

12

HOURS OF THEORY

36

HOURS OF PRACTICE



ADVANCED

THEORY

- Detailed Theory of Trim for Full-Batten & Reefing Mainsail
- Techniques for Light and Strong Winds
- Voyage Planning
- Current and Wave Effect
- Nautical Instruments
- Engine Maintenance
- Rudder-Shaft-Propeller
- IAlla-Bonvoyage System
- Advanced Navigation
- Sightings (Navigation)
- Boat Equipment
- Cruising Techniques
- Crew Behavior
- Boat Inventory
- Priorities of D.C.A.S.
- Spinnaker Board-Uses
- Asymmetrical Balloon for Cruising
- Demonstration of Symmetrical Balloon
- Demonstration of Liferaft
- Catamaran

PRACTICE

- Advanced Genoa Trim
- Sail Setup for Cruising with Single-Handed Actions
- Moods of Sailing Techniques
- Anchoring in a Bay/Harbor
- Single-Handed Handling Knots
- Mooring in a Mooring
- Difficult Handling in Confined Spaces
- Mooring Only with Sails
- Night Sailing
- Liferaft
- Man Overboard
- Sailing Safety
- Nautical Instruments
- Mechanical & Electrical Systems
- Damage and Quick Fixes
- Anchor Tangles & Unmooring with Single-Handed Actions
- Auxiliary Dinghy & Outboard Handling