

# Start Racing

To confidently introduce you to racing series and develop your skills and knowledge to a level where you can comfortably race at club and inter-club level in Ireland.

## Previous Experience

Sailors will be expected to have completed the Improving Skills certificate.



**Logbook:** At least **20-hours** recorded in your logbook.

As part of this level, sailors must log;

- x3 local/club races as helm
- x3 local/club races as crew in order to achieve their Start Racing certificate

## Type of Boat

This course may be completed in any type of sailing dinghy, keelboat or catamaran raced at club level in Ireland. It is encouraged that sailors use a boat that has a recognised Class Association in Ireland.

## Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge.

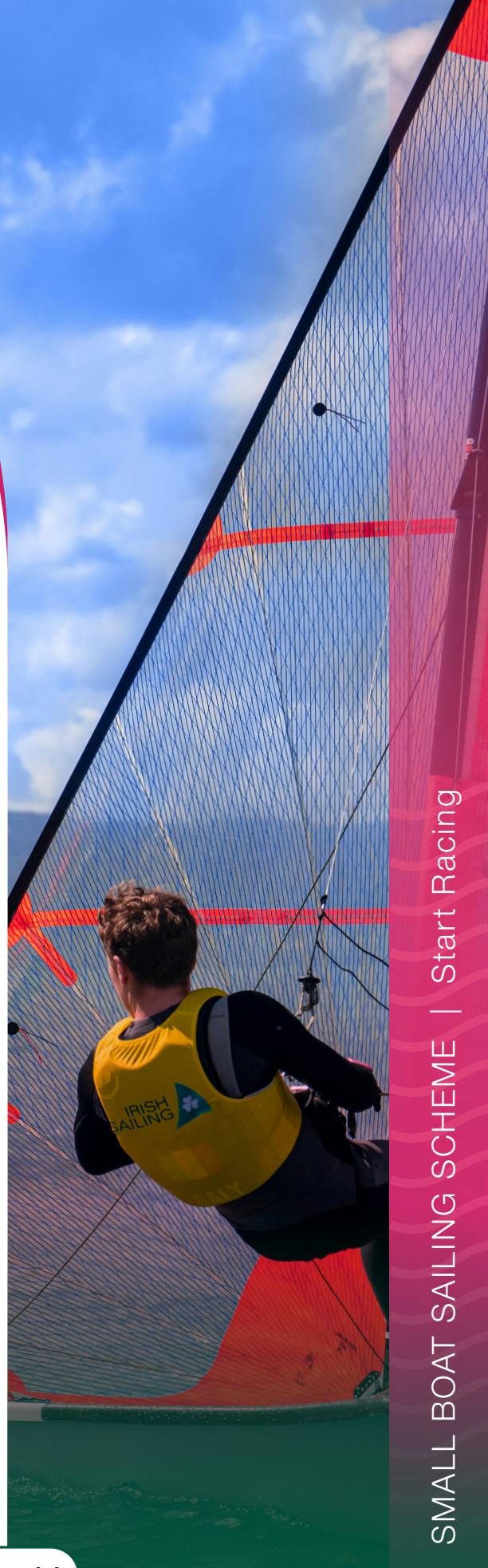
Sailors are expected to independently tune their boat, start and finish club-level races and show understanding of basic rules, weather shift, tactics and instruction from the Race Officer.

## Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills. The length of the course should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-



The Irish Water Wag is the oldest one-design dinghy in the World! c.1886



## LEARNING OUTCOMES | Start Racing

### Boat Speed

- I understand how to adjust my sail shape around the course and in different conditions.
- I can adjust my body position in the boat for best speed.

### Capsize Recovery

- I can describe how to avoid becoming trapped during a capsize or inversion.
- I know what action to take if I become trapped in rigging.
- I can recover a boat that has capsized with the kite up.

### Rigging

- I am able to rig my boat for performance in the current conditions.
- I can access and apply the relevant Class setup/tuning guide.
- I can demonstrate proper care for my hull, spars, foils and sails.
- I can safely load/ unload and secure my boat for road transport.

### Goal Setting & Preparation

- I have an understanding of goal setting process to achieve racing skills.
- I can describe the importance of diet, hydration, sleep and exercise in maintaining a healthy active lifestyle.
- I can conduct a pre & post sailing warmup/ cooldown routine.

### Sailing Knowledge

- I can outline Part 1 and Part 2 (Rules 10–14 & 18) of Racing Rules of Sailing
- I have a working knowledge of Rules 1-5.
- I can describe the flags and sounds used for a start sequence.
- I can access Sailing Instructions & Notice of Race, identify key elements and their implications on my sailing.
- I can demonstrate an understanding of port/ starboard penalties.
- I can outline and apply windward boat and mark room.
- I can identify common racing courses per Class.

### Boat Handling & Manoeuvres

- I can demonstrate and understand the proper use of 'The 5 Essentials' at all times.
- I can demonstrate the sailing skills below in moderate winds exercising good judgement and planning to conduct each manoeuvre in a seamanlike manner;
  - ∞ Reach across the wind
  - ∞ Sail upwind
  - ∞ Sail downwind
  - ∞ Tack the boat
  - ∞ Gybe the boat
  - ∞ Heave-to
- Catamaran sailors will be confidently able to use a trapeze if carried.
- I can effectively and efficiently round marks.
- I can start each race effectively and in accordance with the starting signals.
- I can correctly position my boat and manage my boat speed when approaching the start line.

### Weather

- I can identify and compare different sources for weather forecast.
- I can describe what local weather effects are likely to be in the area and how these may affect my racing.
- I can identify wind shift and gusts.

### Tactics

- I can demonstrate an understanding of clean-air and 'cover'.
- I can tack (leebow) or duck when on port.
- I can determine if there is any bias to the start-line.
- I can identify lay-lines.

### Coastal Knowledge

- I can describe where there are likely to be stronger and weaker currents on a race area and how these may change during the day.

### What Next...

I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module.



Use Checklick to track your progression. 



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

