



## South Gippsland Yacht Club Sail School

The SGYC Sailing School presents an Introduction to Off the Beach Sailing course. The course aims to allow participants to learn and develop the fundamental skills of Sailing. The Sailing School will include lots of one-on-one coaching in boats, on-shore demonstrations and theory sessions. All levels of skill and ability will be catered for, including children who are capable. The participants should be able to swim at least 25 metres.

Students are encouraged to follow up the course with ongoing sailing so as to practise and reinforce the skills introduced. Dinghies are available for use by club members on club sailing days.

**Duration:** 12 hours over 2 days

**Max. Class Size:** 12 people

**Outcomes:** Participants will aim to learn to rig a dinghy, launch, sail a triangular course 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 25m in open water, ability to tread-water. Physically able.

### **Course Outline**

#### **Prepare and Plan**

Select clothing and safety equipment suitable to the conditions  
Safety practices.

#### **Rigging**

Identify parts of the boat, rigging and sails  
Rig boat with assistance  
Pack-up after sailing

#### **Rope work**

Figure of eight, sheet bend, bowline, reef knots, heaving and stowage.

#### **Winds, tides and currents**

Identify gusts and lulls  
Wind direction, relative strength and environmental conditions  
Tides and Sea state conditions

#### **Launching and Recovery**

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

#### **Sailing Techniques and Manoeuvres**

Points of sail.  
Correct positioning of the boat relative to wind direction  
Steering and crewing.  
Sail a triangular course.  
Primary boat controls and basic heave-to

#### **Rescue Procedures and Drills**

Capsize and Recovery Drill  
Being Towed behind a support boat

#### **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