** within a **Student Level**.



The **Sequence** is a suggested order of presenting the **Focus Skills**.

BEGINNER SAILOR		
Phase	Number	Focus Skill
Safety	A	Personal Preparation & Safety
	B	Towing
	C	Capsize Recovery
	D	Overboard Recovery
Phase 1 Sailing Skills	1	Understanding Wind
	2	Parts of the Boat
	3	Parts of Sail & Control Lines
	4	Prepare Boat: Rig & Raise Sails
	5	Stow Boat: Derig & Lower Sails
	6	Launch & Retrieve
	7	Board & Deboard
Phase 2 Sailing Skills	8	Steering with Rudder
	9	Control Speed
	10	Control Heel
	11	Depart & Land
Phase 3 Sailing Skills	12	Tacking
	13	Getting Out of Irons
	14	Points of Sail
	15	Jibing
	16	Upwind Sailing
	17	Downwind Sailing
Theory	1	Weather Awareness
	2	Water Awareness
	3	Navigation
	4	Rules of the Road
	5	Using a Compass
Knots	1	Figure Eight Knot
	2	Square Knot
	3	Cleat Hitch
	4	Cow Hitch
	5	Coil
	6	Bowline
	7	Round Turn & Two Half Hitches
	8	Basic Cleats



# 5. Curriculum Components

A **Phase** is a set of skills defined by a specific category:

Safety

Phase 1-3 Sailing Skills

Theory

Knots

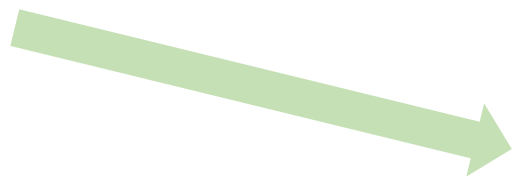
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A **Focus Skill** is a targeted skill that a student can complete.



# 5. Curriculum Components

- **Safety Phase**: The Safety Phase Focus Skills are the first topics we recommend presenting.
- **Sailing Skills Phases 1-3**: Teach in order of phases but focus skills can be taught anywhere within a Phase.
- **Theory & Knots**: Both Theory and Knots phases can be taught at any point throughout Sailing Phases 1-3.



BEGINNER SAILOR		
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	1	Weather Awareness
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	4	Rules of the Road
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	3	Cleat Hitch
	4	Cow Hitch
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	6	Bowline
	7	Round Turn & Two Half Hitches
8	Basic Cleats	



# View In the App!

## Skill Evaluation Check List:

- Tells you the Phase within the Scope & Sequence
- Gives you the focus skill & skill evaluation checklist
- Helpful Coaching Cues to lead chalk talks, demonstrations & drills

Blair Overman

Beginner Sailor

Beginner 55% complete



## Progress Bar:

- shows you the percentage of competed (green) and in-progress (yellow)

## Phase 2 Sailing Skills

### Steering with Rudder

**Prepare** - Properly adjust your body position, tiller hand, and mainsheet hand.

**Steer** - Use the tiller or tiller extension to turn the boat to port and back to starboard.

**Avoid Collisions** - Move the "Tiller Towards Trouble," using just the tiller you can steer away from trouble.



Watch Video



Meredith Dart - 3/16/21

## Instructor Sign Off:

- name of Instructor and date they checked off the skill



IF YOUR ORGANIZATION IS USING THE SKILL  
UP COMPUTER DASHBOARD

THE NEXT SECTION APPLIES TO YOU

IF NOT – THE "MY CLASSES" SECTION IS NOT  
APPLICABLE

# 6. My Classes

## My Classes:

- Manage student's skill progression and attendance
- Each class that you are “tagged” to will show up under My Classes
- This will be blank if your program is not using the Skill Up Dashboard



### Explore Skill Up

Discover drills, videos and learning resources from US Sailing.



### My Classes

Manage student skill progress and attendance.



### Skill Tracker

Record your students' progress with skill books from US Sailing.

