

Active on the water!

Objective	The aim of this brief introductory course is to give you a positive introduction to the thrill of sailing.
Previous knowledge / experience	No prior experience or knowledge is required. Where time allows, this course may be linked straight into <i>Start Sailing</i> which is the next course you should complete.
Types of Boat	This course may be completed in any type of sailing dinghy, small keel boat or catamaran. Your certificate will show what type of boat you used.
Duration	This course should be a minimum of 3 hrs but may be extended where it suits the
Assessment	Assessment is continuous throughout the course.
	<i>By the end of this course you will be able to do the following:</i>
Clothing & equipment	Describe why you should wear a Personal Flotation Device.
Sailing techniques & manoeuvres	Identify which direction the wind is blowing from. As both helm and as crew, Reach across the wind Stop the boat Turn the boat through the wind (Tack) Help balance the boat Raise and lower the dagger or centreboard and rudder
Capsize recovery	Explain why it is important to stay with a capsized or inverted boat.
What next...	Describe how to continue sailing and develop your sailing skills and knowledge.

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