

General Information for all courses. (Please also refer to Operating Procedures)

Shipping Movements - Contact Ipswich Port (Tel 01473 211066) to obtain information on shipping movements. Pay particular attention to shipping if tidal restrictions mean that the channel is being used for training.

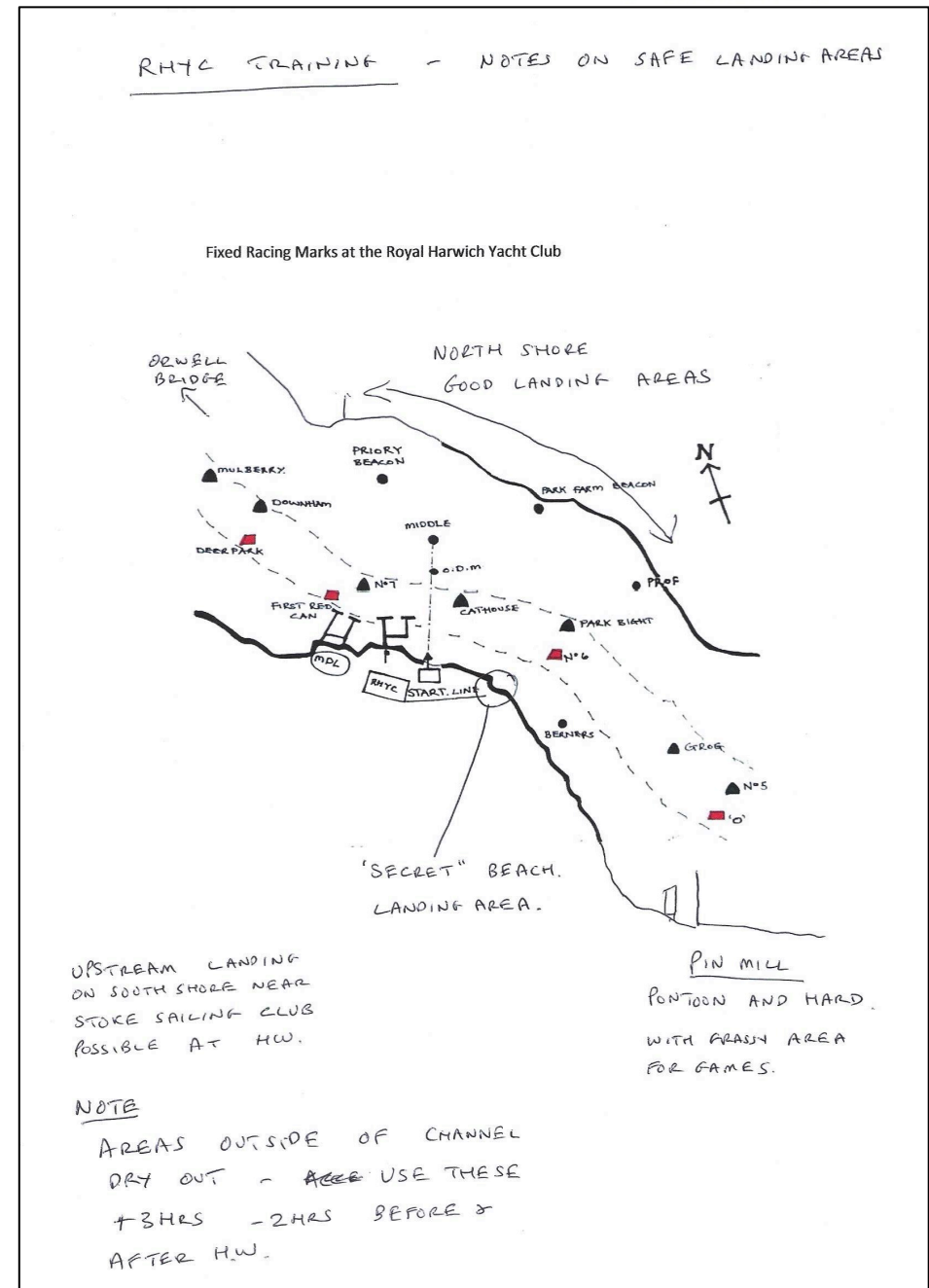
Personal Buoyancy – Check buoyancy aids are in good condition and are a minimum of 50N for adults.

