



Adult **Level 1** Course Program – Minimum of 16 hours over 3 days Double Handers (accompanied by Instructors on board)

To be used in conjunction with National Sailing Syllabus/Log book

Points of Sail	All—basic level	Manoeuvrers	Tacking, Gybing, Lying to, getting out of irons
7 Common Senses and 5 Essentials	All—basic understanding	Meteorology + Tide	Local Conditions, On and Off Shore Wind, Beaufort Scale
Rope Work:	Figure of 8, Round Turn & 2 half Hitches, securing to a cleat	Rules of the "Road"	Avoid Collision, Power/ Sail, Port / Starboard, Overtaking, Windward

Green - Theory/land drills

Blue - Water based

Day 1 Boats rigged and launched in advance	Day 2 Boats rigged with Students	Day 3 Boats rigged by students
SI Welcome and Brief	Rigging - Figure of 8	Rigging - Parts of the sail and sail controls
Personal equipment, wind awareness, boat orientation, basic rigging	moving trolleys - other boats/ overhead cables - launching	How to call for help - Importance of good communication
Familiarisation session + intro Lying to	revisit land drill going about	Consolidation session
Basic controls Beam Reach (Sails, Tilar/Rudder, Board)	revisit Sailing to Windward	
Break	Break	Break
Land Drill Going About	5 essentials	Rules of the Road
Going about Beam Reach to Beam Reach	Sailing Downwind - finish with a demo of a gybe	Solo Sail - Shallow Triangle
Lunch	Lunch	Lunch
7 Common Senses - inside cover of Student book	local sailing conditions - conditions appropriate to ability and conditions	Speed control
recap - Land Drill Going About	Beaufort scale, onshore off shore wind	Follow the Leader - follow the Power-boat
recap - Going about Beam Reach to Beam Reach	Land Drill Gybe	
Sailing to Windward	Gybing	Derigging and Stowage
Capsize Drill Demo - Importance of Staying with the boat	Sailing a Triangle	Change
Capsize Drill	Derigging and Stowage	Presentation: to include membership discount, club activities (Transition training, racing, L2+, crewing), Other courses, Purchasing your own boat.
Derigging and Stowage	Ropework	
Change, debrief	Change, debrief	Use of club boats.