Settings



## My Classes

Mid-Atlantic Siebel Sailors Program –  
Baltimore County Sailing Center

DSC Summer 2020 – Siebel  
Sailor Beginner

Instructor

DSC Fall 2020 – Siebel Sailor Beginner

Instructor

BCSC Fall 2020 – Siebel Sailor Beginner

Instructor

DC Sail Feva Women's Clinic – Siebel  
Sailor Beginner

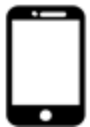
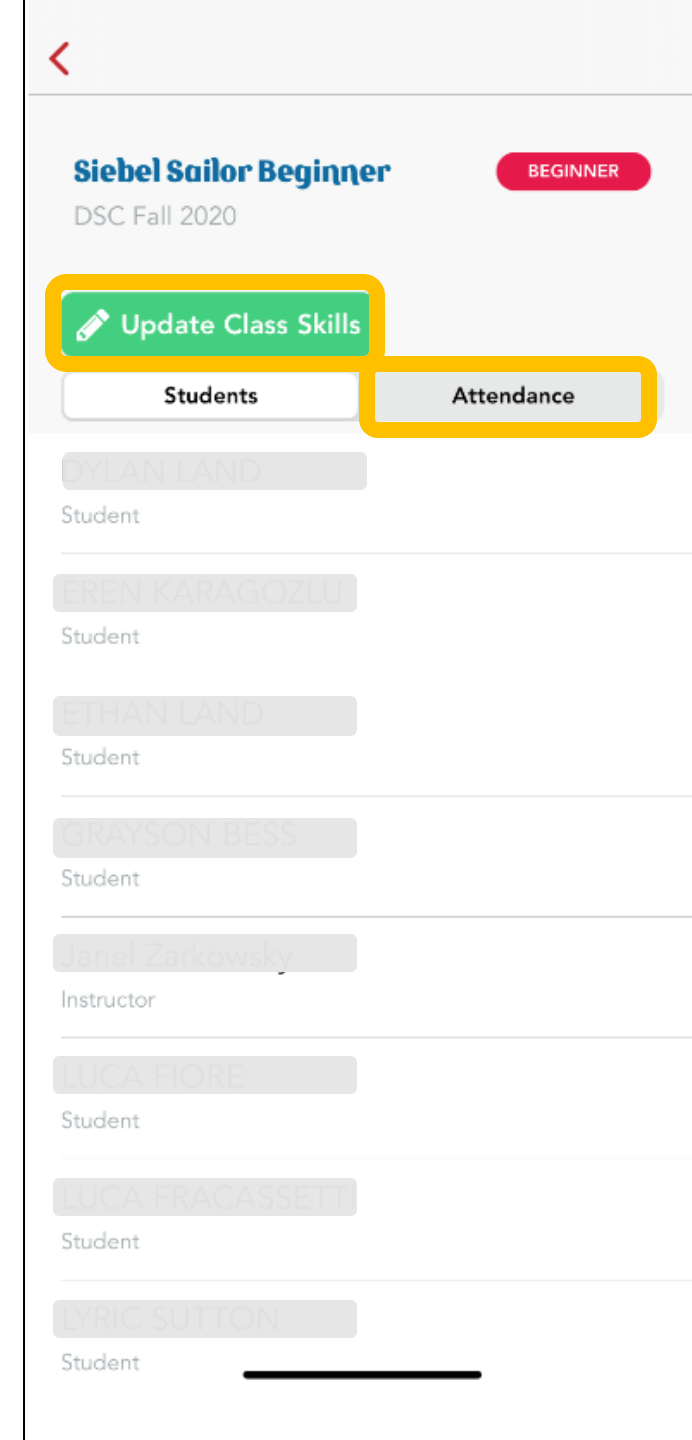
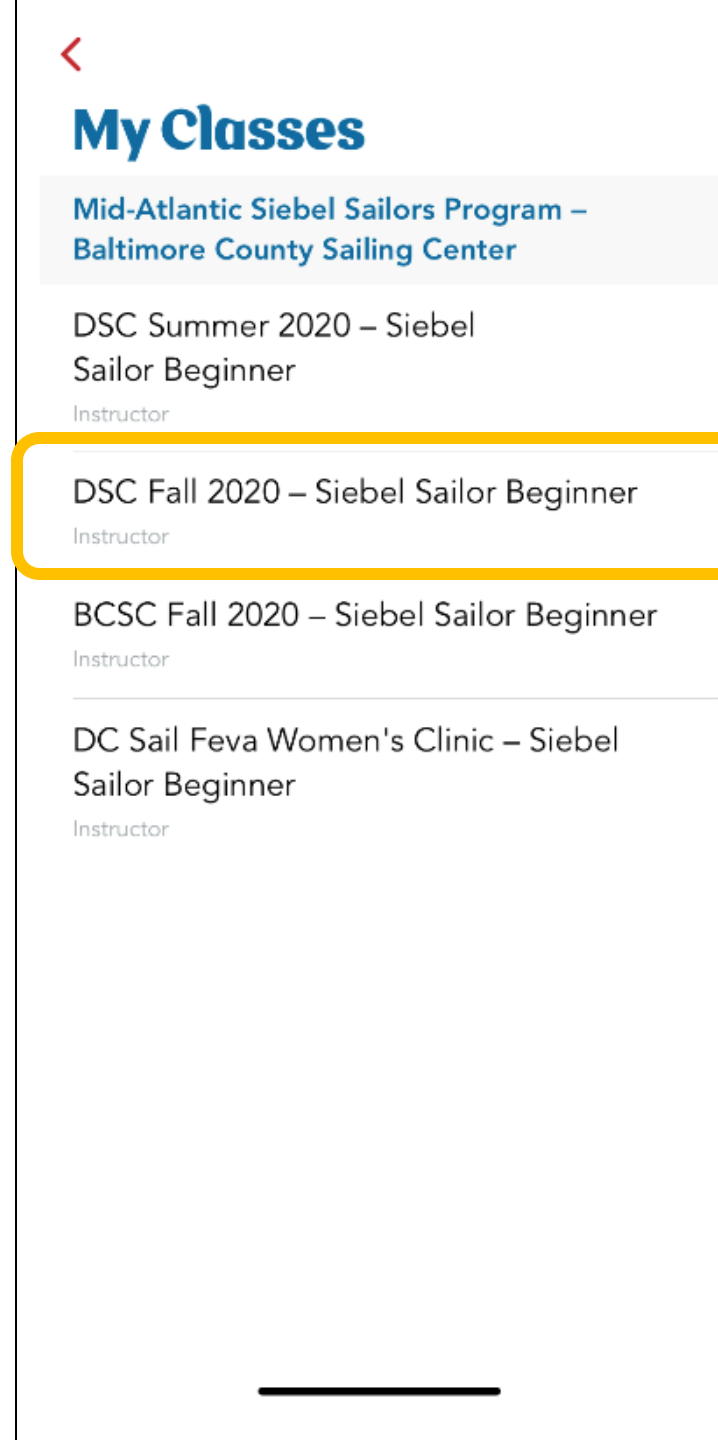
Instructor



