

Course	Element	Description
Taster	Course Content	Taster to Dinghy Sailing Content
	Objective	Provide a brief safe fun dinghy sailing experience to decide on further sail training
	Prior Experience:	None
	Held when:	Sundays alternately Saturdays by arrangement
	Minimum age:	8 years
	Coach ratio:	1 to 1
	Duration:	20 mins - 40 mins
	Course cost:	Free for first 20 mins - R150 per hour
	Dinghys used:	Mirrors (2 person dinghies) Toppers / Lasers (1 person dinghies) for Adult/Teen Optimists or Toppers (1/2 person dinghies) for Youth
	Practical	Know how to follow tutor commands to steer the dinghy Know the rules as a dinghy crew Steer the dinghy under tutor instruction
Background Skills	Learn a loop knot	
Activities	Sail a course under tutor direction	

Course	Element	Description
Introduction to dinghy sailing	Course Content	Introduction to Dinghy Sailing Course Content
	Objective	Completing the 'Introduction to Dinghy Sailing' course provides the student with a basic understanding of how a dinghy sails and some experience of handling and steering the dinghy:
	Certification:	Introduction to dinghy sailing
	Prior Experience:	Sailing Taster
	Held when:	Sundays alternately Saturdays by arrangement
	Minimum age:	8 years
	Coach ratio:	1 to 6 max
	Safety boats:	1 to 9 boats
	Duration:	5 hours
	Course cost:	R150 per hour
	Dinghys used:	Mirrors (2 person dinghies) Toppers / Lasers (1 person dinghies) for Adult/Teen Optimists or Toppers (1/2 person dinghies) for Youth
	Practical	Don & wear personal buoyancy aid correctly Help rigging a dinghy Help with the recovery of equipment used Identify wind direction Launch a dinghy and get under way Learn confidence in the water wearing a personal buoyancy aid Learn to right a capsized dinghy and return to sail Paddle and sail a dinghy around a short course Steer while tacking and gybing on a 'reach to run to reach' course Steer while tacking on a 'reach to reach' course Steer whilst sailing or being towed

Course	Element	Description
		Understand the basic principles of controlling speed
		Understand the clothing requirements to prepare to go sailing safely
		Understand the safety requirements to prepare to go sailing
		Understand the weather preparing to go sailing safely
		Understand why to stay with the dinghy if it capsizes
	Background Skills	"Know how to tie :- <ul style="list-style-type: none"> • a loop knot , • a stopper knot • a hitch knot"
		Name the basic parts of a dinghy
		Understand how to prepare for a tow
		Understand local hazards
		Understand what action to take to help someone in distress
	Activities	Sailing tag on the water Team games
	Course Notes	All sailing & safety equipment will be supplied Students under 9 must be accompanied by a parent or adult sibling

Course	Element	Description
Building Sailing Knowledge	Course Content	On completion of the 'Building Sailing Knowledge' course the student will have a range of skills and background knowledge and will be well on their way to becoming a confident sailor.
	Objective	Build a range of skills and background knowledge that will launch the student well on their way to becoming a confident sailor.
	Certification:	Course work based on SA Sailing syllabus - Introduction to Dinghy Sailing
	Prior Experience:	Introduction to dinghy sailing
	Held when:	Weekends and school holidays
	Minimum age:	8 years
	Coach ratio:	No more than 6 students per coach
	Safety boats:	No more than 9 dinghies per safety boat
	Duration:	5 hours
	Dinghys used:	Optimists or Toppers (1-man dinghies) for Youth Mirrors (2-man dinghies) Toppers / Lasers (1-man dinghies) for Adult/Teen
Practical	Control speed by 'lying to' Get out of 'irons' (head to wind) Launch & recover a dinghy with an offshore breeze Practical understanding of the five core essentials of sailing Put the boat 'head to wind' for rigging Return to a beach or jetty Rig a boat with minimal help Right a capsized dinghy with minimal help Sail a shallow triangle course under supervision Tack 'close reach to close reach' Tie appropriate knots Understand how to manoeuvre a dolly, keeping clear of other dinghies	
Background Skills	Background sailing knowledge	

