

National Sailing Scheme

Seamanship Skills

	Day 1	Day 2
0900	Intro, orientation, paperwork, health & safety, kit and clothing	Sailing theory, terms, IRPCS, towing, anchoring. Five essentials.
	Sailing theory, windward/leeward launch/recovery, heave to, reef afloat, sail backwards	Afloat, towing, anchoring five essentials triangular course/windward/leeward course
	Rig, launch, practical session as above.	Application of meteorology/ tides/tables
1300	lunch	lunch
1400	Sailing theory tides/ rule 12ths, lye to, MOB,	Chart work/symbols/tides application. Capsize recovery/inversion theory, sailing in adverse conditions. Road trailer preparation
	Launch (ww/lw) MOB recovery, triangle course without dagger board.	Rudderless sailing triangular course, capsize recovery from inversion
1600	Debrief, finish	Debrief, paperwork, finish

At the end of this course students will be able to demonstrate practical ability and have theoretical knowledge of coastal sailing to solve problems, be confident and self-sufficient afloat.

Last updated: 01/22, Chris Symes