

TRAINING AND COURSES

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APPENDICIX TO SECTION 11

11.2 Access Beginners Course (Acces Sailing Systems)

1. SAIL TRAINING

In NSW 65% of SNSW branches use the Access Beginner' Course Level 1(ABC1) and 40% of SNSW branches use Yachting Australia' National Small Boat Sailing Scheme.

One of the objectives of Sailability NSW is to fully integrate people with disabilities into the mainstream yachting structures. To this end, we encourage Sailability participants to develop skills and record their progress under the Yachting Australia National Proficiency Schemes. These include:

National Small Boat Sailing Scheme

Introduction to dinghy sailing through to competent dinghy racing skills. This scheme is appropriate for Access Dinghy and other off-the-beach sailing craft. Includes:

- Basic Skills 1
- Basic Skills 2
- Better Sailing
- Racing Skills 1
- Racing Skills 2
- Small Boat Instructor

National Powerboat Scheme

Proficiency in handling small planing powerboats and rescue boats. “ Get into Small Boat Sailing” Includes:

- Recreational Powerboat Operator
- Powerboat Handling Certificate
- Safety Boat Handling Certificate
- Powerboat Instructor
- Powerboat Auditor

National Yacht Cruising Scheme

Inshore, coastal and offshore proficiencies for cruising keelboats (sailing). Includes:

- Yacht Cruising Introductory Certificate
- Small Craft Safety Course
- Competent Crew Certificate
- Inshore Certificate
- Coastal Skipper and Yachtmaster Offshore
- Yachtmaster Ocean

National Motor Cruising Scheme

Inshore, coastal and offshore proficiencies for cruising displacement boats (power). Includes:

- Motor Cruising Introductory Certificate
- Small Craft Safety Course
- Motor Yacht Handling Certificate
- Inshore Skipper
- Coastal Skipper and Yachtmaster Offshore
- Yachtmaster Ocean

National Yacht Racing Scheme

Inshore, coastal and offshore proficiencies for racing keelboats (sailing). Includes:

- Club Crew Certificate
- Cub Racing Certificate
- Inshore Racing Crew
- Inshore Racing Skipper
- Offshore Racing crew
- Offshore Racing Skipper

National Windsurfing Scheme

Sailboard competency and racing grades. Includes:

- Level 1 – Basic Skills
- Level 2 – Improving Techniques
- Level 3 – Stronger Winds
- Level 4 – Advanced Longboard Techniques
- Level 4 – Advances Shortboard Techniques
- Instructor – Assistant
- Windsurfing Master
- Coaching – Club Trainer
- Coaching – Level 1 and 2

GET INTO SMALL BOAT SAILING - AN OVERVIEW

The Yachting Australia's "Get into Small Boat Sailing" training scheme makes learning to sail a fun and educational process. The syllabus is clearly defined and presented in a highly visual and bright logbook that students can use to record their progress through each of the five modules of the syllabus. "Get into Small Boat Sailing" is for those wishing to learn the basics of sailing dinghies or catamarans. It is designed to teach students how to sail, starting with the essential skills in the first module, "Basic Skills 1". More advanced skills and techniques are gradually introduced as students progress through the syllabus so that by the end they will be ready to start racing at their local sailing club. While it is not essential to start at the beginning, it will be harder for students to master the more advanced skills if they are not familiar with the basics.

The scheme is both a revision and combination of the original National Proficiency Scheme and National Racing Scheme for dinghies and catamarans.

CONTACT YACHTING NSW FOR CALENDAR OF COURSES AVAILABLE

Phone: (02) 8116 9800
Address: 6A Figtree Avenue, Sydney Olympic Park, Homebush, 2127
Postal: PO Box 6450, Silverwater 2128
Email: nsw@yachting.org.au
Website: www.nsw.yachting.org.au

2. OTHER COURSES

NSW Sport & Recreation

- Child protection
- Conducting meetings
- Legal issues & risk management
- Committee management
- Volunteer management

NSW Sport & Recreation

Margo Zaska

Industry Support - Disability Sport

Phone: (02) 9006 3723

Fax: (02) 9006 3800

Mobile: 0423 603 671

Locked Bag 1422, SILVERWATER 2128

NSW Association of Disability Sport

Rita Jaber

Disability Sport Liaison Officer

Phone: 81169737

Fax: 87321613

Mobile: 0405045990

Curriculum - National Small Boat Sailing Scheme

Performance Area	Basic Skills 1	Basic Skills 2	Better Sailing	Racing Skills 1	Racing Skills 2
Plan and Prepare	Group and individual safety awareness, clothing, safety equipment, sailing stretches		Trapeze harness selection	Basic fitness principals, sailing stretches	Physical preparation for sailing, performance enhancement, injury prevention, planning and recording, preparation for a series/championship
Rigging	Wind awareness, awareness of parts of and rigging on the training boat	Independent rigging of training boat	As for Basic Skills 2 using all boat equipment		
Ropework	Figure of eight, round turn and two half hitches.	Reef knot, bowline			
Sailing techniques and manoeuvres	Paddling and rowing. Basic heave-to, primary boat controls, reaching, helming under supervision	Sailing to windward, sailing downwind, gybing and tacking, points of sailing, helming with minimal guidance	(Independent) Boat speed control, sailing backwards, getting out of irons, heave-to, (jib aback), roll tacking, roll gybing, spinnaker handling, trapezing (when applicable). Boat handling in moderate wind conditions	Starting techniques, mark rounding, boat handling in moderate to fresh wind conditions.	Tuning/controlling power/rig control, sailing blind, sailing rudderless.
Rescue procedures and drills	Capsize recovery drill, towing	Crew recovery drill, capsize recovery			
Launching and recovery	Leaving and returning to the beach/launching facility with instructor guidance, effective launch and recovery of craft, lifting, trolleys.	Care of equipment, coming alongside/docking, to fixed/anchored structure	As for Basic Skills 2 with regard to all equipment, coming alongside/docking to fixed/anchored structure and securing		
Sailing theory and background	Basic rules: Avoid collisions, power/sail right of way, exceptions	Right-of-way rules (Collision regulations): Port/starboard, windward/leeward, keep to the right in channels, overtaking vessels	Navigation markers/bouyage, first aid awareness/injury prevention	How sails work/basic aerodynamic theory, components of a race and effects on race outcome, racing rules, team work	Introduction to the compass, basic tactics and strategy
Meteorology	Storm Clouds		Weather: Sources and information		
Winds, tides and currents	Wind awareness, direction and relative strength indicators	Gusts and lulls, tides – time between tides, reading tide tables, direction of tidal flow	Lifts and knocks, twelfths rule and relationship to tidal flow (strength), sea and land breezes	Geographic, oscillating and persistent wind shifts, identification of sea breeze pattern	