



Advanced Boat Handling

Small Boat Sailing Scheme

Get wet, Get on the water!

Objective	To develop advanced boat handling and tuning skills and prepare you to sail flat out in strong winds.
Previous knowledge / experience	You must have completed the <i>Improving Skills</i> course and been sailing regularly. If you have not been regularly practising these skills you will need to do so prior to the course, minimum of 20hrs as helm, or extend the length of this course in order to allow time to do so.
Types of Boats	This course may be completed in any type of sailing dinghy, small keel boat or catamaran. However, you must have completed <i>Improving Skills</i> , or have proved equivalent experience, in a similar type of boat.
Duration	4 - 10 days
Assessment	Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of boat handling skills and a short written paper or oral interview in assessing your level of background knowledge.
<i>By the end of this course you will be able to do the following:</i>	
Rigging	Rig any sailing boat.
Tuning	Identify and demonstrate / describe the use of the following in order to optimise the boat / rig for a particular set of conditions: ⇒ Mast Rake ⇒ Rig tension ⇒ Spreader length & angle ⇒ Mast ram / chocks Use boat and rig controls to optimise the performance of the boat in a variety of conditions.
Boat Handling	<ul style="list-style-type: none">Demonstrate all of the skills covered in the "Sailing Manoeuvres" section of the <i>Basic Skills</i> course in strong winds.Set up and control the boat while on a plane.Perform an effective roll tack in all wind strengths.Perform an effective roll gybe in all conditions

Where can you go to do this course?

This course can only be run by an ISA Training Centre. All ISA Training Centres have all gone through a rigorous accreditation process to ensure that they provide high quality training in a safe environment. With Training Centres based in every corner of Ireland there are plenty to choose from for training close to home or while on holiday.

To find a full list of ISA Training Centres & Courses in your area go to www.sailing.ie/training



Training
Centre



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Boat Handling cont	<ul style="list-style-type: none">• Sail effectively without a rudder• Sail a tight circular course• Follow the leader
Boat Speed	<ul style="list-style-type: none">• Demonstrate techniques for maximising speed in waves• Demonstrate optimum course to steer and steering technique on all points of sail
Sailing Knowledge	<ul style="list-style-type: none">• Describe how to optimise effectiveness of hull, spars and sails within class rules.• Describe how sails interact and demonstrate techniques to maximise this effect.• Demonstrate a range of activities designed to develop and practise specific aspects of boat handling & boat speed.
What next...?	<ul style="list-style-type: none">• Describe how to continue sailing and develop your sailing skills and knowledge.

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To purchase a Small Boat Sailing Scheme Logbook please go to the ISA shop www.sailing.ie/shop

