"COUTA BOATS FOR NEWBIES"

An Introduction to Sailing Couta Boats

COURSE OUTLINE

This course will be conducted over 2 sessions as indicated below.
Classroom sessions are limited to 10 participants.
Practical "On Water" sessions are limited to 3 participants per available training vessel.

Session # 1 – Classroom (3hrs)

Course Introduction
A Brief History of Couta Boats
On Water Safety
Communication
Crew Roles on a Couta Boat
Understanding Weather
Typical Sailing Boat Terminology & Layout
Seamanship & Etiquette
Physics of Sailing
7 Basic Sailing Manoeuvres
Rules of Racing

Session # 2 – Practical "On Water" - (3hrs)

Please note that "On Water" sessions are subject to weather conditions and available training vessels.

Boat Induction & Layout
Boat Setting Up/Shut Down
Safety & Reefing
At The Dock (Approx. 30 Min)

Hands On Sailing Skills
On The Water (2-3hrs)

- ***Preparing the Boat***
- ***Setting & Lowering Sail***
- ***7 Basic Sailing Manoeuvres***
- ***Basic Sail Trim***
- ***Helming***

Racing Skills
Start Sequence
Rounding a Mark