



Kites & Wires

Small Boat Sailing Scheme

Get wet, Get on the water!

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| Objective | To introduce you to the thrills and spills of sailing with spinnakers and trapezes. |
| Duration | 4 - 10 days. |
| Previous knowledge / experience | You will be expected to have completed or have experience equivalent to the <i>Improving Skills</i> course. Sailors should also have logged a minimum of 20hrs experience as helm |
| Types of Boats | For this course you will be using sailing dinghies or catamarans equipped with spinnakers and trapezes. Keelboat sailors only use spinnakers. Except for Keelboat courses, boats used for spinnaker or trapeze may be different types. |
| Assessment | Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of boat handling skills and a short written paper or oral interview in assessing your level of background knowledge. <i>By the end of this course you will be able to do the following;</i> |
| Rigging | Identify the parts of an asymmetric and conventional spinnaker. Rig the spinnakers on the boats used. Rig and check a trapeze wire. Fit and adjust a trapeze harness. |
| Spinnaker | As both helm and crew, launch, fly, gybe and recover an asymmetric and or conventional spinnaker in light wind conditions. Use guy and sheet to position and fill spinnaker. Demonstrate the appropriate course to steer when using spinnakers. |
| Trapeze | Adjust trapeze height to optimum from within the boat. Use a trapeze when crewing |
| Safety | Describe how to avoid becoming trapped during a capsize or inversion; and what action to take should it occur. Recover a boat that has capsized with the spinnaker up. Recover a man overboard in moderate to strong winds. |

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



Training
Centre