



# Taste of Sailing

## Small Boat Sailing Scheme

Get wet, Get on the water!

Objective	The aim of this brief introductory course is to give you a positive introduction to
Previous knowledge / experience	No prior experience or knowledge is required. Where time allows, this course may be linked straight into <i>Start Sailing</i> which is the next course you should com-
Types of Boat	This course may be completed in any type of sailing dinghy, small keel boat or
Duration	½ - 2 days.
Assessment	Assessment is continuous throughout the course.
	<i>By the end of this course you will be able to do the following:</i>
Clothing & equipment	Describe why you should wear a Personal Flotation Device.
Sailing techniques & manoeuvres	Identify which direction the wind is blowing from. As both helm and as crew, <ul style="list-style-type: none"><li>Reach across the wind</li><li>Stop the boat</li><li>Turn the boat through the wind (Tack)</li><li>Help balance the boat</li><li>Raise and lower the dagger or centreboard and rudder</li></ul>
Capsize recovery	Explain why it is important to stay with a capsized or inverted boat.
What next...	Describe how to continue sailing and develop your sailing skills and knowledge.

### 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](http://www.sailing.ie/training)

To purchase a Small Boat Sailing Scheme Logbook please go to the ISA shop [www.sailing.ie/shop](http://www.sailing.ie/shop)