Sailing Areas – Consider the impact of tidal flows on choice of sailing area. Note that the ebb on the Club shore starts around 30minutes before high water. Sheltered areas can be found in most wind directions. **If free** the area bounded by Priory Beacon, Park Farm Beacon and Middle is a good area to use. See map opposite for landing areas.

Training Marks – Pillar marks are stored on the pontoon and can be used independently or in conjunction with the fixed marks and posts. Do not lay training marks in the shipping channel.

Coming Ashore – For Junior and Youth sessions consider what arrangements are needed for coming ashore and brief parents and “beach” volunteers.

Next Steps – Update logbooks. Signpost existing club activities (crewing opportunities, social sailing, Club racing, Boat hires, Junior Saturday sailing and Race Training)



Adult Level 1 - Start Sailing - 4 sessions over 2 days or a minimum of 8 evenings

The content of a session should be covered over at least two evenings. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging the Boat	Briefing on spars, sails, controls, foils and wind. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on basic actions.
Session 1 - Afloat	Reaching and Tacking Stopping and Starting Moving around the boat Communication Wind awareness Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.
Session 1 - Debrief	Record what went well and what needs improvement.	

<p>Session 2 – Ashore</p>	<p>Review session 1 de-brief Land drills Review conditions, rigging, launching Introduce 5 essentials</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Consider need for land drills – Club Ajax’s moored on inside of Marina can be used. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on 5 essentials and getting out of irons.</p>
<p>Session 2 – Afloat</p>	<p>Sailing upwind Getting out of irons Practice 5 essentials Communication</p>	<p>Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around</p>
<p>Session 2 – Debrief</p>	<p>Record what went well and what needs improvement.</p>	
<p>Session 3 – Ashore</p>	<p>Review Session 2 debrief Review conditions, rigging and launching plan Land drills if required.</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Consider need for land drill on gybing before going afloat.</p>

Session 3 - Afloat	Practice 5 essentials Sailing downwind Gybing Communication Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.
Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Rules of the Road Capsize and Man overboard theory	Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 4 - Afloat	Review points of sailing Possible passage sail Optional capsize and recovery briefing	See map of landing places for passage sail. Area near hard good for capsize practice, or on north shore.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	

Adult Level 2 – Basic Skills – 4 sessions over 2 days or a minimum of 8 evenings

The content of a session should be covered over at least two evenings. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging the Boat Introduction to knots Discussion on weather and conditions	Refresher on spars, sails, controls, foils and wind. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on basic actions.
Session 1 – Afloat	Review tacking and sailing upwind Sail a triangular course Stopping and Starting Moving around the boat Communication Wind awareness Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.
Session 1 – Debrief	Record what went well and what needs improvement.	

<p>Session 2 – Ashore</p>	<p>Review session 1 de-brief Land drills Review conditions, rigging, launching Review 5 essentials Man Overboard Theory Discussion on weather and conditions</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Consider need for land drills – Club Ajax’s moored on inside of Marina can be used. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on 5 essentials and getting out of irons.</p>
<p>Session 2 – Afloat</p>	<p>Practice 5 essentials Practice MOB recovery Practice coming alongside Communication</p>	<p>Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around</p>
<p>Session 2 – Debrief</p>	<p>Record what went well and what needs improvement.</p>	
<p>Session 3 – Ashore</p>	<p>Review Session 2 debrief Review conditions, rigging and launching plan Rules of the Road Discussion on weather and conditions</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Consider need for land drill on gybing before going afloat.</p>

Session 3 - Afloat	Practice 5 essentials Practical application of rules of the road Lee shores Anchoring	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.
Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Racing – course and starting briefing Capsize theory Discussion on weather and conditions	Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 4 - Afloat	Short Races Capsize and recovery briefing	See map of landing places for passage sail. Area near hard good for capsizing practice, or on north shore.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	

Adult Level 3 – Better Sailing – 4 sessions over 2 days or a minimum of 8 evenings

The content of a session should be covered over at least two evenings. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging the Boat Rigging a spinnaker Discussion on boat set up and use of controls and tell-tales Discussion on approach to launching and recovery	Students to be able to be responsible for rigging the boat. Demonstration of rigging a spinnaker. Demonstration of what happens when controls used.
Session 1 – Afloat	Sail a triangular course Stopping and Starting Moving around the boat Communication Wind awareness Use of controls Coming ashore	If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.
Session 1 – Debrief	Record what went well and what needs improvement.	

