



## **Adventure Sailing 3 Day Summer Sailing Courses.**

**All you need to know**

**[Adventuresailing.com.au](http://Adventuresailing.com.au)**

Hello and Thanks for your enquiry about our Adventure sailing programs.

Our courses run from between 3 and 7 days and allow you to experience sailing from an introduction level or all the way up to Yacht Master qualifications.

In summer we operate in Geographe Bay.

Geographe bay offers delightful sailing in generally flat water with beautiful bays along Cape Naturaliste and the stunning Busselton Jetty. Our courses aim to give you all the skills you require to become a safe and competent crew member or skipper.

The vessel we use is Queimarla. She is a 13.85 m performance cruising catamaran. Fast and stable. She has circumnavigated the world and is fully approved by the Australian Maritime Safety Authority as a training vessel.

Your day typically begins with your complimentary breakfast on board followed by a morning swim in Geographe bay's sparkling water.

Captain Paul joins you at 9am and your training begins. By the end of this day you will have mastered the skills of raising and lowering sails, sail trim, tacking and gybing and man overboard under sail. You would have found the best, most accurate weather sites, read charts and their symbols and practiced logging in with a sea rescue organisation. We will stop somewhere beautiful for lunch. Lunch is provided.

Around 4 pm we will pick up a mooring at Abbey Beach and Captain Paul will leave you alone, once you are safely moored. The afternoon and evening are yours to play. There will be a 3m dinghy, crab nets, fishing and snorkelling gear and two inflatable SUP boards to keep you entertained. Or simply walk on the quiet Abbey beaches or sip a wine whilst enjoying being on board a beautiful catamaran. Dinner can be on board or at one of the many nearby restaurants.

Day two begins the same with training beginning at 9 am. More sail training as we make our way towards the Cape, choosing one of the delightful bays to stop for lunch and a swim. After lunch we study navigation learning both modern and traditional skills. That afternoon we return to our anchorage practicing all the skills we have learnt over the last two days. Once again after 4 pm the boat is yours. More play or relaxing. Great time with friends and family. Dinner once again is a choice of staying on board and cooking or heading out.

Day 3. 9am start. Today we might sail up to the Jetty for a snorkel before having our lunch anchored off the Busselton foreshore. More learning that afternoon before returning to the mooring for your third night on board. This is a typical 3 Day sailing course. But our options are unlimited. Extras options could include Keel boat sailing, rounding the Cape, night sailing, completing your Recreational skipper's ticket or radio operators licence.

Costs are \$300 per person per day, we are permitted up to 6 people and need a minimum of 4 to make a course run. Breakfast, morning tea, lunch and snacks are covered in this cost. Dinners on board are included or you may wish to head out to a nearby restaurant (not Included)

Come and join us for a fantastic adventure. Earn an internationally recognized certificate from IYT. Your booking is secured with a 20% deposit with the remainder due 1 month prior to your course.

We strongly recommend travel insurance to cover you for any unforeseen complications. Once on board the catamaran you are fully covered by our insurance.

### **What we provide.**

- Breakfast, morning tea, lunch and snacks and onboard dinners.
- Life jacket and safety harness
- Sunscreen
- Dinghy
- Crab nets
- Fishing rods and tackle
- Snorkelling gear
- Inflatable SUP boards
- All cooking equipment and crockery.
- All bedding
- All instruction.
- Queimarla.

Queimarla is equipped with an oven/stove, BBQ, fridge/freezer, all pots pan plates etc.

### **What we don't provide.**

- Accommodation ashore.
- Travel to and from the yacht.
- Dinners ashore.

Cost is \$1000 per person.

All payment details are on the bottom of the website home page

Please note this cost includes an Adventure sailing Certificate.

**We can order on your behalf an IYT internationally recognized certificate for an extra \$150.**

**Recreational skippers ticket assessments are available for \$350.**

**Radio licence exams can be arranged whilst on board for \$150.00**

[Adventuresailing.com.au](http://Adventuresailing.com.au)

# Things you need to know

## Where to meet

Queimarla will be located on her mooring at ABBEY beach. Meet at 8 Forth St Abbey and you will be directed to the boat. Cars will be safely stored at Forth St.

