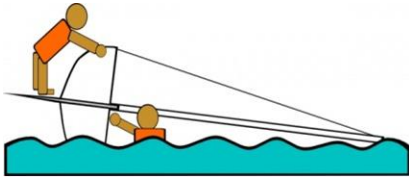





Better Sailing Level 3


		Lucy Allen	Ione Baskott	Tristan Hills	Joe Marsh	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ella Williams	
PRACTICAL	Rigging													
	Understands how to use rig and sail controls to prepare the boat according to different weather conditions and sea states	/	/				/	/				/		
	Can check a spinnaker is rigged correctly (if fitted)													
	Sailing Techniques and Manoeuvres													
	Can leave and return to a beach, jetty or mooring, including windward and leeward shore	/	/					X						
	Recover a man overboard effectively	/	/	/				/			/			
	Use the sail telltales effectively	/	/					X						
	Reef a sail when required	/	/					/						
	Demonstrate a 'dry capsize'	/	/					X			/			
	Understands how to avoid inversion	/	/					X						
	Sail using efficient and skilful application 5 Essentials	/	/	X				/			/			
	Balance	/	/	X				/			/			
	Trim	/	/	X				/			/			
	Centreboard	/	/	X				/			/			
	Course made good	/	/	X				/			/			
	Tack – maintaining boat speed & balance upwind	/	/	/				/						
	Gybe – maintaining boat speed & balance	/	/	/				/						
	Shows good use of crew & to best effect (where applicable)	/	/					X						
	Understands when and the importance of manoeuvre timing	/	/	/				/						
	Additional practical module options													
	SEAMANSHIP	Can demonstrate anchoring in various conditions												
		Sail in adverse conditions – no centreboard												
		Rudderless												
	RACE SKILLS	Understands the "simplified ISAF racing rules"				X	X			X				
		Can start and finish a simple race				X	X			X				
		Choose the best route to sail around a course				X	/			X				
		Has knowledge of basic spinnaker handling as crew or helm including: rig, hoist, drop			/		/	/		/	/	/		
		Basic introduction to trapezing												
	Introduction to better hiking technique													
THEORY	Sailing theory – understands:													
	International Rules for the Prevention of Collision at Sea (IRPCS) and can apply them to:													
	Meeting other sailing vessels	X		X	X	X	X		X	X	X			
	Meeting power driven vessels	X		X	X	X	X		X	X	X			
	Following or crossing narrow channels	X		X	X	X	X		X	X	X			
	Action by stand-on vessel	X		X	X	X	X		X	X	X			
	Points of sailing and No Go Zone	X		X	X	X	X		X	X	X			
	5 Es													
	Basic meteorology terminology including the Beaufort Scale													
	Can obtain a weather forecast													
	Can interpret a basic synoptic chart													
	Has an awareness of changing weather conditions													
	Additional theory module options													
	DAY SAILING	Basic chart orientation including buoyage systems												
	Take bearings & measure distances on a chart													
	Understands the effect of tide and wind direction on sailing conditions													
	Can use local tide tables													
	Follow a pre-planned route													



Seamanship

		Lucy Allen	Ione Baskott	Jack Higman	Tristan Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Joe Marsh	Charlotte Newell	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ella Williams	Tommy Williams
PRACTICAL	Ropework																		
	Fisherman's Bend																		
	Heat sealing			X		X													
	Whipping			X		X													
	Launch & Recovery																		
	Leave beach – W & L	/		X		X	/	X		X		X	X					X	X
	Jetty – W & L			X															
	Mooring – W & L			X		/			/		/			/	/	/			
	Return to beach – W & L			X		X	/	X		X		X	X					X	X
	Jetty – W & L			X															
	Mooring – W & L			X		/													
	Sailing Techniques & Manoeuvres																		
	Heave to	/	/	X		/	/	X			/	/	/	/	/			/	X
	Reef afloat			X		/	/	X	/		/	/	/	/	/	/	/		/
	Recover man overboard			/	/	X	/	X	/	/	/	/	/	/	/	/	/		/
	Be towed by a power vessel			/		/	/	X	/		/	/	/	/	/	/	/	/	X
	Anchor			/		/	/	/	/	X	/	/	/	/	/	/	/		/
	Sail backwards			/		/	/	X	/		/	/	/	/	/	/	/	/	X
	Sail without rudder			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	Sail without centreboard			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
Prepare a road trailer and secure trailer ashore			/		/	/	/				/	/					/	/	
THEORY	Terminology																		
	IRPCS	X		X	X	X	X	X	X		X	X		X	X	X			X
	Capsize inversion recovery							/											
	Meteorology			X		X				X									
	- sources																		
	local effects																		
	Beaufort Scale					X				X									
	Changing weather			X		X													
	Tides					X				X									
	Use local tide tables					X				X									
Understands rate of rise & fall					X				X										
Is aware of tidal streams					X				X										
Has basic understanding of charts & important symbols	X		X	X	X			X	X	X	X		X	X	X				

