

# **Adult Sailing Programme (Recreational) Training Syllabus**

Theory	
1. Basic Theory	<ul style="list-style-type: none"> <li>a) Recap Basic Sailing Theory</li> <li>b) Sailing Terminology</li> <li>c) Wind Awareness</li> <li>d) Weather</li> <li>e) Knots</li> <li>f) Points of Sail</li> <li>g) Parts of the Boat</li> <li>h) Five Essentials</li> </ul>
2. Safe Sailing	<ul style="list-style-type: none"> <li>a) Avoiding Collision</li> <li>b) Sailing in Strong Winds</li> <li>c) Sailing in Light Winds</li> <li>d) Understanding Tide and Currents</li> </ul>
Practical	
3. Rigging and Derigging the Boat	<ul style="list-style-type: none"> <li>a) Practical Tips for Easy Rigging</li> </ul>
4. Water Confidence	<ul style="list-style-type: none"> <li>a) Capsize Drill</li> <li>b) On-water Problem Solving</li> </ul>
5. Launching and Recovery	<ul style="list-style-type: none"> <li>a) On-shore</li> <li>b) Off-shore</li> <li>c) Side-shore</li> </ul>
6. Boat Handling	<ul style="list-style-type: none"> <li>a) Steering the Boat</li> <li>b) Trimming the Sail</li> <li>c) Stopping and Accelerating</li> <li>d) Tacking</li> <li>e) Gybing</li> <li>f) Coming Alongside</li> </ul>
7. Sailing	<ul style="list-style-type: none"> <li>a) Sailing on all points of sail</li> <li>b) Downwind Sailing</li> </ul>