Course	Element	Description
		Know how to choose & adjust buoyancy aid
		Know what to wear when sailing
		Understand how to find the wind in several ways
		Understand the 'no go zone' (head to wind)
		Understand what to do when a dinghy on port & dinghy on starboard meet
		Understand what windward, leeward & gybe means
	Activities	Flag painting
		Team games
	Course Notes	All sailing & safety equipment will be supplied
		Students under 9 must be accompanied by a parent or adult sibling

Course	Element	Description
Know your dinghy	Course Content	Knowing your Sailing Dinghy Course Content
	Objective	Be able to rig, launch and sail a dinghy in any direction and return to the place you started from:
	Certification	knowing your Sailing Dinghy
	Prior Experience:	Building Sailing Knowledge
	Held when:	Weekends and school holidays
	Minimum age:	8 years old
	Coach ratio:	No more than 6 students per coach
	Safety boats:	No more than 9 dinghies per safety boat
	Duration:	Up to 16 hrs.
	Course cost:	R150 per hour of course completed =<R900 per 6 hrs.
	Dinghys used:	Mirrors (2-man dinghies) Toppers / Lasers (1-man dinghies) for Adult/Teen Optimists or Toppers (1-man dinghies) for Youth
	Practical	Can 'right' a capsized dinghy without assistance Come alongside a moored boat, jetty or floating dock Gybe from a 'broad reach' to a 'broad reach' Launch and recover a dinghy in an onshore breeze Prepare for & take up a tow from a powerboat Reef a dinghy ashore, as per the conditions "Sail courses <ul style="list-style-type: none"> • 'close hauled' • on a 'close beam' • on a 'broad reach' • on a 'run'" Stop the boat at any given point Tack towards the wind (upwind sailing) Tie appropriate knots Understand the 5 core elements of sailing

Course	Element	Description
		<ul style="list-style-type: none"> • course sailed • sail setting • balance • boat trim • centerboard
	Background Skills	<p>Know about hypothermia & the importance of first aid</p> <p>Know about tides</p> <p>Know how to get a weather forecast</p> <p>Know when to reef</p> <p>Understand basic race courses & starting procedure</p> <p>Understand how a sailboat works</p> <p>Understand how to recover a person overboard</p> <p>Understand the basic sailing rules</p> <p>Understand the dangers you might come across</p> <p>"Understand the points of sailing:</p> <ul style="list-style-type: none"> • close hauled • close, beam & broad reach • on a run" <p>Understand wind strength effects on sailing conditions</p>
	Activities	<p>Sailing tag on the water</p> <p>Team games</p>
	Course Notes	<p>All sailing & safety equipment will be supplied</p> <p>Students under 9 must be accompanied by a parent or adult sibling</p>

Course	Element	Description
Introduction to Windsurfing	Course Content	Introduction to Windsurfing Course Content
	Objective	Completing the 'Introduction to Windsurfing course provides the student with a basic understanding of how a windsurfer / sailboard sails and some experience of handling the board
	Certification:	Introduction to Windsurfing
	Prior Experience:	None
	Held when:	Sundays alternately Saturdays by arrangement
	Minimum age:	12 yrs.
	Coach ratio:	1 to 6 max
	Safety boats:	1 to 9 sail boards
	Duration:	5 - 8 hours
	Course cost:	R150 per hour
	Equipment used:	Windsurfer One Design / 1980 Style Sailboards - training rigs
	Practical	<p>Don & wear personal buoyancy aid correctly</p> <p>Help with the recovery of equipment used</p> <p>Identify wind direction</p> <p>Learn confidence in the water wearing a personal buoyancy aid</p> <p>Steer while tacking on a 'reach to reach' course</p> <p>Understand the basic principles of controlling speed</p> <p>Understand the clothing requirements to prepare to go sailing safely</p> <p>Understand the safety requirements to prepare to go sailing</p>