



Rig Boat Unaided & Knots

<p>Teach student the sequence for rigging the boat, performing the normal safety checks relevant to their boat, and do the basic sail/rig adjustments for the conditions.</p>	<p>The details for this skill are boat specific. Key safety checks should include: rudder/tiller security, dagger board security, rig security, stopper knots on sheets and halliards, bailer.</p> <p>The student should be able to tie figure of eight, bowline, clove hitch, reef knot, and round turn and two half hitches.</p> <p>The student should be able to set the rig for light and windy conditions – adjusting mast rake, clew outhaul, kicker strap, downhaul and sprit (where relevant) to adjust the power.</p>	<p>Test that boats are rigged unaided. Setup a boat with various safety problems and get students to note problems. Check that they can tie each of the knots. Check that they know when and how to make rig adjustments before going afloat.</p>
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Points of Sailing

<p>Student should understand how to sail on all of the points of sailing – close hauled, close reach, beam reach, broad reach and run.</p>	<ul style="list-style-type: none"> - Teach students the various points of sailing - For each point of sailing explain <ul style="list-style-type: none"> o How to set the sail relative to the wind and how to use the mainsheet o How to set the foils o How to trim the boat with their body weight (fore/aft and across ship) 	<p>Students should be able to name the various points of sailing and demonstrate how they would set the sail, foils, and trim for that point of sailing. Test that they apply their understanding on the water.</p>
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Closehauled

<p>Teach students how to sail efficiently to windward – adjusting the boat direction to wind direction changes and not losing ground when tacking. In windier conditions they should understand how to feather the boat and ease the sail to keep the boat upright.</p>	<p>Set boat up on shore and demonstrate:</p> <ul style="list-style-type: none"> - where to sit (generally forward to keep full waterline length) and using body weight to keep boat upright - sail position (fully in; point-to-point) – wrap mainsheet around hand - dagger board position (fully down) - how to find the optimum angle by watching the front of the sail - tiller extension grip (dagger grip) <p>On the water make sure that they understand the mainsheet should normally be held fully in and the boat direction changed to suit the wind rather than the adjusting the sail.</p>	<p>Check that student can sail close hauled by following them in a safety boat and watching them steer to the wind.</p>
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Running

<p>Students should be able to sail directly downwind – safely without gybing inadvertently. They should know how to deal with gusts by trimming the boat.</p>	<p>Set boat up on shore and demonstrate:</p> <ul style="list-style-type: none"> - where to sit (forward in light, back in wind/gusts, slight windward heel) – back leg across the boat - sail position (fully out – pull rope out) - dagger board position (up in light, half down in windy) - what to do in a gust (slide back and steer up) - tiller extension grip (dagger grip or frying pan) - judging wind direction 	<p>Follow student on a run to confirm they are steering to the wind and trimming the boat correctly.</p>
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Efficient Tack

Teach the student how to do a fast tack
- using movements for a roll tack but without aggressive rolling.

- Judging where to tack using bulkhead.
- Slow turn in, increasing amounts of rudder
- Wait for boom to cross boat
- Cross boat –back leg going first and forward, face forwards at all times
- Don't release the tiller extension – steer behind back for a few seconds before swapping hands
- End up on close hauled course – don't turn through too big an angle

Set an upwind course – follow behind student's boat using the whistle to signal a tack. The student should be able to tack efficiently and end up on a close-hauled course.

Safe Gybe

Student should be able to gybe safely while keeping the boat on a run.

- Prepare for the gybe – judge where to gybe (no gusts, correct angle for mark) – make sure boat is on a run
- Lower dagger board so that boom can cross safely
- Pull in main sheet to reduce mainsail angle
- Steer smoothly into gybe
- Reach in and grab entire mainsheet and pull the boom over your head
- As boom crosses, centralize tiller and cross the boat - swap sides facing forwards - back foot going across first and pushing of with front foot
- Resume sailing directly downwind

Set a downwind course – follow behind student's boat using the whistle to signal a gybe. The student should remain on a downwind course.

Capsize Recovery

Be able to recover the boat independently from a capsize.

- Explain how to capsize by standing up, and falling over the side holding the mast .
- Never leave the boat.
- Swim to daggerboard and use bodyweight to right the boat.
- Push gunwhale down to get into boat.
- Empty boat with a (large) bailer – before continuing sailing.

Test with safety boat in close attendance

MOB recovery

Be able to sail to someone in the water and recover them into the boat.

A dummy MOB (buoy) is put in the water and waits to be rescued. The student sails cross wind away from them to a safe distance, TACKS and then sails back to the MOB. The boat should approach just to leeward and be almost stopped. The student should recover the MOB into the boat and return it to the safety boat.

Test with safety boat dropping MOB dummy.