

National Keelboat sailing scheme

Sailing with spinnakers

	Day 1	Day 2
0900	Intro, paperwork, health & safety, kit, clothing	Rig set up, tension/rake. Sources of info, websites, class associations
	Theory, points of sail power zone hoist/drop zone, rig launch theory	Afloat, hoist, drop, gybe practice, asymmetric
	Afloat, hoist/drop practice. asymmetric	Symmetrical theory,
	Theory, apparent wind, hull forms	Symmetric practice, hoist/drop/gybe
1300	lunch	lunch
1400	Theory, gybe, best course	Capsize theory
	Afloat, hoist/ drop/ gybe variety of courses broad reach- run	Capsize recovery asymmetric/symmetric
1600	Debrief, finish	Debrief, finish

At the end of this course the student will be able to sail a variety of spinnaker boats in a confident and purposeful manner, displaying a sound knowledge in the theory and background of sailing with spinnakers