

National Sailing Scheme

Level 2 Basic Skills

| | Day 1 | Day2 |
|------|--|---|
| 0900 | Intro, orientation, paperwork, health & safety, clothing, buoyancy and kit | Rules of the road, meteorology, sources, Beaufort scale, synoptic charts. |
| | Theory, aerodynamics (laminar flow etc.) points of sail, NGZ, tacking, rig, launching and return | Triangle course, lying to, coming alongside, lee shore landings, Pick up a mooring, |
| | Land drill tacking, rig launch, fig8 tacking practice, triangle course upwind (downwind?) | Tides ebb/flow, springs/neaps, wind against tide, local info |
| 1300 | lunch | lunch |
| 1400 | Rope work, bowline, clove hitch reef knot. 5 essentials, Gybe theory | Theory, MOB, anchoring, capsize |
| | Triangle course using 5 E's | Afloat, mob, anchoring, capsize recovery |
| 1600 | Debrief, finish | Debrief, paperwork, finish |

At the end of this course, sailors should be able to sail in light conditions on all points of sail without an instructor on board.