

Advanced Boat Handling

To develop advanced boat handling and tuning skills, including a clear understanding of how sails and foils work together, preparing sailors to sail flat out in strong winds.

Previous Experience

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



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

Type of Boat

Dinghy – Although single-handed dinghies may be used as part of this programme, a double-hander is required to achieve all the skills within this level.

Any type of small keelboat or catamaran may be used. Spinnaker skills should only be included here if sailors have completed the Kites & Wires level, or have similar experience.



Sailing teaches you patience, resilience, and to stay calm under pressure — lessons for on and off the water.

Annalise Murphy
Rio Olympics Sailing Silver Medalist

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 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 demonstrate confident, controlled manoeuvres in strong winds, optimise sail setup for performance and apply techniques for speed, tuning and efficiency across all points of sailing.



LEARNING OUTCOMES | Advanced Boat Handling



Boat Speed

- I can demonstrate techniques for maximising speed in waves
- I can demonstrate optimum course to steer and steering technique on all points of sailing.
- I can use tell-tails to best advantage.



Tuning

- I can identify and demonstrate the use of the following in order to optimise my boat for a particular set of conditions:
 - ∞ Mast Rake
 - ∞ Rig tension
 - ∞ Mast bend
 - ∞ Spreader length & angle
 - ∞ Mast ram/chocks
 - ∞ Sail camber/ leach tension/draft
- I can use primary and secondary rig controls to optimise the performance of my boat in a variety of conditions.



Rigging

- I can confidently rig any sailing boat within my boat type (dinghy, keelboat, catamaran) from road transport to sailing course, including mast stepping, reefing systems and furling.
- Spinnaker rigging only if sailors have completed Kites and Wires certificate.



Ropework

- I have all ropework skills from previous levels



Sailing Knowledge

- I can describe how to optimise effectiveness of hull, spars and sails within class rules.
- I know how mainsail & jib interact with each other to increase lift and demonstrate techniques to maximise this effect.
- I know how trim & sheeting angles on one sail effects the other.



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 strong 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
 - ∞ Pick-up, and leave a mooring
 - ∞ Come alongside a boat, pier, pontoon in any wind direction
 - ∞ Recover a weighted man-overboard
 - ∞ Heave-to
 - ∞ Sail under jib only
- Catamaran sailors will be confidently able to use a trapeze if carried.
 - ∞ Set up and control the boat while on a plane.
 - ∞ Perform an effective roll tack in all wind strengths.
 - ∞ Perform an effective roll gybe in all conditions
 - ∞ Sail confidently without a rudder on all Points of Sailing



What Next...

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



Checklick

Use Checklick to track your progression. ↗



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

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