

# Basic Skills

By the end of this level, sailors will be sailing on their own in light wind conditions without assistance from their instructor.

## Previous Experience

Sailors are expected to be able to confidently demonstrate the skills within Start Sailing in order to progress to the next level.

## Type of Boat

This course may be completed in any type of sailing dinghy, small keelboat or catamaran.

Familiarity and experience with doubled-handed dinghies is encouraged for this level.

When this course is completed in a single-handed dinghy, the sections relating to crew-work are marked with an asterisk\*, these may be omitted.

## Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the level should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

## Evaluation

Assessment is practical and continuous throughout this level. Sailors should be able to demonstrate exercises effectively and sail an upwind triangle course without assistance from their Instructor.



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When you're on the water,  
you're not escaping life—you're  
learning how to live it more fully.



## LEARNING OUTCOMES | Basic Skills



### Clothing & Equipment

- I know what to wear before going sailing, including appropriate footwear and considerations for the weather.
- I can equip my sailing boat for use.
- I can check my hull, buoyancy, standing rigging, running rigging, foils, spars and sails are in good condition.



### Safety

- Before I go afloat, I know why and how I should leave details with a responsible person ashore.
- I am familiar with common flares and understand how/when to use and care for them.
- I know what hypothermia is, how to prevent and how to care for someone.
- I can explain why it is important for a sailor to have some first-aid training.



### Capsize Recovery

- I can right a capsized boat without assistance from my Instructor.
- I can describe what to do if you are caught under an inverted boat.



### Rigging

- I can identify all parts of the boat, rigging & sails including primary and secondary controls.
- I can rig and de-rig my boat without assistance.
- I can reef my sail while ashore. Keelboat sailors will be able to reef their boat while on a mooring.
- Keelboat sailors will be able to change a headsail.



### Ropework

- I can tie the following knots and describe when to use them:
- All ropework skills from previous levels plus...
  - ∞ Bowline, Clove-hitch, Reef Knot, Sheet Bend
- I can coil and heave a line



### Coastal Knowledge

- I can identify when high and low tide occur using local tide tables.
- I know what an ebb and flood tide is.



### Boat Handling & Manoeuvres

- I can paddle/row a boat around a triangular course and come alongside.
- In light winds, As both helm and crew, I can:
  - ∞ Sail upwind, downwind, across the wind
  - ∞ Tack & Gybe the boat
  - ∞ Pick-up a mooring & come alongside
  - ∞ Recover a man-overboard
  - ∞ Heave-to & sail under jib only
- Catamaran sailors will be able to use a trapeze if carried.



### Sailing Knowledge

- I can describe the “5-Essentials” and apply them to all Points of Sailing.
- I understand the principals of how a sail and daggerboard/centreboard works.
- I am familiar with common ‘Rules of the Road’ and can tell if risk of collision exist between two boats.
  - ∞ I can identify who has right of way between sailing & power boats.
- I am familiar with common sailing terms.



### Launch & Recovery

- I can launch my boat and sail away from shore.
- I can sail back to shore and recover my boat.
  - ∞ Leave and return to a beach or slipway in the prevailing wind direction
  - ∞ Describe how to land on a beach or slipway when the wind is offshore, cross shore and onshore.
- Keelboat sailors will be able to identify different methods of launching a keelboat and describe how to launch a keelboat from a trailer using a slipway.



### Weather

- I know how wind speed, wind direction, visibility, temperature are measured and how these may affect a sailor.
- I can obtain a weather forecast for my local sailing area and describe how this impacts my planned activities.
- I have a basic understanding of the Beaufort Scale.



### What Next...

I can describe how to continue sailing, record progress in my logbook and reach my next level: Improving Skills



**Checklick**

Use Checklick to track your progression.



The Irish Sailing Passport is your online skills tracking, certification and logbook system - powered by Checklick.

