



Yachtmaster Coastal Sea-Based

Cruising Scheme

Get wet, Get on the water!

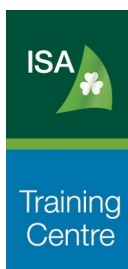
Objective	The aim of the ISA Yachtmaster Coastal (Sail) course is to provide participants with the basic skills and knowledge necessary to skipper a sailing yacht by night and day in waters with which they are not familiar
Previous knowledge / experience	For the Yachtmaster Coastal Sea-based Course attendance Cert. (Sail) it will be assumed that you will have mastered the skills and knowledge covered in The ISA
Types of Boats	The course must be completed aboard a sailing yacht.
Duration	5 days during which you will be living on board the training boat.
Assessment	<p>Assessment is continuous through the course. However Instructors may at their discretion require the use of a formal practical assessment of boat handling skills and or a short written paper or oral interview in assessing your level of background knowledge.</p> <p>The ISA Yachtmaster Coastal (Sail) Sea-based Course Attendance Certificate may only be awarded following successful course completion. Certificates cannot therefore be issued solely on the basis of assessments completed without course at-</p>
	<i>By the end of this course you will be able to do the following:</i>
Passage planning	<ul style="list-style-type: none">⇒ Consideration of capability of yacht and crew⇒ Navigation and strategy⇒ Provisioning⇒ Sea area and shipping forecasts⇒ Ports of refuge⇒ Tidal heights and streams⇒ Discussion of 5 day overall plan and crew briefing⇒ Chart and publications check

Where can you go to do this course?

This course can only be run by an ISA Training Centre. All ISA Training Centres have all gone through a rigorous accreditation process to ensure that they provide high quality training in a safe environment. With Training Centres based in every corner of Ireland there are plenty to choose from for training close to home or while on holiday.

To find a full list of ISA Training Centres & Courses in your area go to www.sailing.ie/training

To purchase a Small Boat Sailing Scheme Logbook please logon to the ISA shop www.sailing.ie/shop





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Preparation for sea	Check all safety equipment Safety briefing Watch keeping schedules Secure stowage Allocation of responsibilities
Pilotage	Preparation of effective pilotage plan Use of transits, buoys, lights, clearing and danger bearings and soundings Use of GPS, radar Preparation of tidal height and stream information Port or harbour regulations
Passage making and responsibility as skipper	Organisation and running of navigation and domestic duties of a cruising yacht on passage Crew welfare and management Radio communications Effective use of yacht's radio navigation aids and instrumentation Awareness of changes in weather conditions
Yacht handling under power	Turning in confined spaces All berthing and unberthing situations with any combination of wind and tide

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Training
Centre

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Yacht handling under sail	<p>Sail efficiently on all points of sailing</p> <p>Effective sail control and trim</p> <p>Anchoring and mooring with any combination of wind and tide</p> <p>Control under sail in confined waters</p>
Adverse weather conditions	<p>Preparation for heavy weather</p> <p>Yacht handling in strong winds</p> <p>Conduct in restricted visibility</p>
Rules of the road	<p>Full working knowledge of International Regulations for Preventing Collisions at Sea</p>
Emergency situations	<p>Can take correct action as helmsman for recovery of man overboard</p> <p>Full understanding of correct use of flares, liferaft, radio, EPIRB</p> <p>Understanding of action required when abandoning to liferaft and during helicopter and lifeboat rescue</p>

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