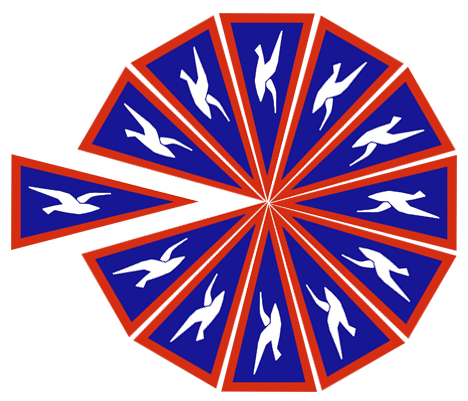
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| Thorpe Bay Yacht Club |
|  |
| Sail Training Syllabus and Log Book |
|  |
| Stage 3 |
|  |



adventure

energy

sport

buzz

fun

tide

team

racing

challenge

competitive

knowledge

fitness

starts

beat

sea

helm

crew

reaching

starboard

endeavour

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| **Dates** |  | **Day** |  | **Place** |  | **Time** |  |
|  |  |  | Training Room |  |  |  |
|  |  |  | Training Room / Afloat |  |  |  |
|  |  |  | Training Room |  |  |  |
|  |  |  | Training Room / Afloat |  |  |  |
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| Syllabus  Checklist | Thorpe Bay Yacht Club Sail Training | | | |
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| Name |  |  |  |
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|  | **Stage 3** |  |

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| **Shore based - Background** | **Clothing and Safety equipment** | Wetsuits and Drysuits, boots, buoyancy aids and life jackets, helmet, whistle, safety knife, shackle, short length of rope, bailer.  (Journey: Paddle, anchor, VHF radio.)  Understand hypothermia, the importance of telling someone on shore when you are afloat / signing on and off. |  |
| **Terminology** | Review: Points of sailing, how a sail works, names of parts of the boat/sails.  Terms: Beat (close hauled), Reach, Run, Tack, Gybe.  Also, Windward, Leeward, bear away, luffing. |  |
| **Rules of the Road (Water)** | Port, Starboard, Mark room, Overtaking boat, Luffing etc.  Penalty turns and protests. (Racing Rules of Sailing.) |  |
| **Starting sequence\*** | Use of flags / boards at TBYC.  3 minutes to start; Class flag > 2 minutes; Preparation flag > 1 minute; Preparation flag down> Go: Class flag down. |  |
| **Rope work** | Round turn and two half hitches, reef knot, bowline, clove  hitch. |  |
| **VHF Radio** | Introduction – Calling and Receiving  Channel 37A (M1) and Channel 16 |  |
| **Meteorology** | How to obtain a weather forecast  Understand Beaufort Wind Scale.  Understand Sea breezes.  Knows when to reef, understand your limitations. |  |
| **Navigation and tides** | Introduction to Marine charts, Tidal atlas and Tide tables.  Latitude and Longitude, depth information and symbols.  Tide direction and strengths. Spring and Neap tides, Tidal ebbs and flow. |  |

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| **On the water - Practical** | **Coaching signals** | Come to me, follow me, go back to shore, Go back to shore urgency. |  |
| **Rigging launching and Recovery** | Can rig, launch and recover in any wind direction.  Can set up a boat according to wind conditions using Kicking strap (Vang), Outhaul and Cunningham (Downhaul).  Be aware of the problems of being swept onto a Lee shore. |  |
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| **Sailing Techniques and manoeuvres** | 5 Essentials – sail setting, balance, trim, course made good and centreboard (dagger plate).  Be able to sail a triangular course with a beat and two reaches.  Be able to sail a trapezoid course, including a beat, two reaches (including a gybe) and a run.  Manoeuvres: Coming alongside a boat/ to a beach.  Sailing backwards, getting out of ‘irons’.  Prepare for/take up a tow |  |
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| **Capsize and Man over Board** | Capsize with a crew. Observing the RYA method, ensuring the safety of the helm and crew.  Carry out a ‘Man over Board’ drill, observing the RYA method. |  |
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| **Racing** | Gain a good start using a 3,2,1 minute sequence\*  Complete a training race, whilst observing the Racing rules of Sailing. |  |
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| All sections completed for Stage 3 assessment | | | | |
|  |  |  |  |  |
| Date |  | Instructor’s signature |  |  |
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**Specials Club Racing endorsement**

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| **Club Race endorsement** | **Race** | Enter a full club race |  |
| **Support** | Assist on a Displacement boat, Rib or with a Race Officer |  |

**Contacts**

Stage One and Two – Nick Cotgrove (Sail Training Officer)

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