

Basic Skills

By the end of this level, sailors will be sailing on their own in light wind conditions without assistance from their instructor.

Previous Experience

Sailors are expected to be able to confidently demonstrate the skills within Start Sailing in order to progress to the next level.

Type of Boat

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

Familiarity and experience with doubled-handed dinghies is encouraged for this level.

When this course is completed in a single-handed dinghy, the sections relating to crew-work are marked with an asterisk*, these may be omitted.

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.

Evaluation

Assessment is practical and continuous throughout this level. Sailors should be able to demonstrate exercises effectively and sail an upwind triangle course without assistance from their Instructor.



SMALL BOAT SAILING SCHEME | Basic Skills

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LEARNING OUTCOMES | Basic Skills



Clothing & Equipment

- I know what to wear before going sailing, including appropriate footwear and considerations for the weather.
- I can equip my sailing boat for use.
- I can check my hull, buoyancy, standing rigging, running rigging, foils, spars and sails are in good condition.



Safety

- Before I go afloat, I know why and how I should leave details with a responsible person ashore.
- I am familiar with common flares and understand how/when to use and care for them.
- I know what hypothermia is, how to prevent and how to care for someone.
- I can explain why it is important for a sailor to have some first-aid training.



Capsize Recovery

- I can right a capsized boat without assistance from my Instructor.
- I can describe what to do if you are caught under an inverted boat.



Rigging

- I can identify all parts of the boat, rigging & sails including primary and secondary controls.
- I can rig and de-rig my boat without assistance.
- I can reef my sail while ashore. Keelboat sailors will be able to reef their boat while on a mooring.
- Keelboat sailors will be able to change a headsail.



Ropework

- I can tie the following knots and describe when to use them:
- All ropework skills from previous levels plus...
 - ∞ Bowline, Clove-hitch, Reef Knot, Sheet Bend
- I can coil and heave a line



Coastal Knowledge

- I can identify when high and low tide occur using local tide tables.
- I know what an ebb and flood tide is.



Boat Handling & Manoeuvres

- I can paddle/row a boat around a triangular course and come alongside.
- In light winds, As both helm and crew, I can;
 - ∞ Sail upwind, downwind, across the wind
 - ∞ Tack & Gybe the boat
 - ∞ Pick-up a mooring & come alongside
 - ∞ Recover a man-overboard
 - ∞ Heave-to & sail under jib only
- Catamaran sailors will be able to use a trapeze if carried.



Sailing Knowledge

- I can describe the "5-Essentials" and apply them to all Points of Sailing.
- I understand the principals of how a sail and daggerboard/centreboard works.
- I am familiar with common 'Rules of the Road' and can tell if risk of collision exist between two boats.
 - ∞ I can identify who has right of way between sailing & power boats.
- I am familiar with common sailing terms.



Launch & Recovery

- I can launch my boat and sail away from shore.
- I can sail back to shore and recover my boat.
 - ∞ Leave and return to a beach or slipway in the prevailing wind direction
 - ∞ Describe how to land on a beach or slipway when the wind is offshore, cross shore and onshore.
- Keelboat sailors will be able to identify different methods of launching a keelboat and describe how to launch a keelboat from a trailer using a slipway.



Weather

- I know how wind speed, wind direction, visibility, temperature are measured and how these may affect a sailor.
- I can obtain a weather forecast for my local sailing area and describe how this impacts my planned activities.
- I have a basic understanding of the Beaufort Scale.



What Next...

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



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IRISH SAILING

