



SAILING CLUB
HUA-HIN

The Sailing Club Hua Hin

Adult Start Sailing Level 1

- Can put a dinghy head to wind and rig it.
- Understands how to manoeuvre a trolley and boat clear of other boats and overhead cables.
- Can tie a figure of eight, reef knot, round turn and two half hitches.
- Can go about – turning the front of boat through the wind.
- Can control speed and stop by lying to.
- Can sail upwind and can get out of irons
- Can sail downwind on a training run
- Can gybe from a training run – turning the back of the boat through the wind.
- Can crew a dinghy effectively without instruction
- Understand principles of launching and leaving the shore, coming ashore and recovery of boat.
- Understands the five essentials.
- Understand the No Go Zone
- Understands basic theory (dry land capsize) and importance of staying with boat.
- Understands what is meant by windward, leeward and gybe.
- Has knowledge of
 - Parts of the sail
 - Spars and rigging
 - Sail controls and foils
 - Offshore and onshore winds
 - Telling someone ashore
 - Sources of weather & wind awareness
- Understands personal safety and knows what to wear for sailing.
- Knows the basic rules of the road – power v sail. Port/starboard, windward and overtaking boat.