





# Basic Skills

# 2

Sam Johnson

PRACTICAL

THEORY

	<b>Rigging</b>			
	For the conditions	/		
	reefing ashore	/		
	<b>Ropework</b>			
	Bowline	X		
	Clove hitch	X		
	Rolling hitch	X		
	<b>Sailing techniques &amp; manoeuvres</b>			
	Launch & return to beach, jetty or pontoon			
	Come alongside a moored boat			
	Sail in close company			
	Man overboard recovery			
	Is aware of lee shore dangers			
	<b>5 Essentials</b>			
	Sail setting	/		
	Balance			
	Trim	/		
	Centreboard	/		
	Course made good	/		
	Tack (losing minimal ground)	/		
	Gybe (in a controlled manner)	/		
	Good communication when manoeuvring (2-handers)			
	Understands and shows awareness of others	/		
	Sail around a short (triangular) course	/		
	<b>Capsize recovery</b>			
	Demonstrate a safe method <b>and know another</b>			
	<b>Racing</b>			
	<b>Understands the course &amp; starting procedure</b>			
	<b>Sailing theory</b>			
	<b>Clothing &amp; equipment</b>			
	personal safety			
	personal buoyancy			
	boat buoyancy			
	<b>Launch and recover a dinghy safely</b>			
	Store a boat correctly			
	Basic rules of the road	X		
	Self-reliance & basic equipment			
	Visual methods of attracting attention			
	Points of sailing			
	How a sail works	X		
	How a boat moves (basic theory)	X		
	<b>Meteorology</b>			
	Sources of info & interpretation	X		
	Beaufort wind scale			
	Understands when to reef			
	Knowledge of simple synoptic chart			
	<b>Coastal Waters</b>			
	How to apply weather forecasts in coastal waters			
	Tides & tide tables			
	Speed over the ground			
	Effect of wind & tide on conditions			
	Informing someone ashore			
	How to access local information – basic advice			



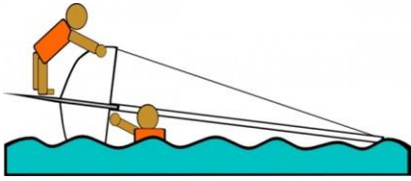
# Better Sailing Level 3

Aaron Riches

Alex Way

Ella Williams

		Aaron Riches	Alex Way	Ella Williams	
<b>PRACTICAL</b>	<b>Rigging</b>				
	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)				
	<b>Sailing Techniques and Manoeuvres</b>				
	Can leave and return to a beach, jetty or mooring, including windward and leeward shore				
	Recover a man overboard effectively		/		
	Use the sail telltales effectively				
	Reef a sail when required				
	Demonstrate a 'dry capsize'		/		
	Understands how to avoid inversion				
	Sail using efficient and skilful application 5 Essentials		/		
	Sail setting		/		
	Balance		/		
	Trim		/		
	Centreboard		/		
	Course made good		/		
	Tack – maintaining boat speed & balance upwind				
	Gybe – maintaining boat speed & balance				
	Shows good use of crew & to best effect (where applicable)				
	Understands when and the importance of manoeuvre timing				
	<b>Additional practical module options</b>				
	<b>SEAMANSHIP</b>	Can demonstrate anchoring in various conditions			
		Sail in adverse conditions – no centreboard			
		Rudderless			
<b>RACE SKILLS</b>	Understands the "simplified ISAF racing rules"	X	X		
	Can start and finish a simple race	X	X		
	Choose the best route to sail around a course	/	/		
	Has knowledge of basic spinnaker handling as crew or helm including; rig, hoist, drop	/	/		
	Basic introduction to trapezing				
	Introduction to better hiking technique				
<b>THEORY</b>	<b>Sailing theory – understands:</b>				
	International Rules for the Prevention of Collision at Sea (IRPCS) and can apply them to:				
	Meeting other sailing vessels	X	X		
	Meeting power driven vessels	X	X		
	Following or crossing narrow channels	X	X		
	Action by stand-on vessel	X	X		
	Points of sailing and No Go Zone	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				
	<b>Additional theory module options</b>				
	<b>DAY SAILING</b>	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

Aaron Riches

Alex Way

Ella Williams

		Aaron Riches	Alex Way	Ella Williams
<b>PRACTICAL</b>	<b>Ropework</b>			
	Fisherman's Bend			
	Heat sealing			
	Whipping			
	<b>Launch &amp; Recovery</b>			
	Leave beach – W & L			
	Jetty – W & L			
	Mooring – W & L	/	/	
	Return to beach – W & L			
	Jetty – W & L			
	Mooring – W & L			
	<b>Sailing Techniques &amp; Manoeuvres</b>			
	Heave to	/		
	Reef afloat	/	/	
	Recover man overboard	/	/	
	Be towed by a power vessel	/	/	
	Anchor	/	/	
	Sail backwards	/	/	
	Sail without rudder	/	/	
	Sail without centreboard	/	/	
Prepare a road trailer and secure trailer ashore				
<b>THEORY</b>	Terminology			
	IRPCS	X	X	
	Capsize inversion recovery			
	<b>Meteorology</b>			
	- sources			
	local effects			
	Beaufort Scale			
	Changing weather			
<b>Tides</b>				
Use local tide tables				
Understands rate of rise & fall				
Is aware of tidal streams				
Has basic understanding of charts & important symbols	X	X		



# Spinnakers

Aaron Riches

Alex Way

Ella Williams

PRACTICAL	<b>Rigging:</b> Can rig boats including spinnaker & trapeze where fitted	/	/		
	<b>Launch &amp; Recovery:</b> Understands how to launch boats with open transoms and/or racks	/	/		
	<b>Sailing Techniques and manoeuvres</b>				
	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	/	/		
	<b>Capsize Recovery</b>				
	Can perform capsize recovery including spinnaker Knows how to recover from total inversion	/			
THEORY	<b>Racing:</b> Has knowledge of courses for types of boat				
	<b>Sailing theory &amp; background</b>				
	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

Aaron Riches	Alex Way	Ella Williams			
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THEORY & BACKGROUND	Physical & mental preparation				
	Food as fuel				
	Keeping hydrated				
	Boat preparation				
	Has knowledge of class tuning guides				
	Basic tuning				
	Racing rules				
	Has a basic understanding of the RRS (part 2, section a)				
	Port & starboard (rule 10)				
	Windward boat (rule 11)				
	Clear ahead/astern (rule 12)				
	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					
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					
Has knowledge of clean air, gusts and lulls					
Starts					
Use of transits					
Can demonstrate the basics of starting					