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.

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
Pre-requisites
Water confident, ability to swim 25m in open water, ability to tread-water. Physically able.

Course Outline
The course will introduce the beginning sailor to:
Prepare and Plan
Select clothing and safety equipment suitable to the conditions
Recall safe sailing practices.
Rigging
Identify parts of the boat, rigging and sails
Rig boat with assistance
Pack-up after sailing
Rope work
Be able to tie figure of eight, sheet bend, bowline and reef knots. Heave and Stowe Line and rope.
Winds, tides and currents
Identify gusts and lulls
Identify wind direction, relative strength and environmental conditions
Recognise tides and Sea state conditions
Launching and Recovery
Demonstrate care of boats when launching. Leaving and returning to a beach / launching facility
Sailing Techniques and Manoeuvres
Recall the points of sail.
Correct positioning of the boat relative to wind direction
Steering and crewing.
Primary boat controls and basic heave-to.
Sail a triangular course.
Rescue Procedures and Drills
Capsize and Recovery a sailing dinghy.
Being Towed behind a support boat
Sailing Theory and Background
State the basic rules of sailing. Giving way, Starboard over Port Tack, Mark rounding.
Avoiding Collisions –lookout and awareness of on water boats and obstacles.
Power and sail meeting in a channel, exceptions - commercial vessels.