

## OceanXplorer Sailing Adventures - Start Sailing 1

This Course is designed to provide a safe and enjoyable introduction to Dinghy sailing for complete beginners. The Course includes an introduction to fundamental boat handling skills and essential safety knowledge.

- **Duration:** 12 – 15 hours over 2 to 3 days
- **Cost:** \$385/student.
- **Max. Class Size:** 8 people
- **Outcomes:** This will allow participants the freedom of sailing dinghies with the guidance of a Yachting Australia Dinghy Instructor. Sailing a RS Feva 3.2m sailing dinghy.
- **Pre-requisites:** Water confident, ability to swim 100m in open water, ability to tread-water for 10 minutes. Minimum age of 12 years old. Willingness to learn.
- **Who should do this course:** This course is recommended to anyone wishing to learn to sail an off the beach sailing dinghy from 8 years onwards. Continue training with courses including; Start Sailing Level 2 (Better Sailing) and Racing Level 1 & 2 certificates.

### Start Sailing Syllabus Outline:

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 / Bowline
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 and Recovery Drill
  - Being Towed behind a support boat
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; Giving Way, Starboard over Port Tack, rounding a mark
  - Avoiding Collisions – Visible lookout
  - Power and sail meeting in a channel
  - Exceptions - commercial vessels (Bigger Boats)
8. Winds, tides and currents
  - Wind direction, relative strength and environmental conditions
  - Tides and Sea state conditions.

## OceanXplorer Sailing Adventures - Start Sailing 2

This course is designed to consolidate the experiences and knowledge gained in the Start Sailing 1 Course and to introduce skills and knowledge that will enable the successful participant to safely and competently sail a small boat in controlled conditions (light-moderate winds, enclosed waters) without guidance.

- **Duration:** 12 hours over 2 days
  - **Cost:** \$385 /Student
  - **Max. Class Size:** 8 people
  - **Pre-requisites:** Water confident, ability to swim 100m in open water, ability to tread-water for 10 minutes. Minimum age of 12 years old. A basic understanding of Dinghy Sailing - likely to have completed Start Sailing 1
- Who should do this Course:** Those people that have completed and enjoyed Start Sailing 1 and wish to develop their sailing skills further.

### Start Sailing Syllabus Outline:

1. Rigging
  - Boat rigged independently
2. Rope work
3. Sailing Techniques and Manoeuvres
  - Basic crewing and helming methods for a triangle course
  - Basic crewing and helming methods for tacking
  - Basic crewing and helming methods for gybing
4. Rescue Procedures and Drills
  - Capsize Recovery Drill
  - Crew Recovery Drill
5. Launching and Recovery
  - Care of equipment on and off the water
  - Bring a boat alongside a moored or anchored structure with minimal assistance
6. Sailing Background and Theory
  - Observations of right-way-rules - Port / Starboard / Windward / leeward
  - Overtaking Vessels / Keep to the right in channels
7. Meteorology
8. Winds, tides and currents
  - Identify gusts and lulls
  - Use a tide table - Identify time between tides / Identify local tidal flow