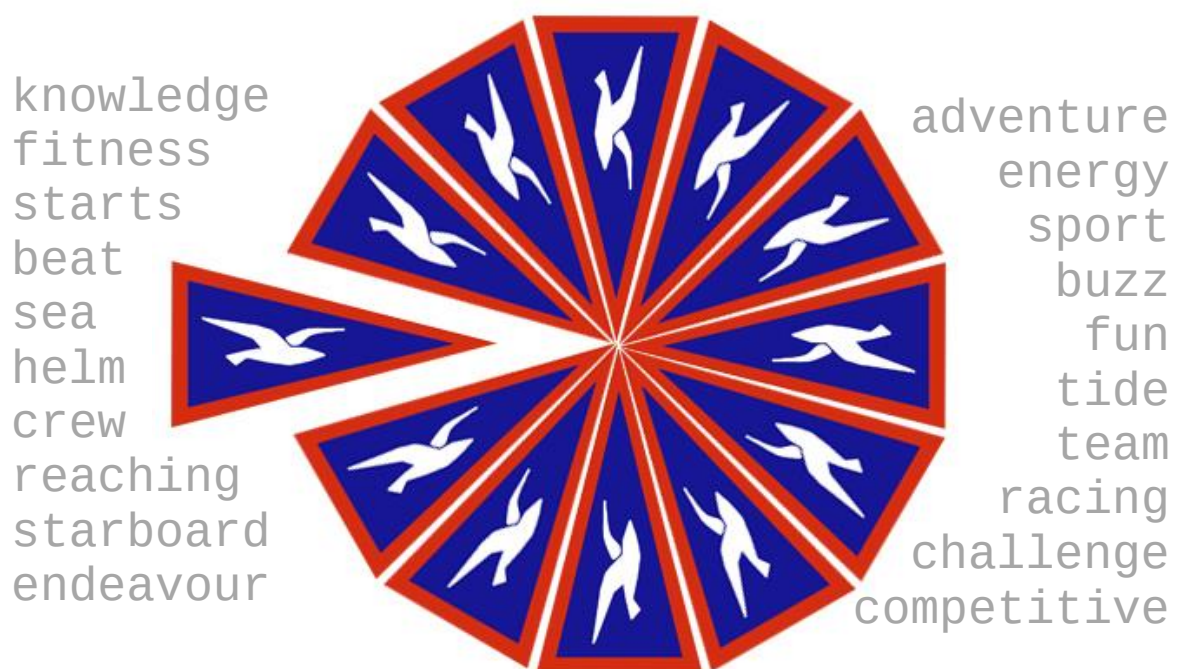


# Thorpe Bay Yacht Club

## Sail Training Syllabus and Log Book

### Stage 3



Dates

Day	Place	Time
Thursday 15 <sup>th</sup> August	Training Room	1900 hours
Sunday 18 <sup>th</sup> August	Training Room / Afloat	1200 hours
Thursday 5 <sup>th</sup> September	Training Room	1900 hours
Sunday 8 <sup>th</sup> September	Training Room / Afloat	1700 hours

# Syllabus Checklist

Thorpe Bay Yacht Club

Sail Training

Name

## Stage 3

Shore based - Background	<b>Clothing and Safety equipment</b>	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.	
	<b>Terminology</b>	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.	
	<b>Rules of the Road (Water)</b>	Port, Starboard, Mark room, Overtaking boat, Luffing etc. Penalty turns and protests. (Racing Rules of Sailing.)	
	<b>Starting sequence*</b>	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.	
	<b>Rope work</b>	Round turn and two half hitches, reef knot, bowline, clove hitch.	
	<b>VHF Radio</b>	Introduction – Calling and Receiving Channel 37A (M1) and Channel 16	
	<b>Meteorology</b>	How to obtain a weather forecast Understand Beaufort Wind Scale. Understand Sea breezes. Knows when to reef, understand your limitations.	
	<b>Navigation and tides</b>	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.	

○	<b>Coaching</b>	Come to me, follow me, go back to shore, Go back to	
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	<b>signals</b>	shore urgency.	
	<b>Rigging launching and Recovery</b>	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.	
	<b>Sailing Techniques and manoeuvres</b>	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	
	<b>Capsize and Man over Board</b>	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.	
	<b>Racing</b>	Gain a good start using a 3,2,1 minute sequence*	
		Complete a training race, whilst observing the Racing rules of Sailing.	

All sections completed for Stage 3 assessment

Date  Instructor's signature

### Specials Club Racing endorsement

Club Race endorsement	<b>Race</b>	Enter a full club race	
	<b>Support</b>	Assist on a Displacement boat, Rib or with a Race Officer	

## **Contacts**

Stage One and Two – John Williams (Sail Training Officer)

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