## Catering

South West Sails include all meals on board. (meals out are at your own expense)

For dinners you have three options.

A selection of local restaurants

([www.theshedmarkets.com.au](http://www.theshedmarkets.com.au))

([ameliaparklodge.com.au](http://ameliaparklodge.com.au)) All are within walking distance from your anchorage.

OR

Option 2      We can stock the boat with delicious local produce to cater for up to 6 people.

OR

Option 3:      A combination of both meals on board and meals ashore.

## Insurance.

The boat is fully insured and covers you whilst sailing, swimming (When the skippers is on board with you) and snorkelling and fishing.

**However, I still recommend taking out travel insurance as this will cover you in the event of you missing the trip through illness or other problems, it can also cover your belongings and any activities you partake in when the skipper is not on board the yacht. Travel insurance is cheap and well worth it.**

**Travel insurance cost less than \$50 and provides peace of mind and extra cover.**

On most short courses the skipper will leave your party safely on a mooring to enjoy the yacht by your selves. (I am only a short distance away and contactable 24/7)

**Alcohol** You are welcome to bring alcohol on board.

## NOTES

When you book in, you will need to enrol with International Yacht Training. (See link below) This is free and will allow you access to fantastic FREE online E learning courses. This will help you prepare for your course.

**You need to be enrolled with IYT for me to issue you with your Internationally recognised certificate.**

<https://www.iytworld.com>

## Payment

A deposit of 20 % (\$180 per person) will secure your booking with full payment due one month prior to your trip.

If there is anything else, you would like to know please contact Paul via email (paul@adventuresailing.com.au) or phone 0458 772 581

### **Please complete these steps before joining your adventure sailing course.**

1. Register at [IYT world](https://www.iytworld.com)
  - This is needed for issue of your certificate. Record your student number and bring it with you.
  - It also allow you access to LOTS of FREE e learning material. A little pre study will result in greater learning during your course.
2. Select required course.
3. Advise us of any special dietary needs.
4. Select extra learning options. E.g. Radio Licence and/or Recreational Skippers Ticket assessment
5. Obtain travel insurance.
  - It costs less than \$50 for travel insurance. This covers you for missing the trip, medical evacuation, extra curricula activities e.g. surfing, spearfishing and much more.

Here is one company you may wish to use. <https://buy.travelinsurancedirect.com.au>

**Please complete form below and return it with your 20% deposit to secure your booking**

Return form to [paul@adventuresailing.com.au](mailto:paul@adventuresailing.com.au)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Course studying \_\_\_\_\_

Dates of course \_\_\_\_\_

IYT student number: \_\_\_\_\_

Dinner options. How many dinners onboard Queimarla.

Night 1 Restaurant or onboard. (please circle option you want)

Night 2 Restaurant or onboard.

Night 3 Restaurant or onboard.

Dietary

Requirements. \_\_\_\_\_

**Extra learning opportunities available**

- Recreational skippers Ticket assessment (cost \$150)  
This includes \$70 government fee, use of training boat and all instruction, assessment and certificate.
- Marine radio licence exam (cost \$89)  
This covers the government fee and exam. I do all processing at no charge. You can sit this test through any registered AMC approved training organisation. Normal cost \$250
- Certificate from IYT (Cost \$150)

**Total cost**

1. \$300 per person per day. (3 day course \$900)	\$900
2. Extra instruction and certification options.	
○ Radio Licence (\$89)	\$
○ Recreational skippers assessment (\$150)	\$
○ IYT Certificate (150)	\$
Total Cost	=====

Payment details (20% to secure bookings remainder 1 month prior to course dates)

Cape to Cape Adventure Sailing School

BSB 302-162

Acc # 1382984

**Your course will cover the following skills and knowledge.**

**Vessel Safety Briefing**

- Stove and its safe use.
- Fire extinguisher, fire bucket and fire blanket and their uses.
- Location of all safety equipment.
- Bilge Pumping system.
- Sea cocks and wooden plugs.
- Use of Toilet.
- Radio.
- Life rings. Location and use.
- How to start and stop Motors.
- Use of anchor and winch.
- Launching Dinghy safely.

