



Better Sailing - Level 3 Syllabus 2010

This improver course seeks to bridge the gap between Start Sailing L1, Basic Skills (L2) and the five Advanced Modules and is intended to make the transition easier for those sailors wishing to progress further through the scheme, allowing them opportunity to practice and consolidate their techniques and also have a *taster* of what some of the advanced modules have to offer. This would help build confidence, support progression and enable a greater chance of success and achievement of the advanced module outcomes.

Where practicable, students should be afforded the opportunity sail different dinghies during the course. More emphasis should be given to two person dinghies. Please try to maximise time on water actually sailing.

Section A Practical

Rigging

- Understands how to use rig set up and sail controls to prepare the boat according to different weather conditions and sea states
- Can check a spinnaker is rigged correctly (if fitted)

Launching and Recovery

- Can leave and return to a beach, jetty or mooring, including windward and leeward shore

Revision of Sailing Techniques and Manoeuvres

Practice and apply the following:

- Adjusting the centre board according to point of sailing
- Correct sail trim for different points of sailing
- Using crew weight to influence the correct trim and balance of the boat
- Choosing the best route to sail depending on conditions

Development of Sailing Techniques and Manoeuvres

- More efficient sailing
- Use of double hander or single hander as an option
- Understands principles of “dry capsize” and how to avoid inversion
- Use of tell tales

Taster Sailing Techniques and Manoeuvres (Examples)

- Can recover a man overboard
- Has knowledge of basic spinnaker handling as crew or helm including; hoist, trim, gybe, drop
- Understands typical club courses
- Understands simple starting and finishing procedures
- Can start and finish a simple race
- Understands the “simplified ISAF racing rules”

Section B

Sailing Background

Sailing Theory and Background

Understands points of sailing and No Go Zone

Knows and can apply the following International Rules for the Prevention of Collision at Sea (IRPCS):

- Meeting other sailing vessels
- Meeting power driven vessels
- Following or crossing narrow channels
- Action by stand-on vessel

Navigation

Can use local tide tables

Tidal heights – can read an internet tidal curve prediction

Understands the effect of tide and wind direction on sailing conditions

Meteorology

Understands the Beaufort Wind Scale

Knows sources of information on weather for the day.

Has an awareness of changing weather conditions

NB

For the taster section, you may wish to develop a *menu* of choices from which a certain number of options are selected. i.e. choose 5 topics from ten available.

Better sailing certificates will be available in spring 2010 and the pilot certificates may be used until then. See attached.