 <h1 style="text-align: center;">Day Sailing</h1>		Lucy Allen	Alice Barrow	Ione Baskott	Sophie Bickford	Callum Broad	Lily-Marie Davis	Jack Higman	Tamsyn Hills	Tristan Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Joe Marsh	Dani Middleton	Jack Mills
		PRACTICAL	Prepare & equip a boat for cruising including –													
Safety & navigation equipment																
Clothing																
Food																
Stow gear correctly																
Sailing Techniques & Manoeuvres: Plan & undertake a day cruise including consideration of –																
Pilotage/navigation																
Collision avoidance						X										X
Use an anchor to land & leave a lee shore						X										X
Adverse Conditions																
Self-rescue from inversion					X										X	
Improvise in event of gear failure					X										X	
THEORY	Sailing Theory & Background															
	Knowledge of boat handling in strong winds															
	Navigation: Plan a day's cruise in coastal waters, including knowledge of –															
	Publications available															
	Navigational instruments and limitations afloat															
	Use of GPS															
	Confirm position by another source															
	Tides & weather influences															
	Decision making in adverse circumstances including alternative plans and refuges															
	Magnetic compass: variation & deviation															
	Interpretation of charts	X		X	X	X	X	X			X	X	X		X	X
	Use of transits & bearings to steer and fix position															
	Recording position & principles of dead reckoning															
	Meteorology sources of info on weather patterns for the day.	X		X		X		X			X	X	X		X	X
Understands characteristics of high and low pressure systems								X								
Simple interpretation of synoptic charts								X								
Awareness of changing weather conditions								X								

 <h1 style="text-align: center;">Day Sailing</h1>		Charlotte Newell	Robbie Newell	James Randall	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Ethan Templeton	Owen Templeton	Alex Way	Jack Wickham	Jack Willerton	Ella Williams	Tommy Williams	
		PRACTICAL		Prepare & equip a boat for cruising including –												
Safety & navigation equipment																
Clothing																
Food																
Stow gear correctly																
Sailing Techniques & Manoeuvres: Plan & undertake a day cruise including consideration of –																
Pilotage/navigation																
Collision avoidance										X			X			
Use an anchor to land & leave a lee shore																
Adverse Conditions																
Self-rescue from inversion								X			X					
Improvise in event of gear failure								X			X					
THEORY		Sailing Theory & Background														
		Knowledge of boat handling in strong winds														
		Navigation: Plan a day's cruise in coastal waters, including knowledge of –														
		Publications available														
		Navigational instruments and limitations afloat														
		Use of GPS														
		Confirm position by another source														
		Tides & weather influences														
		Decision making in adverse circumstances including alternative plans and refuges														
		Magnetic compass: variation & deviation														
		Interpretation of charts	X	X	X					X			X			X
		Use of transits & bearings to steer and fix position														
		Recording position & principles of dead reckoning														
Meteorology sources of info on weather patterns for the day.	X	X						X			X					
Understands characteristics of high and low pressure systems																
Simple interpretation of synoptic charts																
Awareness of changing weather conditions																



Spinnakers

		Lucy Allen	Ione Baskott	Lily-Marie Davis	Jack Higman	Olivia Higman	Tamsyn Hills	Tristan Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Joe Marsh	Charlotte Newell	Robbie Newell	Aaron Riches	Max Robins	
PRACTICAL	Rigging: Can rig boats including spinnaker & trapeze where fitted	/				X	/			/		/	/	/	/	/	
	Launch & Recovery: Understands how to launch boats with open transoms and/or racks	/					/			/		/			/	/	
	Sailing Techniques and manoeuvres																
	Can sail using crew & equipment to good advantage	/					/				/		/			/	/
	Can perform spinnaker hoist	/			/		/		/	/		/		/	/	/	/
	Can perform spinnaker gybe	/					/		/	/		/		/	/	/	/
	Can perform spinnaker drop	/					/		/	/		/		/	/	/	/
	Understands & can sail best course downwind	/					/			/		/	/	/	/	/	/
	Capsize Recovery																
	Can perform capsize recovery including spinnaker						/					/				/	/
	Knows how to recover from total inversion						/					/				/	/
THEORY	Racing: Has knowledge of courses for types of boat																
	Sailing theory & background																
	Understands the concept of <i>apparent wind</i> sailing																
	Understands the effect of hull shape on performance																
	Can access sources of information and apply rig set-up for different conditions																



