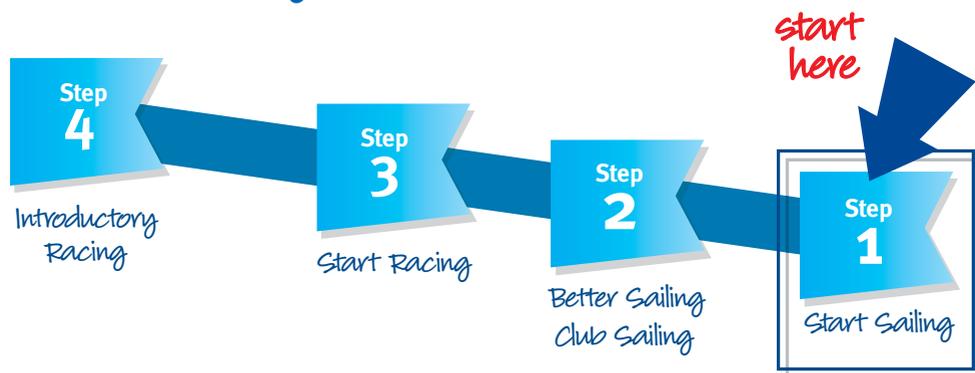


# Start Sailing 1



Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Knows appropriate clothing to suit conditions <input type="checkbox"/> Can identify and use appropriate safety equipment <input type="checkbox"/> Demonstrate an understanding of the need for protection from environmental elements
<b>Boats and Equipment</b>	<input type="checkbox"/> Able to rig boat with assistance <input type="checkbox"/> Identify the commonly used parts of the boat
<b>Ropework</b>	<input type="checkbox"/> Can tie a figure of eight knot
<b>Safety and Emergencies</b>	<input type="checkbox"/> Perform capsize recovery in shallow water <input type="checkbox"/> Participate in single boat towing
<b>Skills and Techniques</b>	<input type="checkbox"/> Able to launch and recover boat with assistance <input type="checkbox"/> Correctly tack and stop the boat <input type="checkbox"/> Successfully sail a windward/broad reach course <input type="checkbox"/> Paddle boat around a marked course
<b>Sailing theory</b>	<input type="checkbox"/> Port/starboard <input type="checkbox"/> Windward/leeward <input type="checkbox"/> Overtaking vessels
<b>Meteorology and tides</b>	<input type="checkbox"/> Identify wind direction <input type="checkbox"/> Able to source weather forecasts

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

# Start Sailing 2



Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Knows appropriate clothing to suit conditions <input type="checkbox"/> Can identify and use appropriate safety equipment <input type="checkbox"/> Able to perform basic pre-sailing warm up
<b>Boats and Equipment</b>	<input type="checkbox"/> Able to rig boat unassisted <input type="checkbox"/> Identify all parts of the boat <input type="checkbox"/> Can tie a bowline, clove hitch, round turn and two half hitches <input type="checkbox"/> Demonstrate correct boat, sailing gear and sail care
<b>Safety and Emergencies</b>	<input type="checkbox"/> Perform capsize recovery in deep water <input type="checkbox"/> Participate in multiple boat towing
<b>Skills and Techniques</b>	<input type="checkbox"/> Able to launch and recover boat unassisted <input type="checkbox"/> Demonstrate correct crewing, helming and sail setting methods while sailing on all points of sail <input type="checkbox"/> Correctly gybe <input type="checkbox"/> Successfully sail a triangle and windward/leeward course <input type="checkbox"/> Can perform man overboard recovery <input type="checkbox"/> Use tiller extension during all manoeuvres <input type="checkbox"/> Demonstrate correct centreboard positions on all points of sail <input type="checkbox"/> Can perform heave to
<b>Sailing theory</b>	<input type="checkbox"/> Identify and apply the basic sailing rules while sailing <input type="checkbox"/> Port/starboard, windward/leeward, overtaking vessels, avoid collisions, commercial vessels and power/sail <input type="checkbox"/> Explain the points of sail
<b>Weather and the Environment</b>	<input type="checkbox"/> Identify wind direction and strength <input type="checkbox"/> React by showing an understanding of gusts and lulls <input type="checkbox"/> Able to source weather forecasts <input type="checkbox"/> Show an awareness of local tidal conditions

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

# Better Sailing



Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Knows appropriate clothing to suit conditions <input type="checkbox"/> Can identify and use appropriate safety equipment <input type="checkbox"/> Able to perform basic pre-sailing warm up and stretches
<b>Boats and Equipment</b>	<input type="checkbox"/> Able to rig boat to suit the conditions <input type="checkbox"/> Identify all parts of the boat and sails <input type="checkbox"/> Demonstrate correct boat, sailing gear and sail care <input type="checkbox"/> Correctly rig spinnaker and trapeze (where applicable)
<b>Safety and Emergencies</b>	<input type="checkbox"/> Perform capsize recovery of inverted boat <input type="checkbox"/> Participate in multiple boat towing
<b>Skills and Techniques</b>	<input type="checkbox"/> Launch and recover boat safely in all wind directions <input type="checkbox"/> Correctly roll tack, roll gybe, sail the boat backwards <input type="checkbox"/> Set sails to advantage <input type="checkbox"/> Successfully sail both a trapezoidal and slalom course <input type="checkbox"/> Come alongside another vessel/pontoon <input type="checkbox"/> Use spinnaker efficiently (optional) <input type="checkbox"/> Use trapeze safely (optional) <input type="checkbox"/> Maintain a position at a mark
<b>Sailing theory</b>	<input type="checkbox"/> Identify controls used to adjust sail shape <input type="checkbox"/> Correctly adjust sail shape to suit conditions <input type="checkbox"/> Apply the basic sailing rules while sailing a course in a fleet <input type="checkbox"/> Identify common buoyage requirements relevant to local area
<b>Weather and the Environment</b>	<input type="checkbox"/> Identify wind shifts <input type="checkbox"/> React by showing an understanding of gusts and lulls <input type="checkbox"/> Able to source weather forecasts <input type="checkbox"/> Show an awareness of current tidal conditions & identify tidal flow while on the water

