

# Kites and Wires

To introduce sailors to the skills of sailing with spinnakers and trapezes, developing confidence in rigging, flying and boat handling, safely in a variety of conditions.

## Previous Experience

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



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

## Type of Boat

This course may be completed in any type of double-handed dinghy or catamaran fitted with a kite and trapeze.

Keelboat sailors will not require trapeze skills. When possible, it can be an advantage for sailors to practice in both symmetrical and asymmetrical kites.

## Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the course 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 rig, fly and gybe their kite confidently and use their trapeze safely and effectively in moderate conditions.



It's not just about speed — it's about strategy, endurance, and mental strength.

### Tom Dolan

Record Breaking Irish Offshore Sailor



Email: [info@sailing.ie](mailto:info@sailing.ie) Tel: 01 2800239 [www.sailing.ie](http://www.sailing.ie)

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## LEARNING OUTCOMES | Kites and Wires



### Clothing & Equipment

- I can correctly fit and adjust a trapeze harness and understand why a good fit is required.
- I am aware of how to wear my PFD alongside my harness and have practiced unhooking from my trapeze wire.
- I know that wearing a vest over my PFD can help reduce snags, tangles and entrapment.
- I know what safety tools that should be available such as a knife or wire-cutter.



### Safety

- I can demonstrate 'shipshape' behavior afloat and ensure all sheets and lines are tidy and stowed correctly.



### Capsize Recovery

- I can describe how to avoid becoming trapped during a capsize or inversion.
- I know what action to take if I become trapped in rigging.
- I can recover a boat that has capsized with the kite up.



### 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 moderate winds using my kite and/or trapeze as appropriate;
  - ∞ Reach across the wind
  - ∞ Sail upwind
  - ∞ Sail downwind
  - ∞ Tack the boat
  - ∞ Gybe the boat
  - ∞ Come alongside a boat, pier, pontoon in any wind direction.
  - ∞ Recover a weighted man-overboard.



### 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 identify wind shift and gusts.



### Kite

- As both helm and crew;
  - ∞ launch ∞ fly ∞ gybe
  - ∞ recover my kite in light wind conditions.
- I can identify the Hoist and Drop Zone for the type of kite I am using.
- I can identify and use the guy and sheet to position, set and fill my spinnaker.
- I can demonstrate the appropriate course to steer when using my kite to power and de power my rig.
- I can identify when and why my kite is about to collapse.
- I can gybe confidently with minimum loss of power in my sail.
- I can demonstrate problem-solving and take appropriate action to rectify if an issue arises.



### Rigging

- I can identify the running rigging, control lines, spars and sails that are used to setup different types of kite (asymmetric, symmetric, gennaker, pole).
- I can confidently rig the spinnaker on the boats used.
- I can identify, rig and check the trapeze wire and fittings.



### Trapeze

- I can adjust my trapeze height from within the boat.
- As Crew:
  - ∞ I can demonstrate the steps to getting out on the wire.
  - ∞ I can communicate effectively with the helm.
  - ∞ I can trim the boat effectively while trapezing.
  - ∞ I can demonstrate control of the jib/ kite while trapezing.
- As Helm:
  - ∞ I can steer effectively to enable my crew trapeze safely.
  - ∞ I can communicate with my crew with respect to boat trim and manoeuvres.



### What Next...

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



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

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