



The Sailing Club Hua Hin

Youth Sailing Scheme Stage 3

- Can rig, launch and recover a dinghy in an onshore and off shore wind.
- Can reef a dinghy ashore according to the weather conditions.
- Can store a dinghy ashore safely
- Can tie a bowline, clove hitch and rolling hitch.
- Can demonstrate the "Five Essentials"
- Understands the points of sailing and can demonstrate them on a triangular course.
- Is proficient at tacking upwind and gybing from a training run.
- Can right a capsized dinghy effectively as helm/crew.
- Can come alongside a moored boat.
- Can demonstrate picking up a mooring.
- Can prepare for/take up tow from a power craft.
- Has an understanding of course and starting procedure for racing.
- Understands how to recover a man overboard.
- Understands how a sail works – basic aerodynamics.
- Understands lee shore dangers and sailing in close company with other water users.
- Knows the importance of personal safety and telling someone ashore.
- Understands the danger of hypothermia and knows the importance of first aid training.
- Knows the basic rules of the road (i.e. Port/Starboard, windward boat and overtaking boat).
- Know how to obtain a weather forecast.
- Understands the Beaufort Wind Scale and knows when to reef
- Understands the importance of personal safety equipment, boat buoyancy and basic safety equipment. E.g. anchor, paddle, bailer