

WEST COAST MARINE SAILING SCHOOL



SMALL BOAT SCHEME - BASIC SKILLS

Dingy Sailing, Level 3

OVERVIEW

This course is designed to equip the sailor with enhanced skills and awareness of the surrounding environment. It builds on the skills and knowledge gained in the Basic Skills Level 2 course and will enable you to maneuver the boat efficiently in light to moderate conditions on all points of sailing.

OUTCOMES

You will receive a Basic Skills Level 3 certificate and be able to sail a boat efficiently in light to moderate winds.

PRE-REQUISITES

Basic Skills 2 or equivalent experience.

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

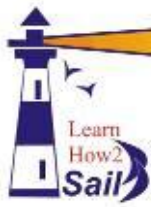
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Email – sailingschool@westcoastmarine.co.in

Website – www.westcoastmarine.co.in



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WHAT TO DO AFTERWARDS?

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

SYLLABUS:

1. Plan and prepare

- Identify qualities of a suitable trapeze harness

2. Rigging

- Complete rigging without assistance
- Rig trapeze and spinnaker

3. Sailing Techniques and Manoeuvres

- Roll tack, Roll gybe, spinnaker handling and trapeze on a triangle course in light to moderate conditions
- Controlling boat speed by sailing backwards, stopping and starting

4. Launching and Recovery

- Care of equipment including spinnaker and trapeze
- Bring boat alongside a fixed / moored / anchored structure with minimum assistance

5. Sailing Theory and Background

- Observation of Local Bouyage requirements
- Common buoyage methods and meanings
- Identify sailing risks due to environmental hazards
- Methods of injury prevention

6. Meteorology

- Identify sources of weather information
- Read weather reports and maps

7. Winds, Tides and Currents

- Lifts and knocks
- The "Twelfths Rule" and its relationship to tidal flow
- Sea breeze and land breeze formation patterns

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