

Start Sailing

By the end of this level, sailors will be sailing in light wind conditions with assistance from their instructor.

Previous Experience

No previous experience or knowledge is required.

Types of Boat

This course may be completed in any type of sailing dinghy, small keelboat or catamaran.

Time Commitment

A minimum of 14-hours (2-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.

Evaluation

Assessment is practical and continuous throughout this level. Sailors should be able to make reasonable progress around a triangle course, with encouragement from their Instructor.

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The Start Sailing module was where it really happened for me. The skills I learned gave me so much confidence on the water!



LEARNING OUTCOMES | Start Sailing



Clothing & Equipment

- I know what clothing to wear/not to wear on the water.
- I can describe how a wetsuit works.
- I can identify the following:
 - ∞ The difference between a buoyancy-aid and a lifejacket.
 - ∞ Which PFD is most appropriate for my sailing activity.
 - ∞ When and why I should wear my PFD.
 - ∞ What appropriate footwear is.
- I can fit and adjust my own PFD.



Safety

- Before I go afloat, I know why and how I should leave details with a responsible person ashore.
- I know how to summon assistance if I am in trouble on the water.
- I can recognise common distress signals and know how to raise the alarm if someone is in trouble.
- I know when sailors are required to wear a PFD by law.
- Keelboat sailors will be able to describe how to safely store and use gas and petrol, if carried.



Capsize Recovery

- I know why it is important to stay with a capsized or inverted boat.
- I can get back into my boat from the water.



Boat Handling & Manoeuvres

- I can paddle/row a boat in a straight line.
- As both helm and as crew, with assistance from my Instructor, I can:
 - ∞ Reach across the wind ∞ Sail upwind
 - ∞ Sail downwind ∞ Tack the boat ∞ Gybe the boat
 - ∞ Stop the boat ∞ Get the boat out of irons



Sailing Knowledge

- I can describe the different Points of Sailing.
- I know what action to take when boats on different tacks meet (port vs. starboard)
- Identify and use common sailing terms (sheet in/out, luff up, bear away).



Coastal Knowledge

- I know how tides and currents can affect a sailor.
- I can describe how often high and low tides occur and the implications these might have on my sailing activity.



Rigging

- I know I need to position my boat head-to-wind for safe rigging.
- I can identify the main parts of my boat, rigging & sails. (bow, stern, port, starboard, hull, mast, boom, kicker, sheets, rudder, tiller)
- I can assist with rigging my boat.



Ropework

- I can tie the following knots and know when to use each.
 - ∞ Figure-of-8 knot.
 - ∞ Round-turn-and-two-half-hitches.
- I can secure a rope using common types of cleats.
- I can coil a rope
- Keelboat sailors will be able to use a sheet winch.



Launch & Recovery

- Dinghy and catamaran sailors will be able to;
 - ∞ Secure a boat on a launching trolley and safely move it around while ashore.
 - ∞ With assistance from my Instructor, launch my boat and sail away from the shore and sail back to shore, recover my boat and secure it to its trolley.
- Keelboat sailors will be able to secure their boat alongside (a pontoon, pier, quay wall, harbour) and to a mooring.



Weather

- I can identify which direction the wind is coming from.
- I know the implications of the following to a sailor:
 - ∞ Onshore and offshore winds
 - ∞ Strong winds ∞ No wind



What Next...

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



Checkclick

Use Checkclick to track your progression.



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

IRISH SAILING

