



## Roc City Sailing – Employee Training Course List

9 June 2021

### CERTIFICATIONS REQUIRED FOR ALL RCS EMPLOYEES:

1. **Boating Safety** Course approved by National Association of Boating Law Administrators (NASBLA).  
>Boat US Foundation's free 4-8 hour on-line course here ...  
<http://www.boatus.org/newyork/>  
>or find details on other course options for New York State here ...  
<https://parks.ny.gov/recreation/boating/education.aspx>
2. **SAFESPORT** sexual, emotional and physical misconduct awareness and reporting, free on-line class  
details here ... <https://www.ussailing.org/competition/resources/safesport-us-sailing/>
3. **US First Aid and CPR** Certificate from the American Red Cross, American Heart Association or any U.S. Coast Guard approved provider.  
>American Red Cross Adult and Pediatric First aid-CPR-AED classes here ...  
<https://www.redcross.org/take-a-class/search?cgid=first-aid&zip=rochester%2C+ny&latitude=43.15657789999999&longitude=-77.60884650000003&zipcode=&searchtype=class>  
**Note: RCS will reimburse the fee for successful completion of this course with submission of certificate of completion and receipt of payment.**
4. **CDC Heads Up Concussion training** ... a free on-line course found here ...  
<https://www.cdc.gov/headsup/youthsports/training/index.html>
5. **NY State Sexual Harassment training** ... free on line course found here ...  
<https://www1.nyc.gov/site/cchr/law/sexual-harassment-training.page>

**NOTE:** Completion of the training classes above is encouraged but not mandatory for **part-time volunteers** supporting RCS operations.



**RECOMMENDED JUNIOR SAILING INSTRUCTOR TRAINING (must be age 14 or older):**

1. **US Sailing small boat Sailing Counselor** training (2 days, 20 hours)  
details here ... <https://www.ussailing.org/education/instructor/small-boat-instructor-programs/sailing-counselor/>  
***Note: RCS will reimburse the fee for successful completion of this course with submission of certificate of completion and receipt of payment.***

**RECOMMENDED PROGRAM DIRECTOR , SENIOR SAILING INSTRUCTOR & PART TIME SAILING INSTRUCTOR TRAINING (must be age 16 or older). One or more of the following:**

***Note: RCS will reimburse the fee for successful completion of these US Sailing courses with submission of certificate of completion and receipt of payment.***

1. **US Sailing small boat level 1 Sailing Instructor** training (4 days, 40 hours)  
details here ... <https://www.ussailing.org/education/instructor/small-boat-instructor-programs/level-1-instructor/>  
**US Sailing small boat level 2 Sailing Instructor** training (2 days, 16 hours)  
details here ... <https://www.ussailing.org/education/instructor/small-boat-instructor-programs/level-2-instructor/>  
**US Sailing small boat level 3 Coach** training (2 days, 16 hours)  
details here ... <https://www.ussailing.org/education/instructor/small-boat-instructor-programs/level-3-coach/>  
**US Sailing small boat level 3 Head Instructor** training (2 days, 16 hours)  
details here ... <https://www.ussailing.org/education/instructor/small-boat-instructor-programs/level-3-head-instructor/>  
**US Sailing Basic Keel Boat Instructor** training (3 days)  
details here ... <https://www.ussailing.org/education/instructor/keelboat-instructor-programs/basic-keelboat-instructor/>

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