Session 2 – Ashore	<p>Review session 1 de-brief Review rigging spinnaker Review conditions, rigging, launching Review 5 essentials Man Overboard Theory Discussion on weather and conditions</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Consider need for land drills – Club Ajax’s moored on inside of Marina can be used. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.</p>
Session 2 – Afloat	<p>MOB recovery Sailing with a spinnaker Communication</p>	<p>Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around</p>
Session 2 – Debrief	<p>Record what went well and what needs improvement.</p>	
Session 3 – Ashore	<p>Review Session 2 debrief Review conditions, rigging and launching plan Rules of the Road Discussion on weather and conditions Passage planning</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area</p>
Session 3 – Afloat	<p>Passage sail Practical application of rules of the road Lee shores Anchoring</p>	<p>See map of landing places for passage sail. Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.</p>

Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Capsize theory, and dry capsize Discussion on weather and conditions	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 4 – Afloat	Short Races Capsize and recovery practice	Area near hard good for capsize practice, or on north shore. Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide. Keep individual practice to around 15 to 20 minutes and then move around.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	

Youth Level Stage 1 – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Introduction to the parts of the boat and rigging the Boat Wind awareness Safety briefing – capsize or falling out Land drill for tacking	Briefing on spars, sails, controls, foils and wind. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on basic actions. Use optimist with cut off rudder for land drill
Session 1 – Afloat	Reaching and Tacking Stopping and Starting Wind awareness Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Consider going ashore for a short game Set up a reach to reach course in a sheltered are
Session 1 – Debrief	Record what went well and what needs improvement.	

<p>Session 2 – Ashore</p>	<p>Review session 1 de-brief Land drills Review conditions, rigging, launching Briefing on upwind sailing, getting out of irons</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Use optimist with cut off rudder for land drill Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.</p>
<p>Session 2 – Afloat</p>	<p>Sailing upwind Getting out of irons Practice 5 essentials Communication</p>	<p>Consider need to tow out to sailing area and how you will come ashore. Set up a shallow triangle with on tack upwind If a break in a session consider where boats will be left. Consider timings relative to tide. Consider going ashore for a short game</p>
<p>Session 2 – Debrief</p>	<p>Record what went well and what needs improvement.</p>	
<p>Session 3 – Ashore</p>	<p>Review Session 2 debrief Review conditions, rigging and launching plan Re-do land drills</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.</p>

Session 3 - Afloat	Sailing practice Follow the leader Tacking on the whistle Shallow triangular course Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Consider going ashore for a short game
Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Capsize theory	Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 4 - Afloat	Follow the leader Sail a shallow triangle Optional capsize and recovery	See map of landing places for passage sail. Area near hard good for capsize practice, or on north shore.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	

Youth Level Stage 2 – Basic Skills – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging the Boat Basic knots Discussion on weather and conditions Wind awareness Refresh Land drills – including gybing	Refresher on spars, sails, controls, foils and wind. Encourage students to take ownership of rigging Use optimist with cut off rudder for land drill Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on basic actions.
Session 1 – Afloat	Review tacking and sailing upwind Sail a triangular course Stopping and Starting Wind awareness Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Consider going ashore for a short game
Session 1 – Debrief	Record what went well and what needs improvement.	

Session 2 – Ashore	Review session 1 de-brief How the sail works Introduce 5 essentials	Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area. Briefing on 5 essentials and getting out of irons.
Session 2 – Afloat	Practice 5 essentials Practice coming alongside Communication	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Consider going ashore for a short game
Session 2 – Debrief	Record what went well and what needs improvement.	
Session 3 – Ashore	Review Session 2 debrief Review conditions, rigging and launching plan Points of sailing and terminology used Basic rules of the road How to stop and come alongside Discussion on weather and conditions	Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.

Session 3 - Afloat	Sail a triangular course Stopping at Marks Looping round marks Follow the leader Coming ashore	Consider need to tow out to sailing area and how you will come ashore. If a break in a session consider where boats will be left. Consider timings relative to tide. Consider going ashore for a short game
Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Capsize theory	Check clothing suitable for conditions and buoyancy aids meet requirements. Encourage students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 4 - Afloat	Sail a triangle Capsize and recovery practice	See map of landing places for passage sail. Area near hard good for capsizing practice, or on north shore.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	

Youth Level Stage 3 – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging the Boat Discussion on boat set up and use of controls and tell-tales Discussion on approach to launching and recovery 5 Essentials	Students to be able to be responsible for rigging the boat. Demonstration of what happens when controls used.
Session 1 – Afloat	Leaving the shore under sail Sail a triangular course Stopping and Starting Wind awareness Use of controls Coming ashore	If a break in a session consider where boats will be left. Consider timings relative to tide. Use a landing place to practice leaving a lee shore
Session 1 – Debrief	Record what went well and what needs improvement.	

