

WEST COAST MARINE SAILING SCHOOL



SMALL BOAT SCHEME - BASIC SKILLS

Dingy Sailing, Level 1

OVERVIEW

This course is designed to provide a safe and enjoyable introduction to small boat sailing for novices. The course includes an introduction to fundamental boat handling skills and essential knowledge that will allow participants the freedom of sailing small boats with guidance from the Instructor or Coach.

It is recommended that this short introduction to sailing be consolidated by the completion of the Basic Skills – DS Level 2 Course and they are often run together.

OUTCOMES

You will receive a Basic Skills Level1 certificate and have a basic understanding of sailing.

PRE-REQUISITES

This is an introductory course, so there are no pre-requisites.

WHERE CAN I TAKE THE COURSE?

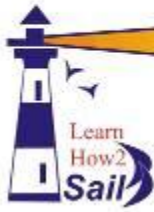
Please contact West Coast Marine Sailing School, a Yachting Association of India's Training Centre.

CONTACT US :

E-MAIL us on sailingschool@westcoastmarine.co.in or homi777m@yahoo.com

Phone : +91 8082751768.

Colaba Workshop Building, Jamshedji Bunder, Lala Nigam Road, Colaba, Mumbai – 400005
Tele No. - +91 22 22856127/ 22831495; Mobile: +91 8082751768
Email – sailingschool@westcoastmarine.co.in
Website – www.westcoastmarine.co.in



WEST COAST MARINE SAILING SCHOOL

WHAT TO DO AFTERWARDS?

Continue training in Small Boat Sailing to achieve your Basic Skills 3 and Racing Skills awards, or try one of the other schemes.

SYLLABUS:

1. Prepare and Plan

- Select clothing and safety equipment suitable to the conditions
- Group and individual safety practices demonstrated
- Sailing Stretches



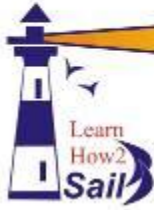
2. Rigging

- Correct positioning of the boat relative to wind direction
- Identify parts of the boat, rigging and sails
- Rig boat with assistance



3. Ropework

- Figure of eight
- Round turn and two half hitches



WEST COAST MARINE SAILING SCHOOL

4. Sailing Techniques and Manoeuvres

- Steering and crewing in light winds under supervision
- Sail a reaching course in light winds
- Primary boat controls and basic heave-to



5. Rescue Procedures and Drills

- Capsize Recovery Drill
- Towing

6. Launching and Recovery

- Leaving and returning to a beach / launching facility
- Demonstrate care of boats when launching

7. Sailing Theory and Background

- Observation of basic rules including:
- Avoid Collisions
- Power and sail meeting
- Exceptions - commercial vessels



8. Winds, tides and currents

- Wind direction and relative strength
- Environmental wind indicators