

National Sailing Scheme Level 3

Better Sailing

	1Day1	Day2
0900	Intro, orientation, health & safety, kit and clothing	Theory of selected advanced modules
	Recap 5 essentials, tides, weather. MOB Rig and launch discussion.	Various sessions from the advanced modules selected
	Afloat, triangle course, lying to, coming along side.	Theory on selected modules
1300	Lunch	Lunch
1400	Theory, IRPCS Meteorology, synoptic charts, capsize theory	Theory on selected modules
	Afloat, MOB capsize (dry)	Practical session afloat
1600	Discussion re: advanced modules, Debrief, finish	Debrief, paperwork, finish

On completion of this course the successful sailor will be able to sail in moderate conditions without an instructor on board. This course bridges the gap between basic skills and the advanced modules.