



SKIFF SAILING – INTRODUCTION COURSE

OBJECTIVES: Provide a pathway for experienced sailors who have a keen interest in skiff sailing to enter the 16ft skiff fleet by:

- Building entry level skills and understanding of how to rig and sail a skiff
- Introduction to existing skiff owners and crews
- Bring together a group of enthusiasts who have the potential to create a new skiff crew

OVERVIEW:

- Run a three session “introduction to skiff sailing” course with on and off water content (see course summary for more details).
- Dates: Saturday afternoons from April 13 until May 18. Note: Specific dates and times will be weather dependent, so applicants need to have flexibility.
- Each session will be approx. 3 hours and we will endeavour to have 50:50 “on and off” water (weather permitting)
- This is not a “learn to sail program”. Significant sailing experience is a prerequisite.
- Sailing experience requirements:
 - Minimum of 5 years sailing and a minimum 3 seasons of racing experience.
 - Some dinghy or small boat experience preferred
 - Trapeze experience beneficial
- Health & Fitness: Sailing skiffs is physically demanding, especially in the early “learning” phase and therefore a reasonable level of fitness, strength and flexibility is required. Note that a few bumps and bruises can be expected.
- Equipment: Skiff sailing is wet and can be cold so you must ensure you can stay warm on the water.
 - Required - Applicants will need to bring their own wetsuit and sailing booties
 - Recommended – Gloves, long sleeve rashie or dinghy style wind jacket
 - If you have your own trapeze harness and dinghy sailing style life jacket please bring them
 - Other items – towel, sun cream, warm dry clothes
- On the day: We plan to have two trainees per skiff. Each skiff owner is providing their time, boat and two crew members. For at least the first on water session we plan to put only one trainee on each skiff and do an on-water swap from the rescue boat. There will be some on land instruction including rigging & safety.
- Applications close on 30/3/19 with selection by 3/4/19.
- First session is planned for Saturday 13 April from noon (weather dependent)

QUESTIONS: Contact Mark Willson - PH: 9932 4600 ext2 or EMAIL: info@middleharbourskiffs.com.au



COURSE OVERVIEW

OFF WATER Curriculum

- **Rigging**
- **Trapeze basics**
- **Spinnaker – set, drop & gybe**
- **Skiff steering concepts**
 - **Impact of heel & main time on steering**
 - **No go reaching zone**
 - **Bear away**
 - **Gybing**
- **Dangers and techniques to avoid injury & boat damage**
 - **Nose dive – walk the bow**
 - **Capsize to windward**
 - **Capsize to leeward**
 - **Boom/gybing**
- **Capsize and righting concepts**
- **Boat care/maintenance**

ON WATER Curriculum

- **Launching**
- **Trapezing**
- **Upwind & Tacking**
- **Bear away, spin set, reach and gybe**
- **Drop and round up**
- **Capsize and righting**
- **Safe beach approach and landing**