

SGYC Start Sailing Course



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

- **Duration:** 12 hours over 2 days
- **Max. Class Size:** 12 people
- **Outcomes:** Participants will aim to learn to rig a dinghy, launch, sail from the shore to a mark and return safely to shore (at least as part of an active crew) and finally pack up the boat all under the guidance of an experienced Sailing Instructor.
- **Pre-requisites:** Water confident, ability to swim 20m in open water, ability to tread-water. Physically fit. Minimum age of 10 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 with a view to joining a sailing club and developing their skills.

Start Sailing 1 Syllabus Outline:

1. Prepare and Plan
 - Select clothing and safety equipment suitable to the conditions
 - Group and individual safety practices demonstrated
2. Rigging
 - Identify parts of the boat, rigging and sails
 - Rig boat with assistance
 - Pack-up after sailing
3. Rope work - Figure of eight / Round turn and two half hitches / Bowline
4. Sailing Techniques and Manoeuvres
 - Correct positioning of the boat relative to wind direction
 - 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
 - Identify gusts and lulls
 - Wind direction, relative strength and environmental conditions
 - Tides and Sea state conditions