



Sail away!

## SAILING LESSONS

### LEVEL 1 - MATEY

- The wind (force and direction)
- The mariner's vocabulary
- The knots
- Hoisting and lowering the sails
- **The helmsman** : turn, stop, tacking, gybing
- **The crew** : sheet in, ease off, tacking, safety gybing
- To heave to
- Capsize, straighten the sailing dinghy
- How to fold a sail

### LEVEL 2 - BEGINNER CREW

- The different points of sail (POS)
- The sensations , the feelings
- How does a sail work (air flows)
- The sail settings (trim)
- **The helmsman** : optimizing driving, following a course, positioning, practical & theoretical tacking & gybing
- **The crew** : optimization of settings, trapeze initiation, practical & theoretical tacking & gybing
- Recovery technique of a man over board (MOB)
- Dangers on a boat



## LEVEL 3 - CONFIRMED CREW

- Departures and beach arrivals
- Regulation of the speed
- Anticyclones and depressions
- Marine weather report (Sources , data analysis)
- **The helmsman :** adjust your operation speed according to your team, In/Out tacking & gybing, race gybing
- **The crew :** adjust your operating speed according to your team, improvement trapeze, race gybing
- Hoisting and lowering the spinnaker
- Driving with spinnaker
- Other techniques for recovering a man over board (MOB)

## LEVEL 4 - CAPTAIN

- Navigation at more than 15 knots of wind speed
- Take a reef/ dump a reef
- Calculation of tides
- Calculation of currents
- The marking marks
- Positioning methods (bearings, alignments, probe lines)
- The marine charts
- Calculation of route
- Gybing with spinnaker
- Alert the emergency services

## PRICING

1 hour 700k VND | 30 USD

2 h 1.2 M VND | 50 USD

5 h 3 M VND | 130 USD

