

National Sailing Scheme

Day Sailing

	Day 1	Day 2
0900	Intro paperwork, health & safety, kit and equipment	Theory, gps charts DR plotting position, plan 'b', anchoring
	Theory, planning, charts, compass, transits and bearings.	Afloat for a 'day sail'
	Afloat, using transits, bearings, compass, landmarks	Practical application of theory on course Inc. lee shore anchoring
1300	lunch	lunch
1400	Meteorology, first aid, tides, pilotage	Return to base, demonstrating theory required in syllabus
	Afloat, pilotage, reefing, col regs	Practical application of sailing skills 5 e's,
1600	Debrief, finish	Debrief, paperwork, finish

After completing this course sailors will be able to undertake all elements of a day sailing exercise from planning to demonstrating practical competence in a safe manner. Questions will be asked about Theoretical sections of the course and where appropriate sailors will be asked to demonstrate with practical skills afloat

Last updated: 01/22 Chris Symes