



The Sailing Club Hua Hin

Adult Better Sailing Level 3

- Understands how to use rig and set sail controls for different conditions.
- Can check a spinnaker is rigged correctly (if fitted)
- Can tie a fisherman's bend and sheet bend & rolling hitch
- Can do heat sealing and common whipping.
- Can leave and return to a beach windward and leeward shore.
- Can leave and return to a jetty or mooring.
- Revision - Proficient using the five essentials, sail setting, balance trim, course made good and centre board.
- Know how to use tell tales to set the sail
- Proficient sailing double hander and single-handed boats.
- Can recover a man overboard and come alongside
- Understands the basic principles of 'dry capsized' and how to avoid inversion.
- Has knowledge of basic spinnaker handling as crew or helm, including hoist, trim, gybe and drop.
- Understands typical club courses
- Can start and finish a simple race –understand the 'simplified ISAF racing rules'
- Knows and can apply international Rules for the Prevention of Collisions at Sea (IRPSCS)
- Knows where to find courses of weather and shipping
- Basic chart orientation, tidal heights & can read an internet tidal curve prediction, can use local tide tables.
- Understands the effect of wind & tide, speed over the ground with/against tidal flow.
- Knows the importance of first aid kit, flares including stowage and attracting attention.