

Start Sailing

Small Boat Sailing Scheme

Active on the water!

Objective	By the end of this course you will be sailing in light wind conditions with assistance from your instructor.
Previous knowledge / experience	No Previous knowledge or experience is required
Types of Boats	This course may be completed in any type of sailing dinghy, small keel boat or catamaran. Your Irish Sailing Passport will record what type of boat you used.
Duration	Minimum of 2 Days the length of the course may be extended where it suits the participants to take a more relaxed approach to programme
Age	Young Sailors and Adults
Assessment	Assessment is practical and continuous throughout the course.
	<i>By the end of this course you will be able to do the following:</i>
Clothing & equipment	<p>Describe what sort of clothing you might wear when afloat. Identify the following:</p> <ul style="list-style-type: none"> the different types of Personal Flotation Device (PFD) you might use when sailing which PFD is most appropriate for you to use when you should wear your PFD <p>Put on and adjust your own PFD.</p>
Rigging	<p>Position your boat head to wind. Identify the main parts of the boat, rigging & sails.</p> <p>Assist with rigging your boat.</p>
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Where can you go to do this course?

This course can only be run by an Irish Sailing Training Centre. Irish Sailing Training Centres have all gone through a rigorous accreditation process to ensure that they provide high quality training in a safe environment. With Training Centres based in every corner of Ireland there are plenty to choose from for training close to home or while on holiday.

To find a full list of Irish Sailing Training Centres & Courses in your area go to www.sailing.ie/training

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Age	<p>Young Sailors and Adults</p>
Launch & recovery	<p>Keelboat sailors will be able to use a sheet winch</p> <p>Dinghy and catamaran sailors will be able to do the following:</p> <ul style="list-style-type: none"> Secure a boat on a trolley and safely move it around while on shore. With assistance, <ul style="list-style-type: none"> Launch your boat and sail away from shore Sail back to shore and recover your boat <p>Keelboat sailors will be able to secure their boat alongside and to a mooring.</p>
Sailing techniques & manoeuvres	<p>Paddle or row a boat in a straight line.</p> <p>As both helm and as crew, with assistance,</p> <ul style="list-style-type: none"> Reach across the wind Sail up wind Sail down wind Tack the boat Gybe the boat Get the boat out of irons Stop the boat

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Capsize recovery	Identify why it is important to stay with a capsized or inverted boat.
Sailing knowledge	<p>Describe the different points of sailing.</p> <p>Take the correct action when boats on different tacks meet.</p> <p>Describe how tides and currents can affect a sailor.</p> <p>Identify when sailors are required to wear PFDs by law.</p> <p>Identify and use common sailing terms.</p>
Coastal Knowledge	Describe how often high and low tides occur and the implications these might have on sailors.
Weather	<p>Describe the implications of the following to a sailor:</p> <ul style="list-style-type: none"> Onshore and offshore winds High winds No wind
Safety	<p>Describe why and how you would leave details on what you are doing with a responsible person ashore.</p> <p>Describe how to summon assistance if you need it when on the water.</p> <p>Summon assistance for someone else who needs it.</p>
What next...	Describe how to continue your sailing and develop your sailing skills and knowledge.

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