

Keelboat Course Program - 3 Days

Day 1 Theory & Sailing a Keeboat

Start	Finish	
9.00	16.30	Admin & Introduction
		Onshore
		Sailing Theory
		Skipper's responsibility
		Safety and Safety Checklist
		Weather
		The Sailing area
		Float Plan
		Communications
		Crew Preparation
		Sailing Exercises
		On Board
		Preparation to Sail
		Presail check for the boat
		Crew safety brief
		Rigging up
		Sailing systems
		Yacht Control
		Sail theory and dynamics
		Wind direction
		Points of sail
		Sail & Settings
		Effects of currents
		Boat Control
		Steering control
		Crew coordination
		Securing the Boat
		Knots
		Navigation Rules

Day 2 Theory & Sailing a Keeboat

Start	Finish	
9.00	16.30	Sailing Theory
		Onshore
		Review Right of Way Rules
		Collision avoidance
		Chart Familiarisation
		Sail controls
		Approach moorings
		Sailing Exercises
		On Board
		Preparation to Sail
		Presail check
		Crew safety brief
		Boat Control
		Heavy Weather Sailing
		Overboard Recovery Methods
		Overboard Recovery Exercises
		First Aid
		Student Questions

Day 3 Sailing a Keeboat

Start	Finish	
9.00	16.30	Sailing Theory
		On Board
		Anchoring Procedures
		Brief on Exercise
		Sailing Exercises
		Brief on Exercise
		Boat Control
		Brief on Student Sail solo
		Student Sail Solo
		Exam & Course Review