

Learn to Sail - Keelboat Program

The National Keelboat Program is an exciting development for sailing in Australia and provides a fun and accessible entry into sailing. The courses give an introduction to the essentials of sailing on a small keelboat including boat handling, safety, sailing theory and building your knowledge and skills up to more advanced sailing.



Start Crewing	The first step on the Keelboat pathway introduces you to the basics of sailing on a small boat, including boat handling, safety and sailing theory.
Length	12 hours 9.30am to 4.00pm
Outcomes	An introduction to sailing and boat handling, safety and sailing theory
Pre-requisites	Water confident
Who should do this course?	Anyone wanting to learn the basic fundamentals of sailing without getting wet!
Cost	MYC Member: \$330 Non-member: \$355 Cost includes Introduction to Keelboat Manual.
	() is a standby/makeup day if required Course: <ul style="list-style-type: none"> • SC1: November 5, 12 (19) • SC2: December 3, 10 (17) • SC3: January 7, 14 (21) • SC4: Feb 4, 11 (18)

Start Helming	The This course develops both your theory and practical skills to confidently take control on the helm
Length	12 hours 9.30 – 4.00pm
Outcomes	Intermediate level boat handling, sailing and safety theory
Pre-requisites	It is assumed that you have some sailing experience and more than likely will have done either Start Crewing or another sailing course previously.
Who should do this course?	Those wishing to further develop their sailing skills
Cost	MYC Member: \$310 Non-member : \$350 Note: if you have not completed the Start Crewing course and require a copy of the Introduction to Keelboat Manual, this is available for \$30.
	() is a standby/makeup day if required Course: <ul style="list-style-type: none"> • SH1: Dec 4, 11 (18) • SH2: March 18, 25 (1 April)



COURSE DETAIL – Start Crewing

Sailing Element	Criteria
Preparation	<ul style="list-style-type: none"> Understands the importance of the correct fitting and wearing of lifejackets and complies with the rules for wearing lifejackets Understands the importance of appropriate clothing and footwear
Boats & Equipment	<ul style="list-style-type: none"> Has basic knowledge of sailing terms, can identify parts of a boat, rigging and sails Can bend on, hoist, lower and stow sails
Ropework	<ul style="list-style-type: none"> Ability to tie the following knots and know their correct use: figure of eight, bowline, round turn and two half hitches Has basic knowledge of the use of sheets, halyards, winches, clutches, mooring lines and cleats Can coil and stow a rope
Skills and Techniques	<ul style="list-style-type: none"> Understands the theory and basic principles of sailing including tacking and gybing Has basic wind awareness Can steer a boat on all points of sail under supervision Can trim sails on all points of sail
Safety & Emergencies	<ul style="list-style-type: none"> Understands the correct action to be taken to recover a Man Overboard Understand the correct use of safety equipment on board Is aware of hazards on board a boat and understands how to avoid them
Sailing Theory	<ul style="list-style-type: none"> Has awareness of the basic rules of the road Can maintain a continuous lookout

COURSE DETAIL – Start Helming

Sailing Element	Criteria
Preparation	<ul style="list-style-type: none"> Understands the importance of the correct fitting and wearing of lifejackets and complies with the rules for wearing lifejackets Understands the importance of appropriate clothing and footwear
Boats & Equipment	<ul style="list-style-type: none"> Knows correct use of halyards, sheets and associated deck hardware
Ropework	<ul style="list-style-type: none"> Ability to tie the following knots and know their correct use: figure of eight, bowline, round turn and two half hitches, cove hitch, reef knot
Skills and Techniques	<ul style="list-style-type: none"> Can helm and trim sails effectively on all points of sail Can helm effectively around a triangular course Can tack and gybe effectively as helm Can heave-to Understands the effect and importance of heel and tim Understands how to anchor a boat Can reef and shake our sails whilst underway
Safety & Emergencies	<ul style="list-style-type: none"> Can recover a Man overboard under sail as helm Knows the location and correct operation of all safety equipment on board Knows how to raise the alarm in the event of an emergency
Sailing Theory	<ul style="list-style-type: none"> Has a working knowledge of the general, steering and sailing rules and their application Knows how to source information on local regulations
Weather and the Environment	<ul style="list-style-type: none"> Understands where to obtain a weather forecast

For further information contact

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Booking information: via MYC website: <http://www.morningtonyc.net.au/learn-to-sail.html>

