

Corporate Training Session

OVERALL OBJECTIVES:

At the end of the course. students should be able to:

1. Point in a windward and leeward directions
2. Steer a boat in approximately straight line
3. Steer a boat through a tack and a gybe in a safe manner and assume proper course after manoeuvre
4. Handle sails (hoist, lower, furl) and demonstrate setting techniques
5. Handle sails through tack and gybe
6. describe basic rules of the 'road'
 - a. port and starboard
 - b. windward / leeward
 - c. overtaking boat.

CONTENT

SAFETY- location of safety gear and how to use.

Procedures in case of instructor injured / overboard. Problems with ropes over side and difficulties in picking up person in the water

Use of winches

Use of cleats.

Start motor and cast off.

Wind direction.

Hoisting mainsail.

Steering under power.

Steering---up-and "down" under sail.

Windward/leeward

Port / starboard

Forward / aft

Port and starboard tacks

Rules of road - simple

Methods of determining wind direction.

Steering to windward

Tacking under main only

Using headsail - steering and tacking

Reaching and sail setting

Running and sail setting

Gybing

ACTIVITY

Lifejacket demo.

Discuss with questions. Demo. use of radio. Ch 73 and Ch. 16 Demo. engine starting procedure.

Demo. and students to repeat.

Demo. and students to repeat.

Demo. and students to repeat.

Demo. Students do under supervision

Give definitions and reinforce with questions constantly.

Students to steer and be talked through steering techniques.

They must be allowed some latitude for making and correcting mistakes but intervene to stop complete loss of control on part of student.

EMPHASIZE dangers.

Demo - then students practice

What is Sail Training?

Sail training is an outdoor adventure activity. Its purpose is not to teach how to sail; it's principally to help them learn about themselves in a team environment, to discover hidden strengths and talents, to understand the value of others and of working as one of a team.

It requires an individual to confront many demanding challenges, both physical and emotional. It is an activity that inspires and develops self-confidence and responsibility, an understanding and acceptance of others whatever their social or cultural background and a willingness to rely on the team work of your fellow crew members.

Adopting a consultative approach we work closely with our clients.
Making sure we achieve the goals and objectives of the event.

The nature of sail training makes it ideal for team building. All the people on the boat have to co-operate to sail the boat, everyone team member has a role and with our experienced instructors we can ensure that no one person 'dominates'.

It is completely removed from the politics of the normal work place environment, its outdoors, clean and with a 'Breath Inspiring' view