

START SAILING

This course provides a short introduction to sailing for novices. By the end of the course you will have the basic understanding of yacht handling under sail techniques and background knowledge. It is recommended that all participants consolidate this short introduction with the Basic Skills and Better Sailing courses.

Duration: Approximately 16 hours (either spread over a series of sessions or 2 full days).

>Practical

Has a practical understanding of:

1 Rigging

- Spars and rigging, parts of the sail and sail controls
- Has wind awareness ashore
- Use of halyards and their associated winches

Instructor's signature _____

Date _____

2 Sailing techniques and manoeuvres

- Wind awareness afloat
- Reaching – sailing across the wind
- Stopping – hove-to
- Controlling speed
- Tacking – turning the front of the boat through the wind
- Sailing upwind
- The Five Essentials
- Sailing downwind
- Gybing – turning the back of the boat through the wind, from a training run
- Importance of good communication when manoeuvring

Instructor's signature _____

Date _____

3 Slipping and coming alongside

- Understands the action to be taken as a crew member when departing from or arriving at the yacht's mooring

Instructor's signature _____

Date _____

4 Ropework

- Can tie a figure of eight knot, round turn and two half hitches, clove hitch, bowline and secure a rope to a cleat, securing a fender to the yacht

Instructor's signature _____

Date _____

>Sailing Theory

Has theoretical understanding of:

1 Sailing background

- An awareness of other water users
- Basic rules of the road – Avoid a collision at all costs, power/sail, port/starboard, overtaking boat, windward boat
- Visual methods of attracting attention

Instructor's signature _____

Date _____

2 Meteorology

- Knows where to obtain a weather forecast

Instructor's signature _____

Date _____

>Safety at Sea

1 Clothing and equipment

Understands:

- Use of, and correct fitting of lifejackets
- Use of a safety harness if fitted

Instructor's signature _____

Date _____

2 Man overboard recovery

Understands:

- Actions to be taken to recover a man overboard as a crew member

Instructor's signature _____

Date _____

3 Emergency equipment and precautions

- Understands where safety equipment is stowed and how it is used

Has knowledge and awareness of:

- Potential hazards of fuel and gas

Instructor's signature _____

Date _____

4 Other aspects

- Basic Skills Course.

Instructor's signature _____

Date _____

BASIC SKILLS

On completion of this course, you will have a basic knowledge of sailing and be capable of sailing a yacht as crew and helm with a skipper on board in light winds. It will be assumed that every student starting this course has already mastered the practical skills and absorbed the background knowledge required for Start Sailing. Both courses can be combined which will then count towards two days of a competent crew course.

Duration: Approximately 16 hours (either spread over a series of sessions or 2 full days).

>Practical

Has a practical understanding of:

1 Rigging

- How to rig according to weather conditions
- Reefing alongside

Instructor's signature _____

Date _____

2 Sailing techniques and manoeuvres

- Leaving and returning to jetty or mooring
- Coming alongside a moored boat
- Sailing in close company
- Performing a man overboard recovery
- Is aware of lee shore dangers
- The Five Essentials
- Can tack while sailing upwind, showing refined skill, losing minimal ground
- Can gybe in a controlled manner while sailing downwind
- Shows good communication when manoeuvring
- Understands and shows awareness of other water users
- Can sail around a short course using all points of sail helming and crewing skills

Instructor's signature _____

Date _____

3 Ropework

- Can tie a bowline, clove hitch and reef knot

Instructor's signature _____

Date _____

4 Racing

- Understands the course and starting procedure (May be covered as onshore teaching)

Instructor's signature _____ Date _____

5 Rigging

- Can reef afloat

Instructor's signature _____ Date _____

6 Ropework

- Can use winches

Instructor's signature _____ Date _____

7 Use of engines

- Has knowledge of engine checks, starting, stopping and running procedures
- Can come alongside and pick up a mooring

Instructor's signature _____ Date _____

8 Sailing techniques and manoeuvres

Can:

- Anchor
- Sail using transits

Instructor's signature _____ Date _____

9 Emergency equipment and precautions

- Knows the importance of first aid kits and flares including stowage
- Understands how to launch and board a liferaft

Instructor's signature _____ Date _____

>Sailing Theory

Has theoretical understanding of:

1 Clothing and equipment

- Knows the importance of personal safety
- Understands and complies with rules for the wearing of safety harnesses, lifejackets and personal buoyancy aids

Instructor's signature _____

Date _____

2 Slipping and coming alongside

- Understands the action to be taken as a crew member when departing or arriving at the yacht's mooring

Instructor's signature _____

Date _____

3 Sailing background

Has knowledge of:

- Basic rules of the road; avoid collisions at all costs, power/sail, port/starboard, windward boat, overtaking boat

Basic advice for independent sailing:

- Self-reliance and basic equipment
- Visual methods of attracting attention

Has knowledge of:

- The points of sailing and the 'No go Zone'
- How a sail works
- How a sailing boat moves (basic theory)

Instructor's signature _____

Date _____

4 Meteorology

Has knowledge of:

- Sources of relevant weather, inshore forecasts and their interpretation
- The Beaufort Wind Scale
- Understands when to reef
- Has knowledge of a simple synoptic chart

Instructor's signature _____

Date _____

>Coastal Waters

- Can apply the practical section in coastal waters

Understands:

- How to apply weather forecasts in coastal waters
- Tide tables, tidal sequence of springs and neaps, ebb and flow
- Speed over ground with/against tidal flow
- The effect of wind direction and tidal flow on sailing conditions
- The importance of informing someone ashore
- Knows how to access local information and advice for sea sailing

Other aspects

- Competent Crew Course
- Opportunities for regular activity (local club and centre activity and groups, etc.)
- Purchasing your own equipment
- Basic racing

Instructor's signature _____

Date _____