

Active on the water!

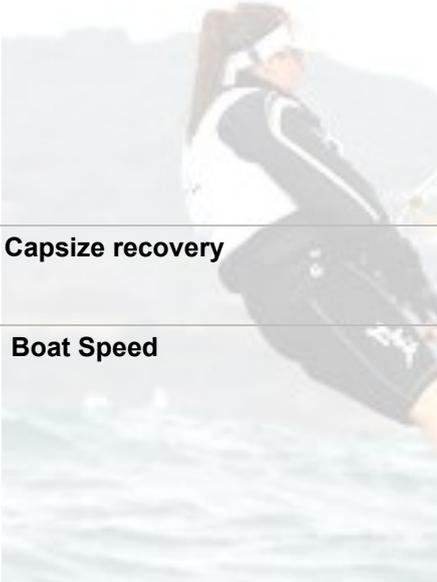
Objective	To develop the skills and knowledge you need in order to set up and sail the boat more effectively and in moderate conditions. This course will also prepare you for the specialist courses ahead.
Previous knowledge / experience	You will be expected to have completed, or have experience equivalent to, the <i>Basic Skills</i> course and have been sailing regularly with a minimum of 10 hrs logged as following this course
Types of Boats	This course may be completed in any type of sailing dinghy, small keel boat or catamaran. Your certificate will show what type of boat(s) you used.
Duration	Minimum 4 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 continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of boat handling skills and a short written paper or oral interview in assessing your level of background knowledge.
	<i>By the end of this course you will be able to do the following:</i>
Rigging	Rig the sailing boats used. De-rig, secure and care for hull & equipment.
Tuning	Identify and demonstrate / describe the use of the following in order to optimise the boat / rig for a particular set of conditions: <ul style="list-style-type: none"> ⇒ Sail telltales ⇒ Jib sheeting angles ⇒ Halyard tension ⇒ Outhaul ⇒ Cunningham / downhaul ⇒ Kicker or vang ⇒ Main sheet traveller / hawse Use boat and rig controls to optimise the performance of the boat in a variety of conditions including light, medium and strong wind conditions and on all points of sailing.

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.

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 <p>Boat Handling</p>	<ul style="list-style-type: none"> • Tack effectively in all wind conditions. • Perform a basic roll tack in light winds. • Gybe effectively in all wind conditions. • Demonstrate all of the skills covered in the “Sailing Manoeuvres” section of the <i>Basic Skills</i> course” in windier conditions. • Describe the principles of sailing without a rudder and sail a beam reach without a rudder. • Sail backwards for short distances. <p>Catamaran sailors will be confidently using a trapeze if carried.</p>
<p>Capsize recovery</p>	<p>Right an inverted boat. Describe what to do if someone is caught under an inverted boat.</p>
<p>Boat Speed</p>	<p>Be constantly aware of and apply the “5 Essentials”. Set the boat up, and sail efficiently:</p> <ul style="list-style-type: none"> ⇒ up wind ⇒ down wind ⇒ on a reach <p>Demonstrate how to obtain maximum leverage when hiking or trapezing.</p>
<p>Stopping</p>	<p>Anchor your boat, then recover the anchor and sail away.</p>
<p>Weather</p>	<ul style="list-style-type: none"> • Identify common weather conditions and describe how they may affect your activities. • Identify sources of weather forecasts. • Explain the significance of commonly used terms in marine forecasts. • Identify the significance to sailors of common weather patterns illustrated on synoptic chart. • Interpret the forecast with regard to planned activities.
<p>Coastal Knowledge</p>	<ul style="list-style-type: none"> • Describe what causes tides and how neap and spring tides might affect
<p>Sailing Knowledge</p>	<ul style="list-style-type: none"> • Explain how sails and foils work, how they interact and how they drive a
<p>What next...?</p>	<ul style="list-style-type: none"> • Describe how to continue sailing and develop your sailing skills and knowledge.

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