



## Adult **Level 2** 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

<b>Points of Sail</b>	All - focus on better upwind and controlling gibe	<b>Manoeuvrers</b>	MOB, Coming along side, Picking up a mooring, leaving and returning to Jetty and beach,
<b>7 Common Senses and 5 Essentials</b>	Start to use the 5 essentials on all points of sailing	<b>Meteorology + Tide</b>	Local Conditions, On and Off Shore Wind, Beaufort Scale, When to reef, Synoptic Chart. Forecast tidal waters, Tide tables, springs and neaps, Wind and Tide. Importance of telling people your plan, Sources of Local info
<b>Rope Work:</b>	Bowline, Clove Hitch, Reef knot	<b>Rules of the "Road"</b>	Avoid Collision, Power/ Sail, Port / Starboard, Overtaking, Windward

**Green - Theory/land drills**

**Blue - Water based**

<b>Day 1 Boats rigged with students</b>	<b>Day 2 Boats rigged by Students</b>	<b>Day 3 Consider use of Single Handers</b>
SI Welcome and Brief	Rigging - ropework - Reefing	Rigging, self reliance and methods of attracting attention.
Personal equipment, Personal and Boat buoyancy, boat orientation, rigging.	How to use the 5 Essentials for speed and control	Rules of the road
Launch recap session with Instructor - sailing on Beam, Close and broad reach and going about + hove to.	Follow the leader 5 Essentials - speed and control (one boat at a time)	Sailing in close company following the rules of the road
Break	Break	Break
Better sailing and tacking to windward (keeping on the edge of no go zone and not loosing ground when tacking)	MOB theory	Tidal theory
Better sailing and tacking to windward	MOB practical	Consolidation sessions - all points of sailing
Lunch	Lunch	Lunch
Controlling a gibe	Coming along side moored boat	Basic racing - Start and finish line, simple course, 5-4-1-go and flags.
Gibing afloat	Picking up a mooring	Lets Race (optional) or consolidation
Solo Sailing - importance of communication	Leaving and returning to jetty	
Points of sailing - how a sail works		Derigging and Stowage
Break	Break	Break
Capsize Drill Demo - Level 2 to know 2 methods	Dangers of a lea shore Leaving and returning to "beach"	Change, Quiz
Capsize Drill	Leaving and returning to "beach"	Presentation: to include membership discount, club activities (Transition training, racing, L2+, crewing), Other courses, Purchasing your own boat.
Derigging and Stowage	Derigging and Stowage	
Change, derig, bebrief	Change, bebrief and Home	Use of club boats.