



Mt Pleasant Yacht Club Inc

P.O. Box 19519, Woolston, Christchurch 8241

www.mpyc.org.nz

Adult Sailing Lessons 2018/19 Season

The program will take participants to **LEVEL 1** of the Yachting New Zealand National Sailing Scheme.

The lessons will normally be held in lasers with reduced sail or your own yacht. There will be theory and practical both on and off water.

Because of the nature of the sport weather conditions can change and be unsuitable. Also facilities in the form of suitable boats and instructors may also not be available. MPYC make no guarantees as to availability of facilities on any particular day. The decision to sail is with the Officer of the Day and with the Instructor.

To enrol in the course you will need to pay the course fee of \$360 prior to or at the time of enrolling which includes membership fees.

What to Bring

You are required to bring warm clothes. We suggest woollen or polyprop gear, a windbreaker, suitable footwear, hat, a change of clothes (especially underwear or swimming togs), and a towel. Bring a wet suit and buoyancy aid if you have them.

You are welcome to have a shower after the lesson and refreshments in the clubhouse after on the water session. The course also includes rigging and de rigging the boats and debriefing so please allow time for this.

When to arrive.

Please arrive at the stated time, as it is necessary to cover some theory as well as rig the yacht so that you get the most out of each lesson..

Format of the Course

There will be some theory before going on the water and on some days also afterwards depending on tide times. There will normally be about two hours sailing each day with two participants in Lasers other suitable boats. T

The course will cover 4 lessons normally on different days plus one day testing. Each lesson will be about 5hrs.

Topics required for **Level 1** are:

- ❖ Safety
 - Correct clothing
 - Personal buoyancy
 - Stay with boat after capsized
 - Weather forecast sources
 - Check the buoyancy aid
- ❖ Wind direction

- How to observe ashore & afloat wind & weather
- Describe telltale signs of wind direction
- ❖ Rigging
 - Wind awareness
 - How to rig, control & operate mast, sail, rudder, centreboard & vang
- ❖ Capsize
 - Understand the principal of righting your boat
- ❖ Sailing
 - Sail a windward triangle course
 - Sail a figure 8 course
 - Slow down & stop
 - Demonstrate Hove to
 - Demonstrate getting out of irons
- ❖ Ropework
 - Round turn & 2 half hitches
 - Stopper knot
 - Reef knot
 - Bowline
- ❖ Basic Boat care
 - Safety Check
 - Washing down
- ❖ Basic parts of Boat and Rig
 - Boat
 - Rig
 - Sail parts
- ❖ Basic Rules
 - Keep lookout and avoid collisions
 - Opposite tacks Port / starboard
 - Same tacks Windward / Leeward
 - Overtaking boat keeps clear
- ❖ Launching and recovery.
 - Hold boat head to wind
 - Care ashore
 - Windward shore
 - Leeshore
 - Launching trolley
 - De rig in safe pace
- ❖ Capsize and righting the boat

Contacts

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 Club Rooms 384 3889

We look forward to having you join us.

Best regards

Alex Eason
 Instructor / Sailing Master

Please pay \$360.00 to MPYC bank account 03 0802 0077085 00
 Please use your name and ALTS as reference.