

# Start Sailing

## *Small Boat Sailing Scheme*

### Active on the water!

<b>Objective</b>	By the end of this course you will be sailing in light wind conditions with assistance from your instructor.
<b>Previous knowledge / experience</b>	No Previous knowledge or experience is required
<b>Types of Boats</b>	This course may be completed in any type of sailing dinghy, small keel boat or catamaran. Your Irish Sailing Passport will record what type of boat you used.
<b>Duration</b>	Minimum of 2 Days the length of the course may be extended where it suits the participants to take a more relaxed approach to programme
<b>Age</b>	Young Sailors and Adults
<b>Assessment</b>	Assessment is practical and 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>	<p>Describe what sort of clothing you might wear when afloat.          Identify the following:</p> <ul style="list-style-type: none"> <li>• the different types of Personal Flotation Device (PFD) you might use when sailing</li> <li>• which PFD is most appropriate for you to use</li> <li>• when you should wear your PFD</li> </ul> <p>Put on and adjust your own PFD.</p>
<b>Rigging</b>	<p>Position your boat head to wind.          Identify the main parts of the boat, rigging &amp; sails.</p> <p>Assist with rigging your boat.</p>
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### 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)

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<b>Age</b>	Young Sailors and Adults
	Keelboat sailors will be able to use a sheet winch
<b>Launch &amp; recovery</b>	<p>Dinghy and catamaran sailors will be able to do the following:</p> <ul style="list-style-type: none"> <li>Secure a boat on a trolley and safely move it around while on shore.</li> <li>With assistance,</li> <li>Launch your boat and sail away from shore</li> <li>Sail back to shore and recover your boat</li> </ul>
	Keelboat sailors will be able to secure their boat alongside and to a mooring.
<b>Sailing techniques &amp; manoeuvres</b>	<p>Paddle or row a boat in a straight line.</p> <p>As both helm and as crew, with assistance,</p> <ul style="list-style-type: none"> <li>Reach across the wind</li> <li>Sail up wind</li> <li>Sail down wind</li> <li>Tack the boat</li> <li>Gybe the boat</li> <li>Get the boat out of irons</li> <li>Stop the boat</li> </ul>

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### Active on the water! Kites & Wires 2

Get on the water! Get on the water!

<b>Capsize recovery</b>	Identify why it is important to stay with a capsized or inverted boat.
<b>Sailing knowledge</b>	<p>Describe the different points of sailing.</p> <p>Take the correct action when boats on different tacks meet. Describe how tides and currents can affect a sailor.</p> <p>Identify when sailors are required to wear PFDs by law.</p> <p>Identify and use common sailing terms.</p>
<b>Coastal Knowledge</b>	Describe how often high and low tides occur and the implications these might have on sailors.
<b>Weather</b>	<p>Describe the implications of the following to a sailor: Onshore and offshore winds</p> <ul style="list-style-type: none"> <li>High winds</li> <li>No wind</li> </ul>
<b>Safety</b>	<p>Describe why and how you would leave details on what you are doing with a responsible person ashore.</p> <p>Describe how to summon assistance if you need it when on the water.</p> <p>Summon assistance for someone else who needs it.</p>
<b>What next...</b>	Describe how to continue your sailing and develop your sailing skills and knowledge.