



Double and Single Handers. To be used in conjunction with National Sailing Syllabus/Log book

Points of Sail	All - Tacking and Gibing maintaining speed and balance	Manoeuvres	MOB, Picking up a mooring, leaving and returning to Jetty and beach, both windward and leeward. Rigging as required (ashore and afloat)
7 Common Senses and 5 Essentials	Effective use of 5 essentials on all points of sailing	Meteorology + Tide	Basic meteorology terms including Beaufort Scale. Reading Synoptic Chart. Awareness of changing conditions. Obtaining weather forecast.
Rope Work: (Recap)	Figure of 8, Bowline, Clove Hitch, Reef knot, rolling hitch, sheet bend, round turn and 2 half hitches	Rules of the "Road"	TRPCS: Other sailing, Power, following crossing narrow channels, Actions of "stand on boat", avoiding collision

Additional Modules Skills: Non compulsory.	Performance Sailing: Basic into to Trapezing with instructor on the helm. Better hiking. Techniques.	Spinnaker Sailing: Basic intro to handling spinnakers as helm and crew, Rig, Hoist, Drop.
Day Sailing: Basic charts including: Cardinal buoys and lateral buoyage system, Bearings and distance. Understand tide and wind on direction of sailing. Use tide table.	Racing (Single Handers): Simplified race rules, Start and finish a simple race. Chose the best route around the course dependant on conditions (using 5 Es)	Seamanship: Anchoring in various conditions. Intro to sailing in adverse conditions - centerboardless / sailing without a rudder.

Green - Theory/land drills	Blue - Water based
----------------------------	--------------------

Day 1	Day 2	Day 3
SI Welcome and Brief	Rigging. Check Homework	Rigging - explanation of Spinnaker rigging where required.
Boat orientation, rigging + reefing	Tail tails and basic sail controls for shape and power	Windward and leeward shore landing
Launch and Familiarisation practicing 5 Essentials	Tail tails and basic sail controls for shape and power	Windward and leeward shore landing
Break	Break	Break
Tacking maintaining speed and balance	MOB theory	TRPCS: as above
Tacking maintaining speed and balance	MOB practical	Introduction of Additional Modules
Lunch	Lunch	Lunch
Gybing maintaining speed and balance	Picking up a mooring - windward and leeward	Additional Module
Gybing maintaining speed and balance	Picking up a mooring - windward and leeward	Additional Module
Tail tails and basic sail controls for shape and power	Leaving and returning to jetty - - windward and leeward	
Tail tails and basic sail controls for shape and power	Leaving and returning to jetty - - windward and leeward	
Break	Break	Break
Capsize Drill - Dry capsized - Avoiding inversion.	Weather	Consolidation
Capsize Drill - Dry capsized - Avoiding inversion.	Consolidation sail - Consider use of single handers	Derigging and Stowage, Change and debrief
Derigging and Stowage. Home works: Obtain weather	Derigging and Stowage, Change and debrief	Presentation