

# Taste of Sailing

Get your feet wet and get a Taste of Sailing!  
This brief introductory course will give you a positive introduction to the lifelong sport of sailing.

## Previous Experience

No previous experience or knowledge is required; welcome to sailing!

## Time Commitment

This level should consist of a minimum of 3-hours, but may be extended to facilitate a more relaxed approach.

## Types of Boat

This course may be completed in any type of sailing dinghy, keelboat or catamaran. Your certificate will show what type of boat you used; try it once, try it twice, why not try all three!



## LEARNING OUTCOMES



### Clothing & Equipment

- I know what a Personal Floatation Device (PFD) is.
- I know why I should wear a PFD.
- I can correctly fit my own PFD and have it checked by my Instructor.



### Boat Handling & Manoeuvres

- As both helm and as crew,
  - ∞ I can sail across the wind (Reach).
  - ∞ I can turn the boat through the wind (Tack).
  - ∞ I can stop the boat.
- I know how to help balance the boat.
- I can raise and lower the daggerboard/centreboard and rudder.



### Weather

- I can identify which direction the wind is blowing from.



### Capsize Recovery

- I know that capsizing is a normal part of sailing!
- I can explain why it is important to stay with a capsized or inverted boat.



### What Next...

I can describe how to continue sailing, record progress in my logbook and reach my next level: Start Sailing