# 5. My Classes

## Track Your Class:

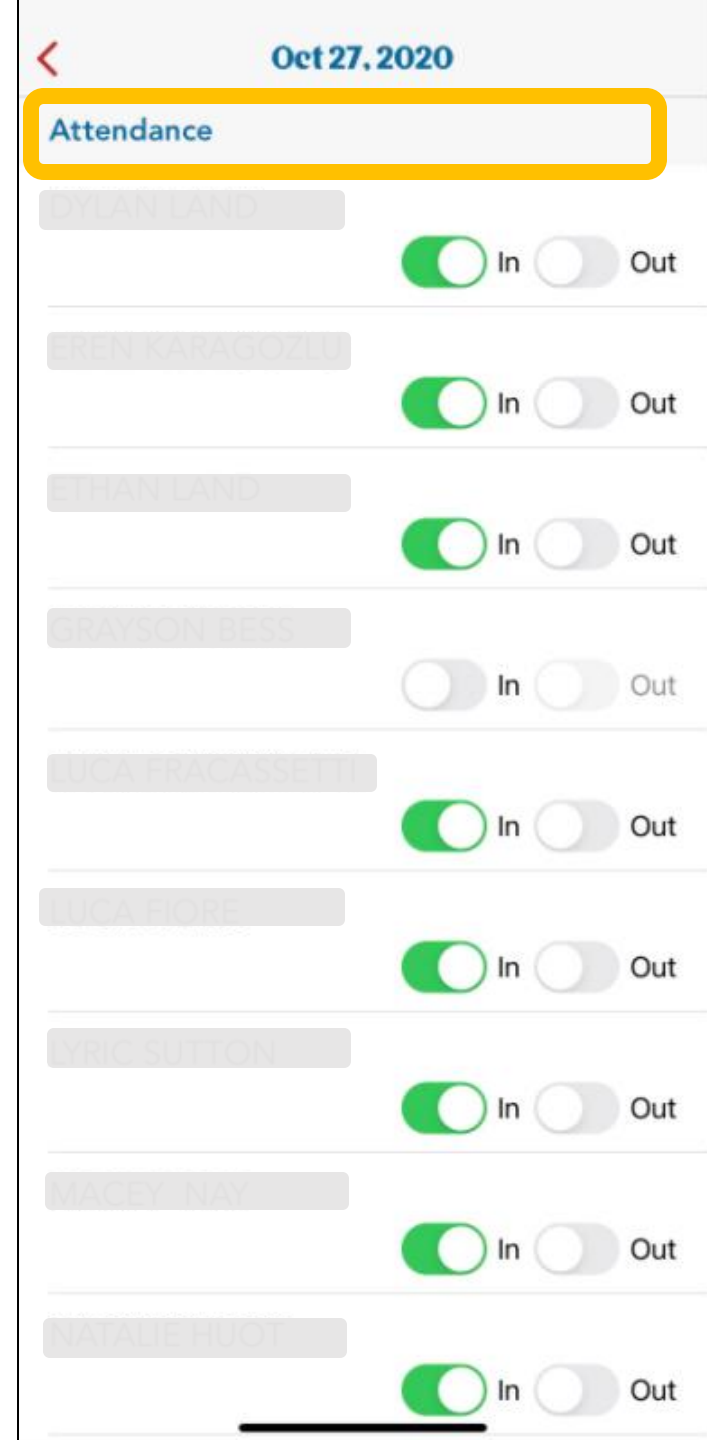
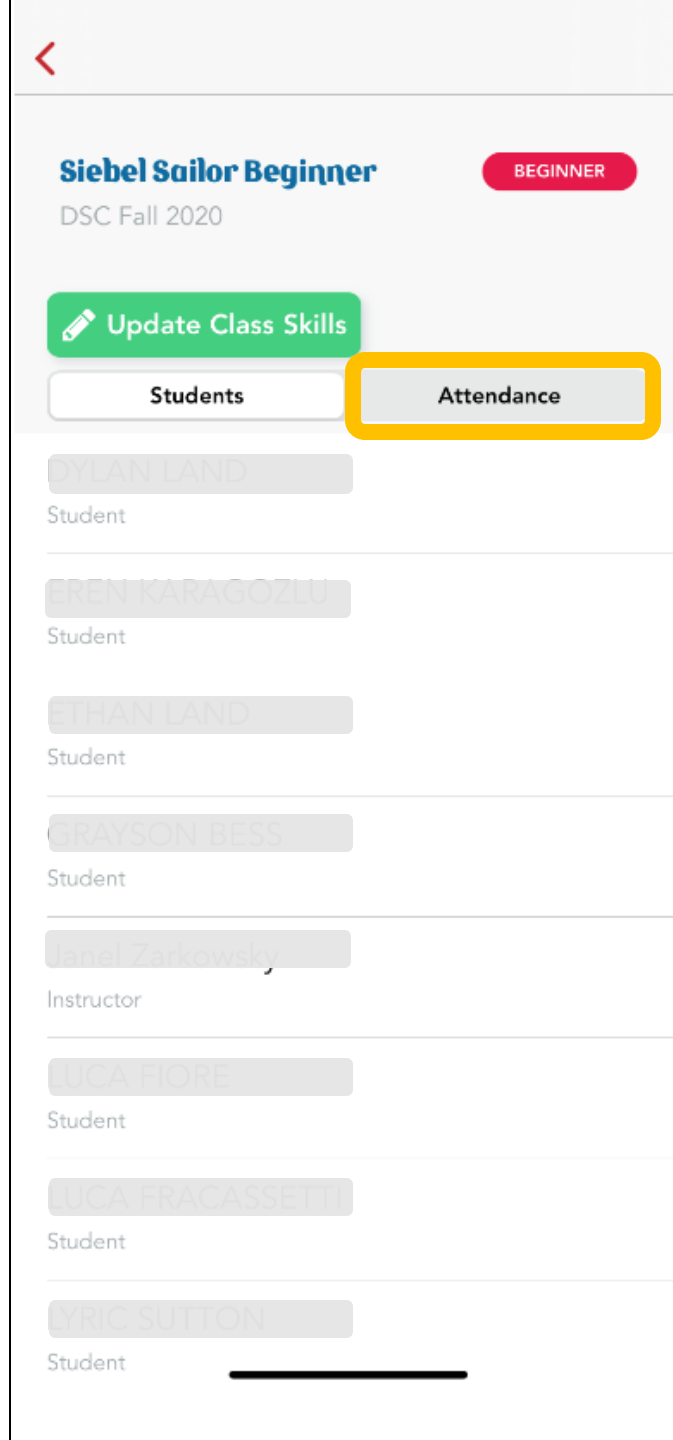
- Click on your class to see a roster of names
- Track attendance and skill progress for your students