Session 2 – Ashore	Review session 1 de-brief Land drills – Gybing Refresh on sail controls	Check clothing suitable for conditions and buoyancy aids meet requirements. Use optimist with cut off rudder for land drill Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 2 – Afloat	Windward leeward course Gybing practice	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide. Consider use of a slalom course to increase gybing options
Session 2 – Debrief	Record what went well and what needs improvement.	
Session 3 – Ashore	Review Session 2 debrief Review conditions, rigging and launching plan Rules of the Road Introduction to racing	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area
Session 3 – Afloat	Short triangle races Application of rules Practice 5 essentials	Keep starting procedure simple and short Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 3 Debrief	Record what went well and what needs improvement.	

<p>Session 4 - Ashore</p>	<p>Review session 3 debrief Identify any specific areas that need to be covered to complete course. Capsize theory, and dry capsize Discussion on weather and conditions</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.</p>
<p>Session 4 – Afloat</p>	<p>Short Races Capsize and recovery practice</p>	<p>Area near hard good for capsize practice, or on north shore. Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.</p>
<p>Session 4 Debrief</p>	<p>Check course requirements achieved. Review next stage of development with Students.</p>	

Youth Level Stage 4 – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging the Boat Discussion on boat set up and use of controls and tell-tales Discussion on approach to launching and recovery 5 Essentials and points of sailing	Students to be able to be responsible for rigging the boat. Demonstration of what happens when controls used.
Session 1 – Afloat	Leaving the shore under sail Sail a triangular course Stopping and Starting Wind awareness Use of controls Coming ashore	If a break in a session consider where boats will be left. Consider timings relative to tide. Use a landing place to practice leaving a lee shore
Session 1 – Debrief	Record what went well and what needs improvement.	

Session 2 – Ashore	Review session 1 de-brief Consider need to refresh Land drills Capsize theory and dry capsize Man overboard recovery	Check clothing suitable for conditions and buoyancy aids meet requirements. Use optimist with cut off rudder for land drill Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 2 – Afloat	Follow my leader Practice sail controls Man overboard practice Landing on a lee shore	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 2 – Debrief	Record what went well and what needs improvement.	
Session 3 – Ashore	Review Session 2 debrief Weather and tidal information Rudderless sailing and sailing backwards Need for communication in double handers	Check clothing suitable for conditions and buoyancy aids meet requirements. Use Feva, Vision or Wayfarere for rudderless Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area
Session 3 – Afloat	Sailing backwards Sailing without a centreboard Rudderless sailing round a triangular course	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 3 Debrief	Record what went well and what needs improvement.	

<p>Session 4 - Ashore</p>	<p>Review session 3 debrief Identify any specific areas that need to be covered to complete course. Briefing on racing and marks Racing rules Start line bias</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.</p>
<p>Session 4 – Afloat</p>	<p>Short Races Capsize and recovery practice</p>	<p>Area near hard good for capsize practice, or on north shore. Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.</p>
<p>Session 4 Debrief</p>	<p>Check course requirements achieved. Review next stage of development with Students.</p>	

Sailing with Spinnakers – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Rigging an asymmetric spinnaker. Downwind sailing options (powered up or depowered) Gybing Practice hoist and lower 5 Essentials	Use Feva and/or RS Vision Students to be able to be responsible for rigging the boat. Demonstration of what happens when controls used. Best to put a boat on the grass for shore practice
Session 1 – Afloat	Leaving the shore under sail Sail a windward/leeward course Hoisting and lowering spinnaker Gybing Coming ashore	If a break in a session consider where boats will be left. Consider timings relative to tide. Consider length of course and use of tidal flow Swap helm and crew roles every 15-20 minutes
Session 1 – Debrief	Record what went well and what needs improvement.	

