

Soldiers Point Sailing School

Dinghy & Catamaran Program

Basic Skills Level 1 – Course outline

- On shore and on water
- Recommended tuition timetable 18 hours
- 8 lessons – duration 2-2.5 hours

Unit 1. Introduction to sailing – making it safe and fun

- Select clothing and safety equipment suitable to the conditions
- Group and individual safety practices demonstrated

Unit 2. Paddling and Steering

- Launching and recovery
- Balancing the boat
- Using the trolley

Unit 3. Rigging preparation and knots

- Identify parts of the boat, rigging and sails
- Rigging the boat
- Knots and rope rigging

Unit 4. Boat Controls

- Sailing Orientation
- Steering and crewing
- Primary boat controls and basic heave to

Unit 5. The rules of sailing and Capsize

- Observation of basic rules
- Capsize Recovery Drill

Unit 6. Setting the sails

- Tacking
- Identifying the wind direction

Unit 7. Luffing the sails

- Stopping the boat
- Starting the boat

Unit 8. Leaving the beach

- Returning to a beach
- The approach – onshore winds
- Troubleshooting when launching

Unit 9. Sailing and turning the boat

- Sailing a marked course

Unit 10. Preparing the boat, rules revision and picking up the tow

Unit 11. The right of way rules

- Navigation
- Sail vs. power
- Racing rules



Basic Skills Level 2 – Course outline

Unit 1. Revision of boat parts and rigging the boat

- Boat rigged independently

Unit 2. Sailing the marked course and trouble shooting

- Revision – Boat controls, capsize drill
- Basic crewing and helming methods for a triangle course, tacking and gybing

Unit 3. Sailing up wind, sailing close hauled and tacking

Unit 4. Sailing down wind, gybing and staying safe down wind

Unit 5. Points of sailing

- Wind awareness, sail setting, no go zone

Unit 6. The rules update, Sailing on opposite tacks, Sailing on the same tack and over taking

Unit 7. Equipment Care and stowage

Unit 8. Crew recovery drill

Unit 9. Coming along side procedure

- Bring a boat alongside a moored or anchored structure with minimal assistance

Unit 10. Revision Session

- Boat control
- Sailing the course
- Crew recovery drill
- Capsize drill
- The rules

In spring of 2013 learn to sail courses will be available by our Yachting Australia qualified instructors in the following categories:

- Better Sailing
- Racing Skills 1
- Racing Skills 2



Soldiers Point Marina

Port Stephens · NSW · Australia