

Adventure

To introduce you to the skills and knowledge you will need in order to undertake day trips and to sail in stronger winds.

Previous Experience

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



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

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.

Type of Boat

This course may be completed in sailing dinghies, small keelboats or catamarans suitable for use on a daytrip.

This course should not be completed in single-handed dinghies.

Minimum Hours:

A day passage afloat of at least 4-hours should be included as part of this level.

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 should be confident in their basic chartwork and well prepared to plan and undertake a short day sail.



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



LEARNING OUTCOMES | Adventure



Clothing & Equipment

- I know what personal clothing and inventory is required for a daytrip afloat (knife, whistle, watch, hat, snacks, water)
- I know what boat safety equipment is required for a daytrip afloat (communication, flares, first-aid, additional warps, anchor, tools)
- I know what spares and tools to carry onboard and can demonstrate how to use them.



Safety

- I can demonstrate how to communicate with other vessels.
- I know how to summon assistance in an emergency.
- I understand the different safety precautions that should be undertaken when boats are operating in reduced visibility/ fog.
- I can brief and prepare my crew for a day trip afloat.
- I can demonstrate how to shelter onboard while waiting for assistance.
- I know how to treat conditions such as hypothermia, sea sickness, sun stroke, dehydration and crew fatigue.



Weather

- I can interpret the weather forecast and make sound decisions on planned activities in view of expected weather, sea conditions and tidal effects.
- I can read a synoptic chart to predict the forecast.
- I can identify local effects on the prevailing weather conditions.



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.



Boat Handling & Manoeuvres

- I can paddle and row a boat over an extended course and come alongside
- I can demonstrate all the sailing skills below in moderate winds exercising good judgement while demonstrating consistent and appropriate use of "The 5 Essentials".
 - Reach across the wind
 - Sail upwind
 - Sail downwind
 - Tack the boat
 - Gybe the boat
 - Pick-up, and leave a mooring
 - Recover a weighted man-overboard
 - Heave-to
 - Come alongside a boat, pier, pontoon in any wind direction
 - Identify strong points on the boat and tow a sailing boat with another sailing boat
 - Choose an anchorage, anchor your boat, recover the anchor and sail away
 - Using an anchor, land on and haul off a lee shore.
 - I can sail confidently without a rudder
 - I can sail confidently without a centreboard / daggerboard.
 - Sail in company with other boats.
- I have participated in a passage by day in waters with which you are familiar.



Rigging

- I can confidently rig my boat from securing, loading, preparing for road transport to mast stepping, reefing system, furling system.
- I can conduct basic running repairs and know how to 'lay-up' my boat for winter.
- Identify what spares and tools to carry on board.
- I can reef my sails afloat.
- I can inspect the roadworthiness of the trailer, lights and hitch.
- I am aware of the towing licensing requirements in Ireland.



Checklick

Use Checklick to track your progression.



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

**IRISH
SAILING**



Navigation Afloat

- I can orientate my chart using topographical features, navigation marks or a compass.
- I can demonstrate the use of the following techniques while on passage:
 - Using a compass to steer a course.
 - Using a transit to hold a course.
 - Identify my position using a 3-point fix.
 - Input my route on a GPS.



Chart Work

- I can identify common features from a nautical chart. (hazards, depths, colours, buoys)
- I can measure distance on the chart.
- I can calculate my latitude and longitude on the chart.
- I can calculate a compass bearing between two points.
- I can calculate variation and deviation.
- I can assist in the development of a passage plan.



Sailing Knowledge

- I can identify principal day shapes (anchored, motor-sailing, CBD, NUC, RAM, fishing).
- I am confident in my ability to apply IRPCS in all circumstances while on my passage.
- I can understand common manoeuvring sound signals.
- I can identify IALA A buoyage and describe what action should be taken at each (cardinal, lateral, special, safe, danger)



Ropework

- Tie the following knots and describe when to use them:
 - Figure-of-8 knot.
 - Round-turn-and-two-half-hitches.
 - Bowline
 - Clove-hitch
 - Reef Knot
 - Sheet bend
 - Fisherman's bend
 - Rolling Hitch
- I can secure a rope using common types of cleats.
- I can coil and heave a line.
- Keelboat sailors will know how to safely operate sheet winches.
- Keelboat sailors will be able to remove a pinched sheet from a winch.



What Next...

I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module or towards the National Cruising Scheme for more adventures afloat.

“Confidence is knowing when to reef, before it’s too late!”

