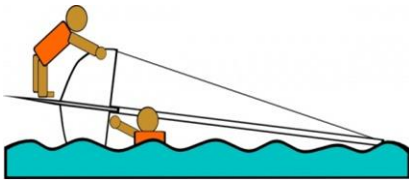




Better Sailing Level 3


		Lucy Allen	Harry Aplin	Ione Baskott	Imogen Beer	James Hills	Sam Johnson	Freya Norster	Kate Saxby	Owen Templeton	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	/		/							X
	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	/		/							
	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	/		/						/	
	Additional practical module options										
	SEAMANSHIP Can demonstrate anchoring in various conditions										X
	Sail in adverse conditions – no centreboard										
	Rudderless										
	RACE SKILLS Understands the "simplified ISAF racing rules"									/	
	Can start and finish a simple race										
	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											
Sailing theory – understands:											
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	X	X	X	X				X	X
5 Es		X	X	X	X	X					X
Basic meteorology terminology including the Beaufort Scale		X	X	X	X		X	X			X
Can obtain a weather forecast		X	X	X	X		X	X			X
Can interpret a basic synoptic chart		X	X	X			X	X			X
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	Harry Aplin	Imogen Beer	James Hills	Sam Johnson	Tristan Hills	Joe Marsh	Cameron McFarlane	Freya Norster	Aaron Riches	Max Robins	Kate Saxby	Owen Templeton	Alex Way	Ella Williams
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PRACTICAL	Ropework														
	Fisherman's Bend														
	Heat sealing														
	Whipping														
	Launch & Recovery														
	Leave beach – W & L	X				X					X				
	Jetty – W & L					/									
	Mooring – W & L						/			/			/		
	Return to beach – W & L					X	/			/	X				
	Jetty – W & L					/									
	Mooring – W & L						/			/					
	Sailing Techniques & Manoeuvres														
	Heave to	X								/	/				
	Reef afloat						/			/	/		/		
	Recover man overboard	X				/	/	/		X	/		/		
	Be towed by a power vessel	X				X	/	X		/	X		/	/	/
	Anchor					X	/			/	/		/	/	/
	Sail backwards	X				/	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			
	Capsize inversion recovery														
	Meteorology		X	X	X				X			X		X	
	- 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	X				X	X			X	X		X			

 <h1 style="text-align: center;">Day Sailing</h1>		Lucy Allen	Harry Aplin	Alice Barrow	Imogen Beer	Sophie Bickford	Callum Broad	Lily-Marie Davis	Jack Higman	James Hills	Tamsyn Hills	Tristan Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Sam Johnson	Joe Marsh	Cameron McFarlane	Dani Middleton
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												
	Use an anchor to land & leave a lee shore						X												
	Adverse Conditions																		
Self-rescue from inversion						X													
Improvise in event of gear failure						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	X		X		X	X	X			X	X	X	X	X		X	X	X
	Confirm position by another source																		
	Tides & weather influences																		
	Decision making in adverse circumstances including alternative plans and refuges																		
	Magnetic compass: variation & deviation			X		X	X	X			X	X	X	X	X		X	X	X
	Interpretation of charts			X		X	X	X	X		X		X	X	X				X
	Use of transits & bearings to steer and fix position	X		X		X	X	X	X		X	X	X	X	X		X	X	X
	Recording position & principles of dead reckoning																		
Meteorology sources of info on weather patterns for the day.			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>		Jack Mills	Freya Norster	Kate Saxby	James Randall	Aaron Riches	Max Robins	Ethan Templeton	Owen Templeton	Alex Way	Jack Wickham	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			X		
Use an anchor to land & leave a lee shore	X												
Adverse Conditions													
Self-rescue from inversion	X						X			X			
Improvise in event of gear failure	X						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
	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			
Understands characteristics of high and low pressure systems													
Simple interpretation of synoptic charts													
Awareness of changing weather conditions													



Spinnakers

		Lucy Allen	Harry Aplin	Imogen Beer	Lily-Marie Davis	Jack Higman	James Hills	Tristan Hills	Amelia Horne	Rebecca Horne	Jessica Jarvis	Sam Johnson	Joe Marsh	Cameron McFarlane	Freya Norster	Aaron Riches	Max Robins	Kate Saxby	Owen Templeton	Alex Way	Ella 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	Harry Aplin	Imogen Beer	Jack Higman	James Hills	Sam Johnson	Cameron McFarlane	Freya Norster	Max Robins	Kate Saxby	Owen Templeton	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												
	Racing rules												
	Has a basic understanding of the RRS (part 2, section a)												
	Port & starboard (rule 10)	X		/			X	X					
	Windward boat (rule 11)	X		/			X	X					
	Clear ahead/astern (rule 12)	X					X	X					
	Tacking (rule 13)	X					X	X					
	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				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	Lily-Marie Davies	Jack Higman	Tamsyn Hills	Amelia Horne	Jessica Jarvis	Dani Middleton	Jack Mills	Ethan Templeton	Jack Wickham
PRACTICAL	Ropework											
	Fisherman's Bend											
	Heat sealing											
	Whipping											
	Sailing Techniques & Manoeuvres											
	Can prepare the boat	X	/	X	/	X	/	/	X	X	X	/
	Leave a jetty under power	X	/	X		/	/	/		X	X	
	Return to a jetty under power	X	X	X		/	/	/		X	X	
	Steer the boat under sail	X	/	X	/	/	/	/	X	X	X	
	Steer the boat under power	/	/	X	/	/	/	/	/	X	X	/
	Leave a mooring under power		/	/	/	/	/	/	/	X	/	/
	Pick up a mooring under power	/	/	/	/	/	/	/	/	X	/	/
	Leave a mooring under sail	/	/	/	/	/	/	/	/	X	/	
	Pick up a mooring under sail	/	/	/	/	/	/	/	/	X	/	
	Heave to	X		X		X	/		X	X	/	
	Reef afloat					/	/				/	
	Recover man overboard – Under sail	X	/	X	/	/	/	/	X	/	/	/
	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			X						X	X	X
	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												