# 5. My Classes

## Attendance:

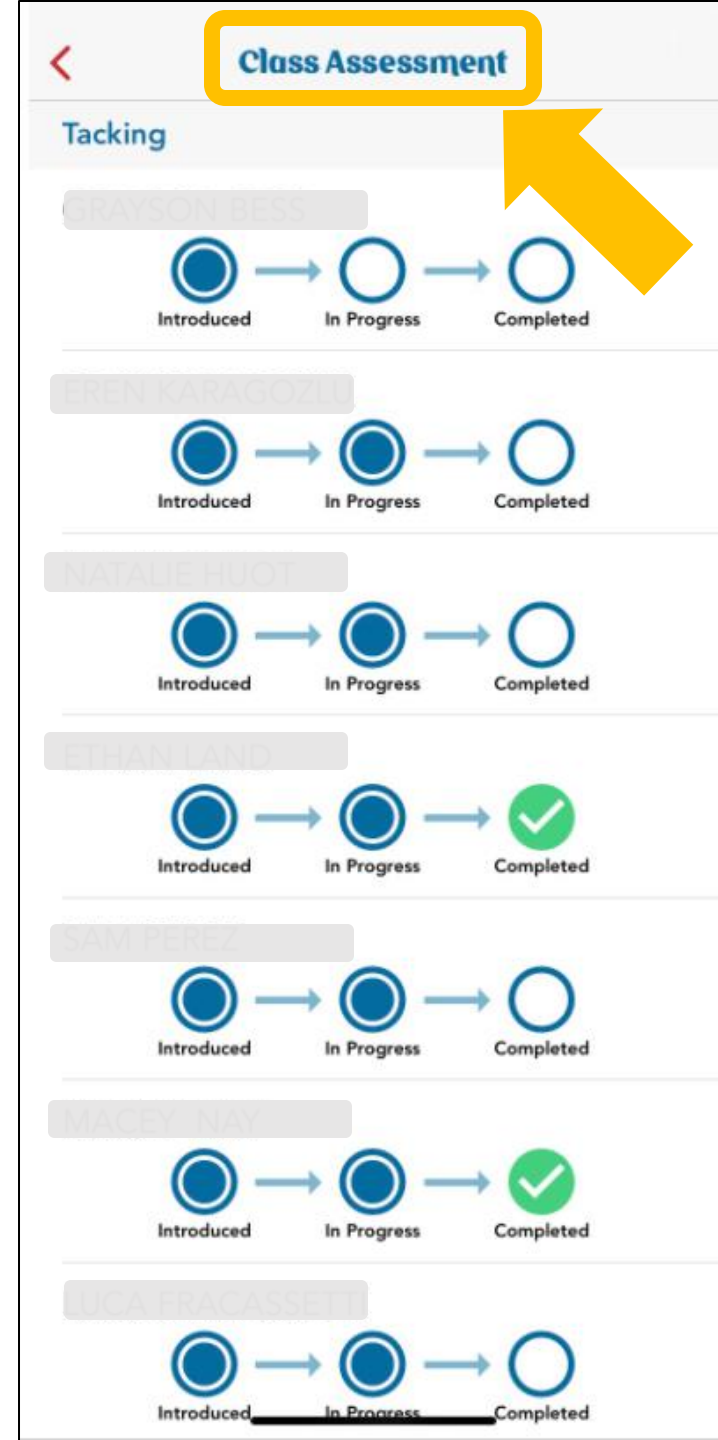
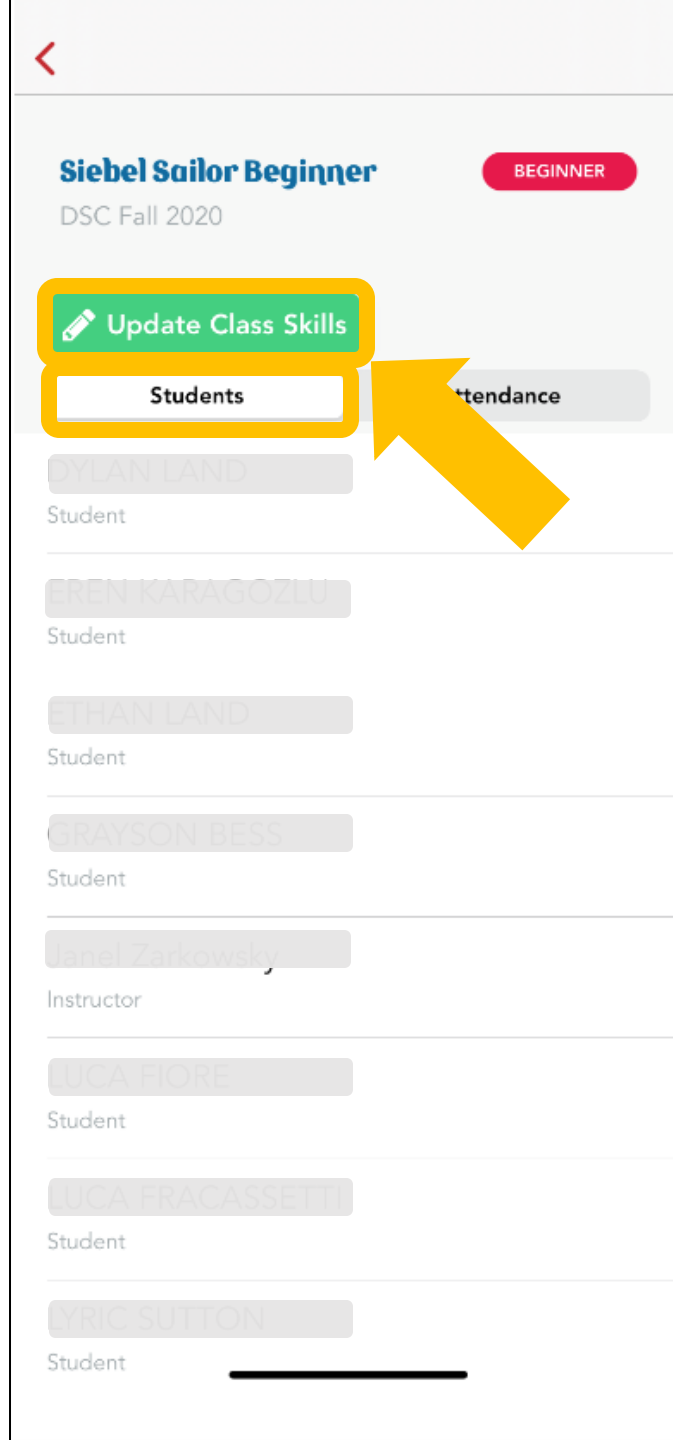
- Add the date of your class
- Click “In” then “Out” after each student’s name for that day