Session 2 – Ashore	Review session 1 de-brief Land drills – Spinnaker hoisting, lowering and Gybing Refresh on sail controls Discussion on Symmetrical vs Asymmetrical spinnakers	Check clothing suitable for conditions and buoyancy aids meet requirements. Use Feva on grass for land drills Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.
Session 2 – Afloat	Windward leeward course Gybing practice	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide. Consider use of a slalom course to increase gybing options
Session 2 – Debrief	Record what went well and what needs improvement.	
Session 3 – Ashore	Review Session 2 debrief Review conditions, rigging and launching plan Downwind gybing angles	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area
Session 3 – Afloat	Practice different gybing angles Reaching under spinnaker	Keep starting procedure simple and short Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 3 Debrief	Record what went well and what needs improvement.	

<p>Session 4 - Ashore</p>	<p>Review session 3 debrief Identify any specific areas that need to be covered to complete course. Capsize theory with a spinnaker Discussion on weather and conditions</p>	<p>Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.</p>
<p>Session 4 – Afloat</p>	<p>Short Races Capsize and recovery practice</p>	<p>Allow space for capsize recovery under spinnaker. Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.</p>
<p>Session 4 Debrief</p>	<p>Check course requirements achieved. Review next stage of development with Students.</p>	

Seamanship – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Laying to and Heaving To Sail Controls and uses 5 Essentials Discussion of launching, leaving slipway	Students to be able to be responsible for rigging the boat. Demonstration of what happens when controls used.
Session 1 – Afloat	Leaving the shore under sail Sail a triangular course Coming up to a mark	If a break in a session consider where boats will be left. Consider timings relative to tide. Consider length of course and use of tidal flow Swap helm and crew roles every 15-20 minutes
Session 1 – Debrief	Record what went well and what needs improvement.	
Session 2 – Ashore	Boat speed controls Impact of tide Picking up a mooring Sailing backwards Lee shore landing	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.

Session 2 – Afloat	Picking up a mooring Anchoring Lee shore landing	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide. Consider use of a slalom course to increase gybing options
Session 2 – Debrief	Record what went well and what needs improvement.	
Session 3 – Ashore	Review Session 2 debrief 5 essentials Introduction to rudderless	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area
Session 3 – Afloat	Rudderless sailing Triangular course	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Reefing afloat Being towed	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.

Session 4 – Afloat	Tow out Reefing and shaking out a reef Rudderless Capsize	If possible go for full inversion capsize. Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	

Start Racing – 4 sessions over 2 days or a minimum of 8 shorter sessions

The content of a session should be covered over at least two short sessions. Please see general notes for information on sailing areas, shipping and other factors that apply to every course or session.

Session 1 - Ashore	Personal Equipment	Notes Check clothing suitable for conditions and buoyancy aids meet requirements.
	Class and handicap racing 5 Essentials Lay Lines Impact of tide Starting procedures	Consider use of Club Ajax's if Keelboat endorsed instructor available Students to be able to be responsible for rigging the boat. Demonstration of what happens when controls used.
Session 1 – Afloat	Short races Follow my leader and speed controls	If a break in a session consider where boats will be left. Consider timings relative to tide. Consider length of course and use of tidal flow Swap helm and crew roles every 15-20 minutes
Session 1 – Debrief	Record what went well and what needs improvement.	
Session 2 – Ashore	Review session 1 de-brief Sail controls and sue around the course Use of tell tales Acceleration Roll tacking Mark rounding	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.

Session 2 – Afloat	Starting practice Short course racing Mark rounding	Consider launching and recovery options Consider course configuration to increase no of marks – eg slalom If a break in a session consider where boats will be left. Consider timings relative to tide. Consider use of a slalom course to increase gybing options
Session 2 – Debrief	Record what went well and what needs improvement.	
Session 3 – Ashore	Review Session 2 debrief Holding position Rules and penalties Start line Bias	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area
Session 3 – Afloat	Starting with different line bias Starting on the whistle Practice penalty turns	Keep starting procedure simple and short Change start line bias Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 3 Debrief	Record what went well and what needs improvement.	
Session 4 - Ashore	Review session 3 debrief Identify any specific areas that need to be covered to complete course. Impact of covering Finish lines Entering events	Check clothing suitable for conditions and buoyancy aids meet requirements. Students to take ownership of rigging and launching. Consider wind strength and whether reefing is required. Consider wind direction, other club activities and decide on sailing area.

Session 4 - Afloat	Short Race series	Consider launching and recovery options If a break in a session consider where boats will be left. Consider timings relative to tide.
Session 4 Debrief	Check course requirements achieved. Review next stage of development with Students.	