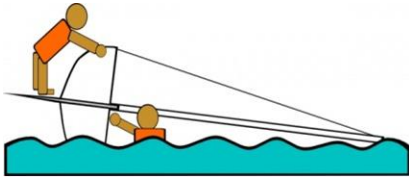





# Better Sailing Level 3


		Lucy Allen	Ione Baskott	Tristan Hills	Joe Marsh	Cameron McFarlane	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	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	X	/	X	X	X	X	X	X	X		X		
	Recover a man overboard effectively	/	/	/			X		/			/		
	Use the sail telltales effectively	/	/	X	X	/	/	/	X	X		/		
	Reef a sail when required	/	/						/	X				
	Demonstrate a 'dry capsize'	/	/	X	/		X		X	X		X		
	Understands how to avoid inversion	/	/	X	/		X		X	X		X		
	Sail using efficient and skilful application 5 Essentials	/	/	X		/	/	/	/	X		X		
	Balance	/	/	X	/	/	/	/	/	X		X		
	Trim	/	/	X	/	/	/	/	/	X		X		
	Centreboard	/	/	X		/	/	/	/	X		/		
	Course made good	/	/	X		/	X		/	X		/		
	Tack – maintaining boat speed & balance upwind	/	/	X	/	/	/	/	/	X	/	X		
	Gybe – maintaining boat speed & balance	/	/	X	/		/		/	X		X		
	Shows good use of crew & to best effect (where applicable)	/	/						X	X		X		
	Understands when and the importance of manoeuvre timing	/	/	X	/		X	/	/	X	/	X		
	<b>Additional practical module options</b>													
	<b>SEAMANSHIP</b>													
	Can demonstrate anchoring in various conditions			X										
	Sail in adverse conditions – no centreboard													
Rudderless														
<b>RACE SKILLS</b>														
Understands the "simplified ISAF racing rules"			X	X		X	/		X	/	X	/		
Can start and finish a simple race			X	X		X	/		X		X			
Choose the best route to sail around a course			X	X		X	/		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														
<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	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														
<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

		Lucy Allen	Ione Baskott	Jack Higman	Tristan Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Joe Marsh	Cameron McFarlane	Charlotte Newell	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ella Williams	Tommy Williams	
<b>PRACTICAL</b>	<b>Ropework</b>																				
	Fisherman's Bend																				
	Heat sealing			X		X															
	Whipping			X		X															
	<b>Launch &amp; Recovery</b>																				
	Leave beach – W & L	X		X	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		X	
	Jetty – W & L			X	/																
	Mooring – W & L			X	/			/			/				/					/	
	<b>Sailing Techniques &amp; Manoeuvres</b>																				
	Heave to	X	/	X		/	/	X			/	/	/	/	/			/		X	
	Reef afloat	X		X		/	/	X	/		/	/	/	/	/	/	/	/		/	
	Recover man overboard	X		/	/	X	X	X	/	/	/	X	/	/	/	/	/	/		X	
	Be towed by a power vessel	X		X	X	X	X	X	/	X		/	X	/	/	/	/	X	/	/	X
	Anchor			/	X	/	/	/	/		X	/	/	/	/	/	/	/		/	
	Sail backwards	X		/	/	/	/	X	X	X	/	/	/	/	/	/	X	X	/	/	X
	Sail without rudder			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	Sail without centreboard			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
Prepare a road trailer and secure trailer ashore			/		/	/	/					/	/				/		/		
<b>THEORY</b>	<b>Terminology</b>																				
	IRPCS	X		X	X	X	X	X	X			X	X		X	X	X			X	
	Capsize inversion recovery							/							/						
	<b>Meteorology</b>			X		X					X										
	- sources																				
	local effects																				
	Beaufort Scale					X					X										
	Changing weather			X		X															
	<b>Tides</b>					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	Cameron McFarlane	Dani Middleton	Jack Mills
		PRACTICAL	<b>Prepare &amp; equip a boat for cruising including –</b>														
Safety & navigation equipment																	
Clothing																	
Food																	
Stow gear correctly																	
<b>Sailing Techniques &amp; Manoeuvres: Plan &amp; undertake a day cruise including consideration of –</b>																	
Pilotage/navigation																	
Collision avoidance						X											X
Use an anchor to land & leave a lee shore						X											X
<b>Adverse Conditions</b>																	
Self-rescue from inversion					X											X	
Improvise in event of gear failure					X											X	
THEORY	<b>Sailing Theory &amp; Background</b>																
	Knowledge of boat handling in strong winds																
	<b>Navigation: Plan a day's cruise in coastal waters, including knowledge of –</b>																
	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																
	<b>Meteorology</b> 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		<b>Prepare &amp; equip a boat for cruising including –</b>												
Safety & navigation equipment																
Clothing																
Food																
Stow gear correctly																
<b>Sailing Techniques &amp; Manoeuvres: Plan &amp; undertake a day cruise including consideration of –</b>																
Pilotage/navigation																
Collision avoidance										X			X			
Use an anchor to land & leave a lee shore																
<b>Adverse Conditions</b>																
Self-rescue from inversion								X			X					
Improvise in event of gear failure								X			X					
THEORY		<b>Sailing Theory &amp; Background</b>														
		Knowledge of boat handling in strong winds														
		<b>Navigation: Plan a day's cruise in coastal waters, including knowledge of –</b>														
		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														
<b>Meteorology</b> 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	Cameron McFarlane	Charlotte Newell	Robbie Newell	Aaron Riches	Max Robins	
PRACTICAL	<b>Rigging:</b> Can rig boats including spinnaker & trapeze where fitted	/				X	/			/		/		/	/	/	/	
	<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																	



# Spinnakers

		Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ela Williams	Tommy 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

Lucy Allen	Ione Baskott	Jack Higman	Tristan Hills	Jessica Jarvis	Joe Marsh	Cameron McFarlane	Aaron Riches	Max Robins	Jackson Spry	Andrew Swann	Owen Templeton	Alex Way	Jack Willerton	Ella Williams	Tommy 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				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	Jessica Jarvis	Dani Middleton	Jack Mills	Charlotte Newell	James Randall	Ethan Templeton	Jack Wickham
<b>PRACTICAL</b>	<b>Ropework</b>														
	Fisherman's Bend														
	Heat sealing														
	Whipping														
	<b>Sailing Techniques &amp; Manoeuvres</b>														
	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															
<b>THEORY</b>	Terminology														
	IRPCS														
	Grounding recovery														
	Life jackets v buoyancy aids														
	<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															