

## Youth Sailing Scheme Stage 4

	<b>Day one</b>	<b>Day two</b>
0900	Introduction, orientation, health & safety.	IRPCS, tides, spring/neaps/rule of twelfths. Tide tables, diamonds, charts /symbols
	Theory. Rig and sail controls, land drill double hander,	MOB theory, MOB practice
	Afloat, demonstrate triangle course (5e's, tell tales, effective communication) return to beach /jetty/pontoon in any wind direction.	IALA buoyage, cardinals, laterals, special marks, shapes lights.
1300	Lunch	Lunch
1400	Rope work, fig 8, round turn and two half hitches, reef knot, bowline, clove hitch, rolling hitch, sheet bend.	Advanced modules, (sail backwards, tight circles (5e's), lee to, heave to, anchor, capsize recovery, inversion theory
	Afloat. Stop start, lying to, advanced options (heave to, sail backwards)	Q&A session, tides, charts, IRPCS,IALA, meteorology
1600	Debrief, finish	Debrief, paperwork finish

**Completing stage 4 means you have the skill and knowledge to sail a double handed boat as crew or helm and solve a number of problems afloat. You are now ready for the advanced modules**