

# "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*