# 5. My Classes

## Update Class's Skills:

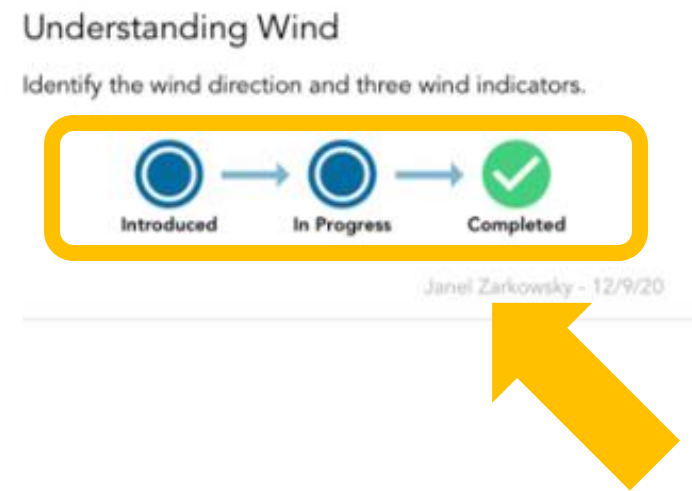
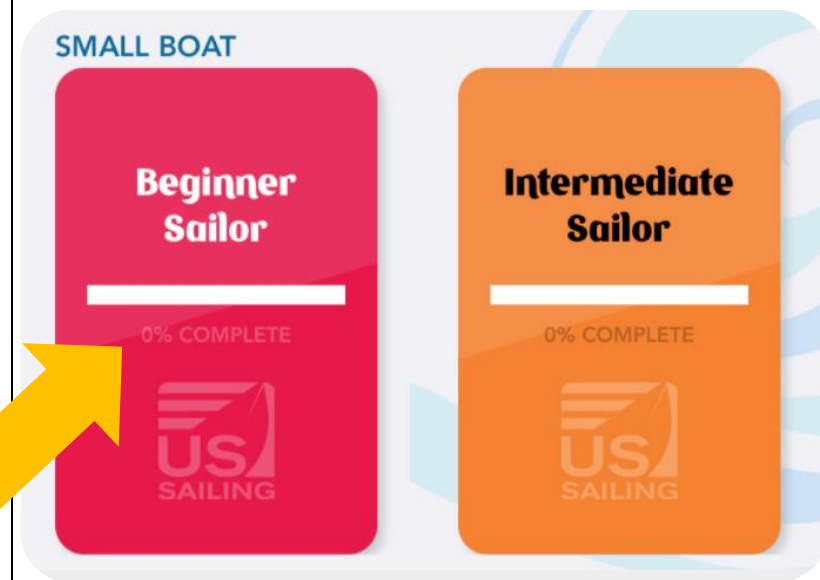
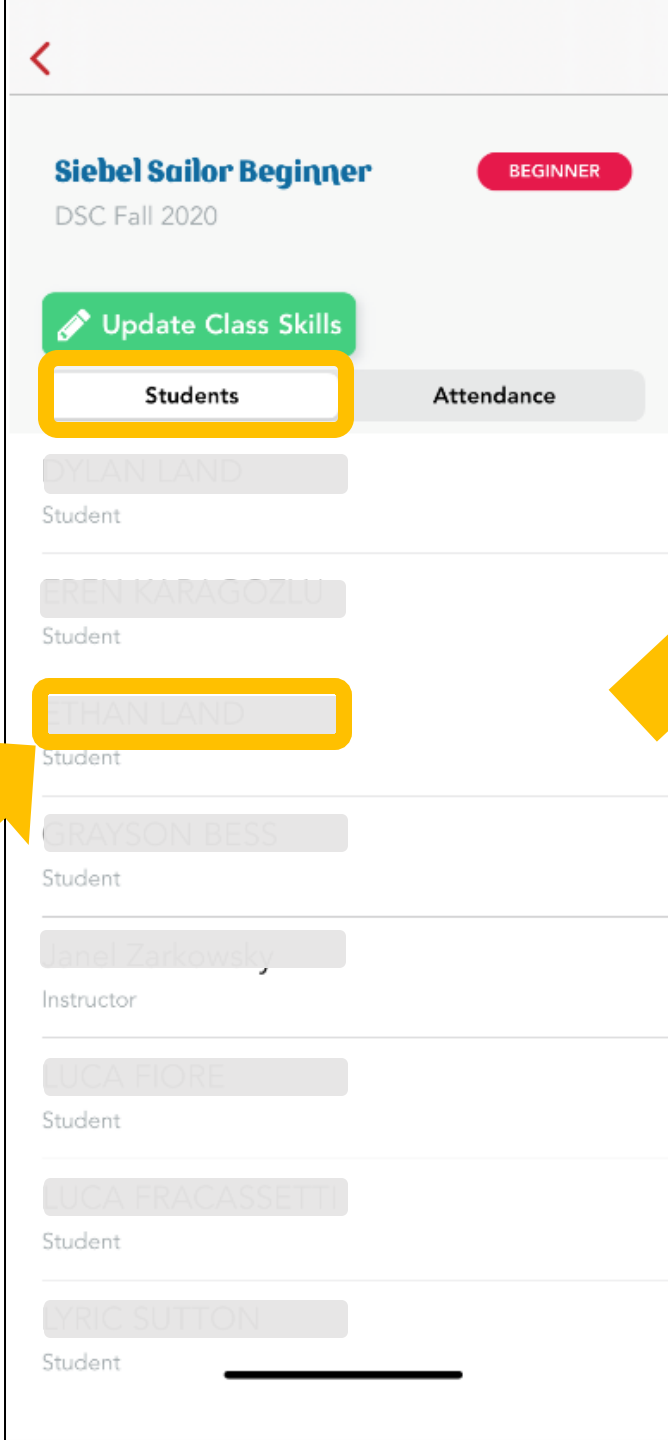
- Pick your class – then pick Update Class Skills
- Pick a specific focus skill from the Scope & Sequence
- Update your entire class's progress quickly by selecting or deselecting the appropriate bubble



