



SKIFF SAILING – INTRODUCTION COURSE - 2020

OBJECTIVES: Provide a pathway for experienced sailors who have a keen interest in skiff sailing to enter the 13ft or 16ft skiff fleet by:

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

COST: Participant cost for the 3 sessions – 16's \$400 and 13's \$250.

DATES:

1 Feb – Course Registration Opens and Promotion commences

30 Mar – Registration Closes

4 Apr – Selected participants notified and requested to pay fee and sign indemnity. Unsuccessful registrations notified.

2 May – SESSION One - 11am briefing, familiarisation & rigging. 12.30pm On Water. 3pm De-rig & debrief.

9 May – SESSION Two – 12pm start and finished by 4pm

16 May – SESSION Three – 12pm start and finished by 4pm

23 May – BAD WEATHER Back up Day

NOTE: Session times may vary depending on forecast

OVERVIEW:

- Run a three session “introduction to skiff sailing” course with on and off water content (see course summary for more details).
- 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”. 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 one/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 boats. There will be some on land instruction including rigging & safety.

PARTICIPANT NUMBERS:

- 16' SKIFF – planning for 6 to 8 participants dependent on the number of skiffs available (min 3 skiffs required for each session)
- 13' SKIFFS – planning for 6 participants dependent on the number of skiffs available (min 3 skiffs required for each session).

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



COURSE CONTENT OVERVIEW

Off Water Curriculum – Run through items

- **Rigging – focus on sequence and areas to be careful such as:**
 - Spin sheet in front of forestay and outside shrouds
 - T-balls in right position
 - Proper mast bend when tensioning
 - Main guided into mast track
- **Trapeze basics**
 - Stepping out, hook up & height adjustment
 - Position up-wind and down-wind
 - Leg stance, foot straps
 - Preparing to tack/gybe, unhook and coming in
 - Emergency unhook on possible leeward capsize
- **Crew roles on the water**
 - UP-WIND
 - Bow – trim jib, movable ballast (1), eyes out
 - Sheet – main sheet trim (power control), main shape, ballast (3) & eyes out
 - Helm – steer, main shape adjust (vang & cunningham) for gust control, ballast (2) and communicate

- BEAR AWAY
 - Bow – first to move in, prepare for set if boat stable
 - Sheet – hand main to helm, move in but stay on gunnel
 - Helm – easy cunningham and vang, take main, bear away & dump main when boat flat, call in crew
- SPINNAKER SET
 - Bow –
 - Sheet –
 - Helm –
- GYBE
- DROP & ROUND-UP
- **Skiff steering concepts**
 - Impact of heel & main trim 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

DEBRIEF

- What was most difficult
- Anything you didn't understand
- Things observed by the rescue boat
- Any bumps/bruises – what happened?