

20

HOURS OF THEORY

60

HOURS OF PRACTICE



BEGGINERS

THEORY UNITS

- Terminology – parts of a sailing boat
- Aerodynamic – trimming of sails
- International Regulations of Avoiding Collisions at Sea
- Moorings – Anchoring
- Navigation – Maps
- Communication Meteorology
- Emergencies
- Security at Sea
- Meteorology

PRACTICE

- Learning the sailing boat outdoor – interior – rigging
- Handling the sailing boat upwind – downwind – reach
- Trimming the sailing boat upwind – downwind – reach
- Reef – reduce sail area
- Course with compass
- Moorings in bay/in port – anchoring
- Approaching with the side
- Man Over Board
- Knots
- Using instruments of the sailing boat
- Plot a course
- Using VHF
- Using rescue equipment