Start Sailing 1

start here

Step 4	Step 3	Step 2	Step 1
Introductory Racing	Start Racing	Better Sailing Club Sailing	Start Sailing

Sailing Element	Criteria
Preparation	❑ Knows appropriate clothing to suit conditions ❑ Can identify and use appropriate safety equipment ❑ Demonstrate an understanding of the need for protection from environmental elements
Boats and Equipment	❑ Able to rig boat with assistance ❑ Identify the commonly used parts of the boat
Ropework	❑ Can tie a figure of eight knot
Safety and Emergencies	❑ Perform capsize recovery in shallow water ❑ Participate in single boat towing
Skills and Techniques	❑ Able to launch and recover boat with assistance ❑ Correctly tack and stop the boat ❑ Successfully sail a windward/broad reach course ❑ Paddle boat around a marked course
Sailing theory	❑ Port/starboard ❑ Windward/leeward ❑ Overtaking vessels
Meteorology and tides	❑ Identify wind direction ❑ Able to source weather forecasts

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Start Sailing 2

Sailing Element	Criteria
Preparation	❑ Knows appropriate clothing to suit conditions ❑ Can identify and use appropriate safety equipment ❑ Able to perform basic pre-sailing warm up
Boats and Equipment	❑ Able to rig boat unassisted ❑ Identify all parts of the boat ❑ Can tie a bowline, clove hitch, round turn and two half hitches ❑ Demonstrate correct boat, sailing gear and sail care
Safety and Emergencies	❑ Perform capsize recovery in deep water ❑ Participate in multiple boat towing
Skills and Techniques	❑ Able to launch and recover boat unassisted ❑ Demonstrate correct crewing, helming and sail setting methods while sailing on all points of sail ❑ Correctly gybe ❑ Successfully sail a triangle and windward/leeward course ❑ Can perform man overboard recovery ❑ Use tiller extension during all manoeuvres ❑ Demonstrate correct centreboard positions on all points of sail ❑ Can perform heave to
Sailing theory	❑ Identify and apply the basic sailing rules while sailing ❑ Port/starboard, windward/leeward, overtaking vessels, avoid collisions, commercial vessels and power/sail ❑ Explain the points of sail
Weather and the Environment	❑ Identify wind direction and strength ❑ React by showing an understanding of gusts and lulls ❑ Able to source weather forecasts ❑ Show an awareness of local tidal conditions

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Better Sailing

Sailing Element	Criteria
Preparation	❑ Knows appropriate clothing to suit conditions
	❑ Can identify and use appropriate safety equipment
	❑ Able to perform basic pre-sailing warm up and stretches
Boats and Equipment	❑ Able to rig boat to suit the conditions
	❑ Identify all parts of the boat and sails
	❑ Demonstrate correct boat, sailing gear and sail care
	❑ Correctly rig spinnaker and trapeze (where applicable)
Safety and Emergencies	❑ Perform capsize recovery of inverted boat
	❑ Participate in multiple boat towing
Skills and Techniques	❑ Launch and recover boat safely in all wind directions
	❑ Correctly roll tack, roll gybe, sail the boat backwards
	❑ Set sails to advantage
	❑ Successfully sail both a trapezoidal and slalom course
	❑ Come alongside another vessel/pontoon
	❑ Use spinnaker efficiently (optional)
	❑ Use trapeze safely (optional)
	❑ Maintain a position at a mark
Sailing theory	❑ Identify controls used to adjust sail shape
	❑ Correctly adjust sail shape to suit conditions
	❑ Apply the basic sailing rules while sailing a course in a fleet
	❑ Identify common buoyage requirements relevant to local area
Weather and the Environment	❑ Identify wind shifts
	❑ React by showing an understanding of gusts and lulls
	❑ Able to source weather forecasts
	❑ Show an awareness of current tidal conditions & identify tidal flow while on the water

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Start Racing

Sailing Element	Criteria
Preparation	❑ Prepare and use a tuning and sailing log
	❑ List appropriate sailing specific fitness and warm up exercises
Boats and Equipment	❑ Able to rig boat for optimal performance in current conditions
	❑ Mark all sail controls to enable accurate setting
	❑ Set up mast to suit crew and conditions (optional)
Safety and Emergencies	❑ Can perform over the gunwale capsize recovery
	❑ Be able to jury rig running rigging and tiller
Skills and Techniques	❑ Demonstrate an understanding of starting procedures
	❑ Identify line bias and favoured end
	❑ Able to control boat speed at starts
	❑ Perform starts in accordance with start signals
	❑ Mark roundings are performed efficiently
	❑ Understand boat trim, balance & centreboard position on all legs of the racing course
Racing theory	❑ Demonstrate an awareness of basic aerodynamics theory
	❑ Adjust sail shape in response to changing conditions
	❑ Show an understanding of the importance of teamwork
	❑ Observe rules covering starting, mark rounding, overlaps, penalties, on same tack, on opposite tacks and obstructions while racing
	❑ Identify common race course configurations and scoring systems
Weather and the Environment	❑ Identify wind shift patterns, lifts and knocks
	❑ React to wind shifts to gain advantage
	❑ Be aware of sea breeze and land breeze patterns

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