

Keelboat Learn to Sail - Course Outline

Introduction to Keelboat sailing (Level 1)

- 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, gybing and other crew positions of a boat
- A knowledge of the 'Give Way' rules

Basic Skills - Cruising Crew (Level 2)

- 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/gybing 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

Basic Skills - Racing Crew (Level 2)

- Safety Review
- Crew Roles and Communication
- How a Boat Sails
- Points of Sail, Sail Trim and Telltale
- Boat handling Using Sails
- Wind Awareness
- Tacking and Gybing
- The Spinnaker, Spinnaker Controls and the Basics of Spinnaker Trim
- Spinnaker Hoists
- Spinnaker Drops
- Gybing the Spinnaker
- What not to do with the Spinnaker
- Laylines

Overnight Skipper (Level 3)

- 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