

## CHESTER SAILING AND CANOEING CLUB

# MENTOR'S CHECKLIST Of Items to ensure your mentee does.....

### Before the Day

- Check Dutyman to see if any swaps have been made to duty dates and that the mentee is attending.
- Check the weather forecast & tides
- Check times, type and series of races

### On the day

- Will arrive early at least 1 hour before race start
- Bring supplies (milk and biscuits)
- Inspect the environment
  - State of river
  - Wind direction
- Make the decision to run race or not dependent on conditions.
- Will follow the standard OOD list of instructions.... and enable you to go sailing!

### After the Race

- Calculate results and post if able
- Leave results in OOD office
- Clear river of Marks
- Tidy up and pack away flags

You can then de-brief the mentees and congratulate them!