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_  
[www.discover sailing.com.au](http://www.discover sailing.com.au)

# Start Racing



Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Prepare and use a tuning and sailing log <input type="checkbox"/> List appropriate sailing specific fitness and warm up exercises
<b>Boats and Equipment</b>	<input type="checkbox"/> Able to rig boat for optimal performance in current conditions <input type="checkbox"/> Mark all sail controls to enable accurate setting <input type="checkbox"/> Set up mast to suit crew and conditions (optional)
<b>Safety and Emergencies</b>	<input type="checkbox"/> Can perform over the gunwale capsize recovery <input type="checkbox"/> Be able to jury rig running rigging and tiller
<b>Skills and Techniques</b>	<input type="checkbox"/> Demonstrate an understanding of starting procedures <input type="checkbox"/> Identify line bias and favoured end <input type="checkbox"/> Able to control boat speed at starts <input type="checkbox"/> Perform starts in accordance with start signals <input type="checkbox"/> Mark roundings are performed efficiently <input type="checkbox"/> Understand boat trim, balance & centreboard position on all legs of the racing course
<b>Racing theory</b>	<input type="checkbox"/> Demonstrate an awareness of basic aerodynamics theory <input type="checkbox"/> Adjust sail shape in response to changing conditions <input type="checkbox"/> Show an understanding of the importance of teamwork <input type="checkbox"/> Observe rules covering starting, mark rounding, overlaps, penalties, on same tack, on opposite tacks and obstructions while racing <input type="checkbox"/> Identify common race course configurations and scoring systems
<b>Weather and the Environment</b>	<input type="checkbox"/> Identify wind shift patterns, lifts and knocks <input type="checkbox"/> React to wind shifts to gain advantage <input type="checkbox"/> Be aware of sea breeze and land breeze patterns

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_



# Better Racing

Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Maintain a tuning and racing log <input type="checkbox"/> Understand appropriate training programs including fitness and on water training <input type="checkbox"/> Identify short/medium/long term goals <input type="checkbox"/> Demonstrate an understanding of injury management <input type="checkbox"/> Be able to develop a time management plan <input type="checkbox"/> Record a pre-regatta and regatta plan
<b>Boats and Equipment</b>	<input type="checkbox"/> Able to rig boat for maximum performance in current conditions <input type="checkbox"/> Be aware of rig and sail combinations best suited to individuals
<b>Safety and Emergencies</b>	<input type="checkbox"/> Can raft up with support boat between races
<b>Skills and Techniques</b>	<input type="checkbox"/> Identify line bias and favoured end and develop starting plan <input type="checkbox"/> Able to control boat speed to advantage at starts <input type="checkbox"/> Use wind shifts for tactical advantage <input type="checkbox"/> Boat trim, balance, centreboard position and sail adjustments utilised consistently on all legs of the racing course <input type="checkbox"/> Engage in two boat tuning
<b>Racing theory</b>	<input type="checkbox"/> Identify wind patterns to determine favoured side of course & develop a race plan <input type="checkbox"/> Demonstrate offensive positioning of the boat in relation to others <input type="checkbox"/> Use a compass to determine line bias, wind patterns and timings <input type="checkbox"/> Tactical considerations shown with boat positioning at starts, mark roundings and on all legs of the course <input type="checkbox"/> Able to use Racing Rules to gain tactical advantage
<b>Weather and the Environment</b>	<input type="checkbox"/> Venue geographic influences, wind patterns and tidal effects are identified

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

# What now?

Most Discover Sailing Centres are operated by an affiliated club, and if not they will have a working relationship with one.

To find out more about how to get involved in the clubs activities talk to your instructor. They may introduce you to the club's Discover Sailing host whose role it is to welcome you and facilitate your introduction to the club. You may want to:

- crew for someone else, either regularly or casually in which case your instructor or Discover Sailing host can connect you with people looking for crew.

## Other Programs

Yachting Australia also has a range of other training programs and courses for individuals to get involved in.

### Cruising Program

The Royal Yachting Association (RYA) of the UK, offer a range of internationally recognised courses, and in Australia the Cruising Program is managed by Yachting Australia. Within this program there are courses for all levels of sailors, from entry level sailing courses, (Start Yachting and Competent Crew), to courses at the highest levels helping sailors to achieve the Yachtmaster Qualification for commercial sailing. Shorebased and online courses are also available to assist all sailors develop their navigation, or diesel and radar knowledge.

For any sailors who are looking to live the sailing dream and sail overseas,



- use the club owned boats to practice your sailing skills.
- buy your own boat, in which case your instructor or host can guide you as to the most suitable types of boat.
- become involved in the club in other ways, including as a volunteer, instructor or official.
- join the club as a member. You may want to become a full member or many clubs have introductory and transitional programs.

there is the option to gain the International Certificate of Competence (ICC) which allows you to sail in the beautiful surroundings of places such as the Mediterranean.

### Safety and Sea Survival

For people wanting to sail offshore there is the Safety and Sea Survival Course, which will educate the participants on areas such as life rafts, lifejackets and flare deployment. This course is a prerequisite for certain categories of offshore racing.

For more information visit [www.yachting.org.au](http://www.yachting.org.au)

