



Start Racing

Small Boat Sailing Scheme

Get wet, Get on the water!

Objective	To introduce you to sail boat racing and develop your skills and knowledge to a level where you can comfortably race at club and inter club level in Ireland.
Previous knowledge / experience	You will be expected to have completed, or have experience equivalent to <i>Improving Skills</i> . A minimum of 20hrs experience as helm is recommended.
Types of Boats	This course may be completed in any type of sailing dinghy, small keel boat or catamaran raced at club level in Ireland. Your certificate will show what type of boat(s) you used.
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>
Regatta / Race Preparation	How to access race information / Sailing Instructions
Boat Preparation, Care & Maintenance	<ul style="list-style-type: none">• Prepare a boat for a race.• Identify what tools and spares you should have and demonstrate that you can care for and use them.
Personal Preparation	<ul style="list-style-type: none">• Describe the importance of diet, hydration, sleep and exercise in maintaining a healthy active lifestyle.• Conduct a pre-and post sailing warm up / cool down routine.
Rules	Outline Part 1 and Part 2 (rules 10—14 & 18 only) of Racing Rules.

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

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

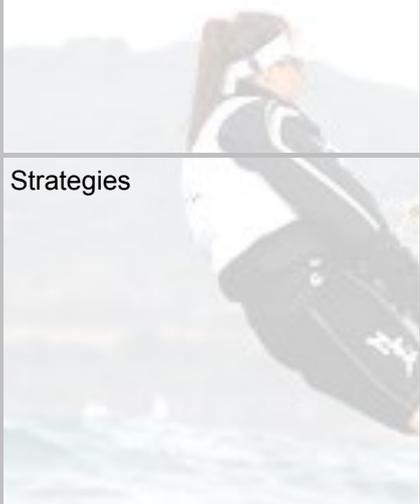




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<p>Tactics</p> 	<p>At the start of a race:</p> <ul style="list-style-type: none"> ⇒ Determine if there is any bias to the line ⇒ Be able to start at the right part of the line ⇒ Control boat speed and position relative to the line ⇒ Know when you're sailing in dirty air and what to do
<p>Strategies</p>	<p>Apply key considerations to the course sailed:</p> <ul style="list-style-type: none"> • On first upwind leg • On upwind leg • Down wind leg • Reaching legs • Approaching marks • Approaching the finish
<p>Techniques</p>	<ul style="list-style-type: none"> • Round a mark to best effect. • Racing tack • Upwind laylines • Overtaking on reaches
<p>Race Management</p>	<p>Describe common race courses.</p> <p>Describe the flags and sounds used for a start sequence.</p>
<p>Weather</p>	<p>Identify the implications of the forecast weather on a race course.</p> <p>Describe what local weather effects are likely to be in the area where the course is run and how these may affect your racing.</p>
<p>Tides & Currents</p>	<p>Describe where there are likely to be stronger and weaker currents on a race area and how these may change during the day.</p>
<p>Sports knowledge</p>	<p>Describe the classes of boats sailed in Ireland.</p> <p>Describe the club and class racing structure in Ireland.</p>
<p>What next...</p>	<p>Describe how to continue sailing and develop your sailing skills and knowledge.</p>
<p>Logbook requirements (These are optional to achieve the Go Racing certificate)</p>	<p>Assist an ISA qualified Race Officer in running 2 club races.</p> <p>Log participation in a minimum of:</p> <ul style="list-style-type: none"> ⇒ 6 club races as helm ⇒ 6 club races as crew ⇒ 1 interclub regatta (minimum 3 races) <p>Where this is available, some Training Centres may require additional races to be logged at club or inter club level.</p>