# 5. My Classes

## Update Individual's Skills:

- Pick your class – then pick an individual student – then pick their Student Level
- Pick a specific focus skill from the Scope & Sequence
- Update that student's progress by selecting or deselecting the appropriate bubble




# 5. My Classes

## Skill Evaluation Check List:

- Tells you the Phase within the Scope & Sequence
- Gives you the focus skill & skill evaluation checklist
- Videos—show students during chalk talk to help set expectations

Blair Overman

### Beginner Sailor



Beginner 55% complete

## Phase 2 Sailing Skills

### Steering with Rudder

Prepare - Properly adjust your body position, tiller hand, and mainsheet hand.

Steer - Use the tiller or tiller extension to turn the boat to port and back to starboard.

Avoid Collisions - Move the "Tiller Towards Trouble," using just the tiller you can steer away from trouble.



[Watch Video](#)





# 5. My Classes

**Student Progress Bubbles** have three steps to choose from:

- **Introduced** means you have exposed the topic to the sailor.
- **In Progress** means the sailor is currently practicing the student evaluation checklist.
- **Completed** means the sailor completed the student evaluation checklist within that focus skill.

## Understanding Wind

Identify the wind direction and three wind indicators.



Janel Zarkowsky - 12/9/20



# Skill Up Overview

All Instructors must have at least a **US Sailing Level 1 Certification** in order to unlock some of the features of this app (lesson plans, videos, drills).

If you are interested in adding all of your students to Skill Up by using the Skill Up Dashboard for an organization, please contact **US Sailing** at [skillup@ussailing.org](mailto:skillup@ussailing.org).

*\*\*Special Youth Membership discount for Sailing Programs using Skill Up \$10 per sailor \*\**

