



Ocean Youth Trust Scotland

Annual Volunteer Training Seminar

Stirling Management Centre

20th & 21st February 2016

● **Saturday 20th February**

09.00 - 09.15 Registration and Plenary Session

09.15 - 12.30 Course 1: **RYA First Aid - Session 1**

Course 2: **RYA VHF GMDSS - Session 1**

Course 3: **Safe Guarding, Child Protection and Procedures**

Course 4: **Goal Setting and Reviewing Logbooks**

Course 5: **Building Positive Relationships and Confidence**

12.30 - 13.30 Lunch and Refreshments

13.30 - 17.00 Course 1: **RYA First Aid - Session 2**

Course 2: **RYA VHF GMDSS - Session 2**

Course 6: **Putting you in the Picture - The Future of the Trust**

Course 7: **Games with Aims and Risk Management**

Course 8: **Agreements and Challenging Behaviour**

17.15 - 18.00 Questions and Answers Session

19.00 Dinner, Awards and Presentations





● **Sunday 21st February**

09.00 - 09.15 Registration

09.15 - 12.30 Course 9: **RYA Diesel Engine Maintenance - Session 1**

Course 10: **RYA First Aid - Session 1**

Course 11: **Putting You in the Picture - The Future of the Trust**

Course 12: **Games with Aims and Risk Management**

Course 13: **Agreements and Challenging Behaviour**

12.30 - 13.30 Lunch and Refreshments

13.30 - 17.00 Course 9: **RYA Diesel Engine Maintenance - Session 2**

Course 10: **RYA First Aid - Session 2**

Course 14: **Safe Guarding, Child Protection and Procedures**

Course 15: **Goal Setting and Reviewing Logbooks**

Course 16: **Building Positive Relationships and Confidence**

17.00 Seminar finishes

Seminar Programme Course Guide

● **RYA Diesel Engine Maintenance**

A one-day beginners' course to help you prevent and solve diesel engine failure. Mechanical failure is the main cause of rescue call-outs to cruisers. Basic maintenance and engine care will help ensure that you are not part of this statistic. This course teaches you how your engine works, how to keep it healthy by using basic checks and maintenance procedures, and how to get it started again in the event of a breakdown.

- **RYA First Aid**

Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages. In a medical emergency a little first aid knowledge and immediate action can save lives, especially in remote locations. This one-day course is designed to provide a working knowledge of first aid for people using small craft and to support skippers.

- **RYA VHF GMDSS Marine Radio (SRC) includes online e-learning module pack**

A course for anyone who owns a fixed or handheld marine VHF radio. A radio is an important piece of safety equipment on board and it is vital to understand the correct procedures. The Short Range Certificate is the minimum qualification required by law to control the operation of VHF and VHF Digital Selective Calling (DSC) equipment on any British flagged vessel voluntarily fitted with a radio. This includes both fixed and hand held equipment using International channels. The course will be taught and examined using radio simulators. The exam will also include a short written test. The SRC course can be taken in the classroom or online with an RYA recognised training centre. The exam must be taken at the training centre.

OYT Scotland Youth Work Modules

- **Building positive relationships**

Relationships with young people really is the bedrock of what we do during our voyages and it starts from their very first interaction with the Trust. This could be as part of a pre-voyage prep or as they wait at the marina gate and are greeted by a member of staff. There is lots of information and ideas contained in this section. You may like some of the ideas more than others but feel free to try different ideas out and to build your own range of skills. Remember, these are ideas that work well in all relationships, not just those that you build on the boat.

- **Games with Aims & Risk Management**

Sometimes having fun and playing games is for building team spirit, sometimes it's for passing the time, sometimes it's to boost energy or morale, sometimes it's to burn energy off before bedtime and sometimes it's just to have some fun. Don't be afraid to have a go, play a game and to build up your repertoire. It's important that you as a volunteer have fun and enjoy yourself.

● **Goals setting and Reviewing Logbooks**

Introducing the new Log of Achievement and of how to set good goals that will help young people to build their confidence. It may seem like a lot of information to take in but remember that you are not expected to be an overnight expert and take sole responsibility for delivery of this straight away. This information is to give you background information and to help you to develop skills that you can take to the boat and practise. A lot of thought and much discussion has gone into the development of the new Log of Achievement. However, as it is used on voyages with young people it is inevitable that improvements will be suggested and as a document it will evolve. It might be useful to ask the permanent staff if any changes have been made.

● **Agreements and Challenging Behaviour**

All behaviour is on a scale and how we're feeling on that day will affect our ability to tolerate or to work with different behaviours. Hopefully, the information in this section has given you an insight into why young people may demonstrate challenging behaviours, give you a few ideas of how you might work with them and reassure you that you're not expected to deal with and handle these situations on your own. If you are finding an individual's or a group's behaviour challenging, share your thoughts with other members of the staff team.

● **Safeguarding, Child Protection and Procedures**

As a member of sea staff you could come into contact with young people on a voyage, at a Pre-Voyage Prep, as part of Shore-based activities or through involvement in Trust activities such as the Training Seminar. Much of what is written in this section of the Toolkit talks about being on a voyage. However, the principles apply to any interaction with young people or vulnerable adults.

● **Putting You in the Picture - The Future of the Trust**

Join the team for a look back at feedback from last year's voyages and then look forward to 2016. We'll be discussing how to get the best out of your time with the Trust both on and off the water and will be running a practical session on how to take amazing photographs while on your voyage. We'll be discussing the future of OYT Shore Groups and how best to support them, how to involve new members of the Trust and what we can do off the water to keep people involved.

● **Questions and Answers Session**

Our Chairman Dominic McKay, and CEO Nick Fleming, will be heading up a panel to reflect on the years successes, and the plans for 2016. This will be a chance for our members to be updated with all that is keeping the Trust busy, and participate in a Questions and Answers session.