



Adventure Skills

Small Boat Sailing Scheme

Get wet, Get on the water!

Objective	To introduce you to the skills and knowledge you will need in order to undertake longer trips and to sail in stronger winds.
Duration	4 - 10 days
Previous knowledge / experience	You will be expected to have completed, or have experience equivalent to the Improving Skills Course and have been sailing regularly.
Types of Boats	This course may be completed in sailing dinghies, small keel boats or catamarans suitable for use on day trips. This course cannot be completed in single handed sailing boats. Your certificate will show what type of boat(s) you used.
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 & preparation	Identify all of the parts of the boat. Rig any of the boats used on the course.
Ropework	Tie the following knots and describe when to use them: ⇒ Sheet bend ⇒ Fisherman's bend ⇒ Rolling Hitch
Alternative propulsion	<ul style="list-style-type: none">• Paddle and row a boat over an extended course and come alongside
Sailing Techniques & Manoeuvres	<ul style="list-style-type: none">• In moderate winds, sail on all points of sail while demonstrating consistent and appropriate use of "the 5 essentials".• Heave to.• Pick up a man overboard.• Tow a sailing boat with another sailing boat

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



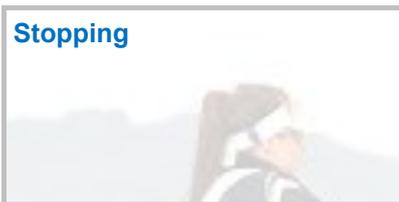
Training
Centre



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Stopping 	<ul style="list-style-type: none">• Come alongside a Pier or Harbour wall• Choose an anchorage and anchor your boat, recover the anchor and sail away• Land on, and use an anchor to haul off a lee shore.
Adverse circumstances	<ul style="list-style-type: none">• Reef while afloat on a mooring or while anchored.• Sail without a rudder and a centre / dagger board.• Identify what spares and tools to carry on board.• Set your boat up to be towed or to tow another boat• Summon assistance using most appropriate means
Weather	<ul style="list-style-type: none">• Identify the significance to sailors of common weather patterns on a synoptic chart• Identify local effects on the prevailing weather conditions• Interpret the current forecast and make sound decisions on planned activities in view of expected weather and sea conditions.
Navigation	<ul style="list-style-type: none">• Orientate a chart or map using topographical features, navigation marks and / or a compass.• Estimate your position on the chart.• Identify features, including hazards, from a chart.• Identify distances from the chart.• Use a compass to steer a course.• Use transits to hold a course.• Identify the principal day marks used in IALA A buoyage system and describe their significance.• Demonstrate the use of the following in navigating the boat by day:<ul style="list-style-type: none">⇒ GPS⇒ Steering Compass⇒ Hand bearing Compass

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Passage Planning	Assist in developing a passage plan for a day trip you then undertake.
Passage Making	Participate in a passage by day in waters with which you are familiar. Participate in a passage by day in waters with which you are not familiar
Coastal Knowledge	Describe the effect tides can have on your sailing activities. Identify relevant tidal information on charts and in almanacs.
Application of "Rules of the Road"	Demonstrate the ability to apply the International Rules for the Prevention of Collision at Sea in all circumstances. Use and understand manoeuvring (sound) signals.
Safety	Demonstrate how to communicate with other vessels. Describe when and how to summon assistance. Identify what actions to be taken in fog / reduced visibility Prepare your crew and your self for a day trip Demonstrate how to shelter on board your sailing boat while waiting for assistance.
Maintenance & care	Demonstrate that you can care for your boat's hull, rigging, foils and sails, during and at the end of the season. Conduct running repairs on your sailing boat. Identify what tools and spares you should have and demonstrate that you can care for and use them.
What next...	Describe how to continue sailing and develop your sailing skills and knowledge.
Logbook requirements	As part of this training course all participants must log 1 day sail of at least 4 hours duration in the boat in which the course is being completed. An overnight stay or camp is also an option for organisations who wish to do this

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