

GO YACHTING COURSE

This is a beginners' course that focuses on practical offshore sailing whilst having fun. Candidates learn how to become active crew members and leave with a Course Completion Certificate. Whilst structured around introducing sailing to newcomers, it is aimed at having fun and enjoying the sea. By the end of the course participants will experience being a deckhand, assist in steering the yacht, manoeuvre the yacht to pick up a "Man-Over-Board", handle and trim the sails and learn to tie a number of knots. Candidates wishing to pursue further training towards a Deck Hand or Day Skipper will be credited with two days of training.

WHO SHOULD ATTEND

- Those wanting to "try out" yachting without having to commit to a full training course
- Adventure seekers looking for a new water-based experience that could lead to formal yachting training
- Families "testing the water" for future yachting holidays or considering buying a yacht
- Those wanting to try a new sport and develop new skills
- Establishing whether yachting is a career or gap year opportunity you may wish to pursue
- Corporates, clubs, schools, etc. for team building or leadership development

OVERVIEW

1. The Yacht
 - Basic knowledge of sea terms, parts of a boat, rigging and sails
2. Rope work
 - Ability to tie knots
 - Securing rope to a cleat
 - Use of winches and jamming cleats
3. Underway
 - Sailing a yacht on all points of sail
 - Steering a yacht under sail and power
4. Rules of the road
 - Knowledge of the rules and able to keep an efficient lookout at sea
5. Meteorology
 - Basic understanding of clouds, wind and weather
 - Where to obtain weather forecasts
6. Man Overboard recovery
 - Action to be taken to recover a man overboard
7. Clothing and equipment
 - Knowledge and compliance with rules for the wearing of safety harnesses, lifejackets and personal buoyancy aids
8. Emergency equipment and precautions
 - Aware of safety and hazards on board a yacht
 - Action to be taken in event of an emergency
 - Basic First Aid

INCLUDES

Go Yachting training manual and Course Completion Certificate
 R200 discount voucher off any Garden Route Sailing Adventures training courses
 Accommodation on first night of training (2 day course) to those participants wishing to sleep aboard

Excludes food and beverages aboard our yachts; students to bring their own