



## **YNZ LEARN TO SAIL (KEELBOAT)**

(YNZ Site Link: <http://www.yachtingnz.org.nz/learn-to-sail/ynz-learn-to-sail/keelboat-learn-to-sail>)

Many affiliated Keelboat clubs offer three levels of Keelboat learn to sail courses. The courses are:

### **Introduction to Keelboat Sailing (level 1)**

### **Competent cruising crew (level 2)**

(Level one and two are often offered together and take around 30 – 40 hours)

### **Overnight Skipper (level 3)**

Each course is designed to suit a variety of skills and abilities.

**The courses must be run by Yachting New Zealand qualified Keelboat Coaches.**

### **Introduction to Keelboat Sailing (level 1)**

This course is an introduction to Keelboat Sailing. The topics covered include:

- Hazards, equipment, parts of the boat and sailing definitions
- Hoisting and changing the mainsail and basics of sail trim and telltale use
- Avoiding collisions and recovering a man overboard
- Understanding weather forecasts and the clothing suitable for different conditions
- Learning a variety of knots and their uses
- Performing all roles associated with tacking, gibing and other crew positions of a boat
- A knowledge of the 'Give Way' rules

### **Competent cruising crew (level 2)**

Topics covered in this course include:

- Performing safety checks.
- The correct procedure for use of VHF radio in an emergency
- An understanding of a marine engine, carrying out pre start motor checks and how to start and manoeuvre
- Berthing and man overboard exercises under power and under sail
- Hoisting and setting the jib/main, changing the headsail, tacking/gibing and sail trimming skills in all crew positions.
- Helming a boat under instruction
- Planning a voyage and use basic navigation skills
- Experiencing a night sail (optional)
- A range of anchoring techniques



- Good boat keeping.
- 'Rules of the Road' on the water
- Tow and row a dinghy safely including coming alongside and transferring passengers

### **Overnight Skipper (level 3)**

Topics Covered in this course include:

- Planning for safe voyages
- Communication systems
- Engine management
- Heavy weather precautions
- Responsible navigation
- Minor and less minor emergencies
- Boat Keeping and Maintenance
- Galley Skills, stocking the boat with food
- Night watch & spending at least one night on board
- Planning & carrying out a sail of not less than 3 days

If your club is interested in offering keelboat learn to sail, contact your Regional Support Officer.