



Take the Next Step - Become a Level 1 Instructor



The **Small Boat Level 1 Instructor Course** prepares you to become a safe, effective, and creative sailing instructor. This is the first step in transitioning from sailor to instructor. Increase your knowledge of classroom and on-the-water teaching techniques, risk management, safety issues, lesson planning, ethical concerns, and sports physiology and psychology.

Course Format - 2 Sections

An online, 10-day, guided section with a time commitment of 10-12 hours (video modules with assessments, live webinars, presentations and online testing). Course is facilitated by a US Sailing Instructor Trainer.

In-person, 2-day, evaluation course with a time commitment of 18-20 hours. Students will be evaluated on their teaching ability, sailing skills, powerboat handling skills and on-water class management, among other topics.

Prerequisites & Registration

Frequently Asked Questions

COVID-19 Resources

Visit US Sailing's Resources website for information to help sailing organizations adapt and plan, including:

- US Sailing Guidance for Junior Sailing Programs
- US Sailing Guidance for Return to Competition

Resources & COVID-19 Information