

### Active on the water!

<b>Objective</b>	The aim of this brief introductory course is to give you a positive introduction to the thrill of sailing.
<b>Previous knowledge / experience</b>	No prior experience or knowledge is required. Where time allows, this course may be linked straight into <i>Start Sailing</i> which is the next course you should complete.
<b>Types of Boat</b>	This course may be completed in any type of sailing dinghy, small keel boat or catamaran. Your certificate will show what type of boat you used.
<b>Duration</b>	This course should be a minimum of 3 hrs but may be extended where it suits the
<b>Assessment</b>	Assessment is continuous throughout the course.
	<i>By the end of this course you will be able to do the following:</i>
<b>Clothing &amp; equipment</b>	Describe why you should wear a Personal Flotation Device.
<b>Sailing techniques &amp; manoeuvres</b>	<p>Identify which direction the wind is blowing from.</p> <p>As both helm and as crew,</p> <ul style="list-style-type: none"> <li>Reach across the wind</li> <li>Stop the boat</li> <li>Turn the boat through the wind (Tack)</li> <li>Help balance the boat</li> <li>Raise and lower the dagger or centreboard and rudder</li> </ul>
<b>Capsize recovery</b>	Explain why it is important to stay with a capsized or inverted boat.
<b>What next...</b>	Describe how to continue sailing and develop your sailing skills and knowledge.

#### Where can you go to do this course?

This course can only be run by an Irish Sailing Training Centre. Irish Sailing Training Centres have all gone through a rigorous accreditation process to ensure that they provide high quality training in a safe environment. With Training Centres based in every corner of Ireland there are plenty to choose from for training close to home or while on holiday.

To find a full list of Irish Sailing Training Centres & Courses in your area go to [www.sailing.ie/training](http://www.sailing.ie/training)