

Remote Coaching Pilot Program

Mission: The goal of the pilot program is to explore the feasibility of providing in-boat coaching via a GoPro livestream, and a hands free calling device. There are a lot of question marks in the process, and the capabilities of the technology involved, but if we can make this process work, it would open up a tremendous amount of instructional opportunities.



Required Equipment:

- GoPro 4 or GoPro session
- 2 4g streaming devices (iPhone or Android smart device)
- Waterproof housing for devices
- LiveStream App on one device
- Bluetooth headset for other device (preferably waterproof)

Procedure:

- Schedule 1 hour block of remote coaching in the middle of a sailing session
- Ensure that batteries on all devices are charged prior to sailing session
- Mount gopro on a stick off the back of the boat, preferably off of the transom, or alternatively, off of the boom.
- Sailors should get on the water prior to the scheduled session to get warmed up, get boat tuned up, and then turn on devices and activate GoPro livestream via LiveStream App, 5 minutes ahead of scheduled remote coaching. When the stream is live, send the link to 29erhighperformance@gmail.com.
- When I receive the link to the livestream, I will initiate the feed on my computer, and call the non-streaming device, which sailors should be connected to via Bluetooth headset.
- Based on preliminary testing, I believe that there will be approximately an 18 second delay in the video feed, so coaching will follow a rough process of a task assignment, and then a slight break for feedback. For example, I might assign 10 tacks and then a 2 minute break, while I provide feedback on the maneuvers followed by another set to work on that feedback.

Questions:

- Are there any devices that support calling and livestreaming at the same time?
- Can two Bluetooth headsets be connected to the call at once?
- Does proximity effect lag time?
- Is wireless connection signal strong enough to broadcast livestream from the water?

Cost: There will be no charge for the remote coaching sessions during the pilot program.