

Improving Skills

To develop as an independent sailor, confidently handling the boat in moderate conditions, making informed decisions, and optimising the boat for expected conditions.

Previous Experience

Sailors will be expected to have completed, or have experience equivalent to, the Basic Skills certificate.



Logbook: At least **10-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

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.

Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge.

Sailing manoeuvres should be performed confidently and independently in moderate conditions, effective use of The 5 Essentials throughout and appropriate boat setup for changing conditions.



When you're on the water, you're not escaping life—you're learning how to live it more fully.



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LEARNING OUTCOMES | Improving Skills



Boat Speed

- Sailors should be constantly aware of and apply the "5 Essentials".
- I can set the boat up, and sail efficiently:
 - ∞ upwind
 - ∞ downwind
 - ∞ on a reach
- I have a good understanding how tell-tails work.
- I can demonstrate how to obtain maximum leverage when hiking or trapezing.
- Catamaran sailors will be confidently using a trapeze if carried.
- I can demonstrate use of optimum sheeting on all Points of Sailing.



Tuning

- I can identify and demonstrate the use of the following in order to optimise my boat for a particular set of conditions:
 - ∞ Sail telltales (jib & main)
 - ∞ Jib sheeting angles
 - ∞ Halyard tension
 - ∞ Outhaul, downhaul, cunningham
 - ∞ Kicker or vang
 - ∞ Main sheet traveller / hawse
- I can use boat and rig controls to optimise the performance of my boat in a variety of conditions including light, medium and strong wind conditions and on all Points of Sailing.



Capsize Recovery

- Right an inverted boat.
- Describe what to do if someone is caught under an inverted boat.



Rigging

- I can rig my own boat, correctly and set for the weather conditions, without assistance from my Instructor.
- I can de-rig my boat, fold/roll my sails, secure and coil lines, fit covers and inspect hull/ equipment for damage.



Launch & Recovery

- I can safely launch from a beach or slipway in any wind direction.
- I can safely land on a beach or slipway in any wind direction



Sailing Knowledge

- I can explain how sails and foils work, how they interact and how they drive a sailing boat.
- I know how sails & foils generate lift & what stalling is.
- I am familiar with common sailing IRPCS.



Ropework

- All ropework skills from previous levels plus...
 - ∞ Keelboat sailors will be able to remove a pinched sheet from a winch.



Boat Handling & Manoeuvres

- I can Tack & Gybe effectively in all wind conditions
- I can demonstrate 'The 5 Essentials' at all times.
- As both helm and crew;
 - ∞ Sail upwind, downwind, across the wind.
 - ∞ Tack & Gybe the boat
 - ∞ Pick-up, and leave a mooring
 - ∞ Come alongside a boat, pier, pontoon that is head to wind
 - ∞ Come alongside a pier or pontoon that is not head to wind
 - ∞ Recover a weighted man-overboard
 - ∞ Heave-to and Sail under jib only
- Catamaran sailors will be confidently able to use a trapeze if carried.
 - ∞ I can perform a basic roll tack in light winds.
 - ∞ I understand the principles of sailing without a rudder and can sail a beam reach without a rudder.
 - ∞ I can sail backwards for short distances.
 - ∞ I can stop my boat, anchor, recover anchor and sail away.



Coastal Knowledge

- I can describe what causes tides and how they might positively/ negatively impact my activity.
- I know what neap and spring tides are.
- I can describe how to estimate the rate and direction of the flow of tide and describe the effect that this might have on a sailor.



Weather

- I have a good understanding of the Beaufort Scale and can accurately demonstrate it use.
- I know what a small craft warning is and who issues it.
- I can identify common weather conditions and describe how they may affect my activities.
- I can identify different sources of weather forecast.
- I understand the difference between weather forecast and weather conditions.
- I have a working understanding of synoptic charts to make an assessment of the weather.
- I can explain the significance of commonly used terms in marine forecasts.



What Next...

I can describe how to continue sailing, record progress in my logbook and reach my next level: Advanced SBSS Modules.



Checkclick

Use Checkclick to track your progression.



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

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