Spinnakers

		Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ela Williams	Tommy Williams	
PRACTICAL	Rigging: Can rig boats including spinnaker & trapeze where fitted	/	/	/	/				
	Launch & Recovery: Understands how to launch boats with open transoms and/or racks	/	/	/	/				
	Sailing Techniques and manoeuvres								
	Can sail using crew & equipment to good advantage	/	/	/	/				
	Can perform spinnaker hoist	/	/	/	/			/	
	Can perform spinnaker gybe	/	/	/	/			/	
	Can perform spinnaker drop	/	/	/	/			/	
	Understands & can sail best course downwind	/	/	/	/				
	Capsize Recovery								
	Can perform capsize recovery including spinnaker	/	/	/	/				
	Knows how to recover from total inversion	/	/	/	/				
THEORY	Racing: Has knowledge of courses for types of boat								
	Sailing theory & background								
	Understands the concept of <i>apparent wind</i> sailing								
	Understands the effect of hull shape on performance								
	Can access sources of information and apply rig set-up for different conditions								



START RACING

Lucy Allen
Ione Baskott
Jack Higman
Tristan Hills
Jessica Jarvis
Joe Marsh
Aaron Riches
Max Robins
Jackson Spry
Andrew Swann
Owen Templeton
Alex Way
Jack Willerton
Ella Williams
Tommy Williams

		Lucy Allen	Ione Baskott	Jack Higman	Tristan Hills	Jessica Jarvis	Joe Marsh	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ella Williams	Tommy Williams
THEORY & BACKGROUND	Physical & mental preparation															
	Food as fuel															
	Keeping hydrated															
	Boat preparation															
	Has knowledge of class tuning guides															
	Basic tuning					X										
	Racing rules															
	Has a basic understanding of the RRS (part 2, section a)															
	Port & starboard (rule 10)			/		X										
	Windward boat (rule 11)			/		X										
Clear ahead/astern (rule 12)					X											
Tacking (rule 13)																
Tactics: Has knowledge of basic boat on boat situations																
PRACTICAL	Boat Handling															
	How to make best use of 5 essentials as helm					X										
	Crew															
	Rounding marks															
	Laylines															
	Hiking															
	Boat Speed															
	Understands how to alter sail controls around the course and for differing conditions															
	Teamwork (for double-handers)															
	Understands the requirements to develop a good partnership															
Strategy and meteorology																
Can obtain and understand a simple weather forecast			X		X											
Has knowledge of clean air, gusts and lulls																
Starts																
Use of transits																
Can demonstrate the basics of starting			/													



KEELBOAT Seamanship

		Alice Barrow	Sophie Bickford	Callum Broad	Lily-Marie Davies	Jack Higman	Tamsyn Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Dani Middleton	Jack Mills	Charlotte Newell	James Randall	Ethan Templeton	Jack Wickham
PRACTICAL	Ropework															
	Fisherman's Bend															
	Heat sealing															
	Whipping															
	Sailing Techniques & Manoeuvres															
	Can prepare the boat	/	/		/	/				/	/	/	/	/		/
	Leave a jetty under power															
	Return to a jetty under power															
	Steer the boat under sail	/	/		/	/				/	/	/	/			
	Steer the boat under power	/	/		/					/	/	/	/	/		/
	Leave a mooring under power		/		/	/				/	/	/	/	/		/
	Pick up a mooring under power	/	/		/	/				/	/	/	/	/		/
	Leave a mooring under sail									/			/			
	Pick up a mooring under sail												/			
	Heave to															
	Reef afloat															
	Recover man overboard – Under sail	/	/		/	/				/	/	/	/	/		/
	Under power															
	Be towed by a power vessel															
	Anchor															
Has awareness of boat draught and water depth																
Use a depth sounder																
THEORY	Terminology															
	IRPCS															
	Grounding recovery															
	Life jackets v buoyancy aids															
	Meteorology															
	- sources															
	local effects															
	Beaufort Scale															
	Changing weather															
Tides																
Use local tide tables																
Understands rate of rise & fall																
Is aware of tidal streams																
Has basic understanding of charts & important symbols																