



Introduction to Sailing for Adults Course Outline and Syllabus

Term	Description
Objective	By the end of this course participants should be able to sail in light wind conditions.
Duration	4 days. 10AM-5PM. Held over 2 weekends (usually the first 2 weekends in June). Participants and instructors should keep 3 rd weekend free in case of adverse weather on scheduled dates.
Maximum number of participants	10
Participant pre-requisites	No prior sailing experience or knowledge is required. Personal equipment needed: Personal flotation device (PFD) and wetsuit. Wearing a wetsuit while sailing is required for each sailor's safety as well as comfort. Wetsuit booties or runners All course participants must be able to swim and be comfortable in the water. They will be wearing personal flotation devices on the water at all times, but they must be able to swim 25m in sailing clothes, tread water for 2 minutes and hold their head underwater for 10 seconds. The course is primarily aimed at adults (18 or older on the course start date). Participation by 16 or 17 year olds is permitted only where each minor is accompanied on the course by a parent/guardian (maximum ratio 1 minor per parent/guardian). Younger or unaccompanied children should consider participation in the junior sailing courses offered by the club instead.
Boats used	Sailors: - Club GP14s - Club Topaz's - Smuggler (if available) Instructors - 2 club ribs (Joker + 1 other). 3 rd rib available as backup.
Instructors	2 instructors. Must hold valid <ul style="list-style-type: none"> • Dinghy Instructor certificate • National Powerboat certificate • First aid certificate Ideally one of the instructors to hold a senior instructor qualification
Assistant Instructors	2 assistant instructors. Must hold <ul style="list-style-type: none"> • Advanced boat handling certificate or have suitable sailing experience.
Applicable procedures	MSC Safety Statement MSC Emergency Action Plan
Notes	On the 2 nd Sunday (and possible also the 1 st) of the course, members will be requested to bring out course participants in their boats and offer helming and crewing experience with an experienced sailor, under the guidance of the course instructors.



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Other	A BBQ is usually arranged after sailing on the 2 nd Sunday of the course to facilitate further introductions between club members and course participants.
Follow-up	Participants will be invited to gain additional skills and experience by crewing for club members or by leasing club GP14s for the remainder of the year.

	By the end of this course, you will be able to do the following
Clothing and Equipment	Describe what sort of clothing you might wear when afloat. Put on and adjust your own personal flotation device (PFD).
Rigging	Position your boat head to wind. Identify the main parts of the boat, rigging & sails. Rig your boat for use, and de-rig after use.
Ropework	Tie the following knots and describe when to use them: <ul style="list-style-type: none"> • A figure of eight knot • A bowline
Launch & recovery	Secure a boat on a trolley and safely move it around while on shore. Launch your boat and sail away from shore Sail back to shore and recover your boat
Sailing techniques & manoeuvres	As both helm and as crew, <ul style="list-style-type: none"> • Help balance the boat • Raise and lower the dagger or centreboard and rudder • Reach across the wind • Sail up wind • Sail down wind • Tack the boat • Gybe the boat • Get the boat out of irons • Stop the boat
Capsize recovery	Identify why it is important to stay with a capsized or inverted boat. Right a capsized boat. Describe what to do if you are caught under an inverted boat
Sailing knowledge	Describe the different points of sailing. Describe what should happen when boats meet: <ul style="list-style-type: none"> • on the same tack. • on different tacks. Identify and use common sailing terms.
Weather	Describe the implications of the following to a sailor: <ul style="list-style-type: none"> • Onshore and offshore winds • High winds • No wind
Safety	Describe why and how you would leave details on what you are doing with a responsible



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	<p>person ashore.</p>
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Describe how to summon assistance if you need it when on the water.

Summon assistance for someone else who needs it.