

# Sail the Rainbow<sup>®</sup>

## Program Overview

### Class Structure:

Length of lessons will determine how much time is allocated to each component. The lesson plans are based on 1 and ½ to 2 hour lessons. The first two levels can easily be covered in one session each. As the levels increase in difficulty, more on water time will be required. For any level, if more time is available, more on water time can be given. The debriefing at the end of each class is important, ensuring that feedback from each student and to each student is given.

Each class will consist of the following components:

1. Introductory Activity
  - Suggested activities are included in the appendix
2. Lesson: Lessons will cover the three general criteria, expanded
  - Safety
  - Gear
  - Sailing
3. Practice: Practice will take place on land and on water
  - Simulator practice
  - On water practice
4. Debrief: Consolidate your students lesson with Q&A
  - Suggested questions for debriefing are included in the appendix

# Race the Rainbow<sup>®</sup>

## Program Overview

Race the Rainbow is a three level program for windsurfers who have completed all 6 levels of Sail the Rainbow and want to continue to work on awards as well as enjoy fun racing activities. Race the Rainbow program is basically a skills development and fun program for both those who are interested in competition and those who wish just to enjoy being on the water. Length of lessons will determine how much time is allocated to each component. The lesson plans are based on 1 and ½ to 2 hour lessons. If more time is available, more practice time can be given.

Race the Rainbow allows for the majority of the time to be spent in sailing, with feedback being given at the end of each lesson. A week or more of practice at one level is possible, given that fun race and fun race activities are included.

In the Race the Rainbow program, debriefing time to allow feedback and tips for students is increased in the lessons. This program is a hands-on learning experience for students. There are a number of activities and theoretical lessons included in the Appendix that can be used to augment the practical on-water activities.

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