**Personal safety equipment.**

- Issue PFD and explain use.
- Man overboard bracelets.
- Safety belt. PLB, AIS, safety knife.

**Boat Safety Equipment**

- Flares
- Radio
- Fire fighting
- Life raft
- PFDs
- V sheet
- Air Horn
- AIS
- Epirb

**Passage Planning**

- Charts and their symbols
- Weather forecasts
- Available anchorages
- Logging in
- Any dangers present

## **Theory of sailing**

- Forces and watermelon pips.
- Windward / leeward
- How sails work
- Raising sails. Halyards haul
- Trimming sails. Sheets shape
- Changing direction. Tacking and Gybing.
- Finding the wind direction.

## **Parts of the vessel and terminology**

- Hull, deck, rig, mast, boom, sheets, halyards, windward, leeward, winches, cleats, rudders, tiller, stays, turnbuckles, windlass, rode, dagger boards.

## **Starting and stopping engines.**

- Lowering engines
- Use of tilt / trim
- Pre start checks
- Checking fuel
- Starting and warm up.
- Use of throttles.

## **Introduction to collision Regulations**

- Keeping a Look out
- Assessing risk of collision.
- Who gives way to whom.
- Actions of give way and Stand on vessel.
- Safe speed
- IALA markers.

## **Introduction to weather**

- Obtaining a forecast
- Interpreting a synoptic chart
- Cold fronts, low pressure and High pressure systems.
- Signs of approaching Bad weather

## **Introduction to ropes and knots**

- Types of ropes
- Coiling a line
- Throwing a line
- Basic knots ( reef, figure 8, bowline, round turn two half hitches)



### **Safe use of winches.**

- Correct use
- Fingers clear
- Self tailing
- Winch handles and their dangers.
- Avoiding over rides
- Removing over rides

### **Raising, lowering and setting sails.**

- Parts of a sail/ terminology.
- Halyards Haul.
- Tension required.
- Sheets Shape.
- Use of tell tales.
- Position of blocks.
- Avoiding chafe.
- Verge of Luff.

### **Tacking and gybing**

- Roles
- Use of speed.
- Commands , ready about, lee ho, gybe ho.
- Use of winches
- Timing of tack.
- Re trimming after tack.

### **Adjusting trim to match point of sail.**

- Sailing a triangular course.
- Adjusting sails using tell tales.
- Finding the wind direction without instruments.
- Use of daggerboards.
- Steering a compass course

### **Luffing up and heaving too.**

- Luffing to slow down not tack.
- Heave too. Use of helm and sails.
- Understanding the forces.
- When to heave too.

### **Man over board under sail and power.**

- Yelling “man over board”
- Appointing spotter and marking on plotter.
- Throwing a buoyant aid
- Getting down wind
- Manoeuvring back towards MOB
- Slow approach
- Recovering MO

### **Anchors and how they work**

- Types of anchors.
- Types of bottoms.
- Scope
- Laying an anchor. Into wind, drifting backwards, paying out rode.
- Digging in
- Checking holding
- Use of transits to determine dragging
- Recovering anchors

### **Picking up a mooring.**

- Approach into wind
- Slow approach
- Use of hand signals
- Use of boat hook or grapple
- Securing to mooring.
- Leaving a mooring. Falling off in direction you choose.

### **Use of Radios**

- Emergency channels
- Different radio types
- Chat channels
- Squelch, high/ low power and Dual watch.
- Calling and responding.
- Securite
- Pan Pan
- Mayday
- Logging in on Radio.

### **Standing a watch**

- Keeping a good look out
- AIS
- Radar
- Nav Lights
- Trust of fellow crew
- Alerting skipper if in doubt.

**Handing over the watch.**

- Course steered
- Any dangers along route
- Any standing orders
- Sail combination.
- Any traffic.
- Weather conditions and changes expected.