ISA Training Centre

Malahide Sail Training

Day Skipper (Sail) Course Syllabus

(Note, these are the subjects to be covered in the course, not requirements for the course)

Subject	Details to be covered
Preparation for sea	1 Engine, battery and fuel checks 2 Stopcocks and stowage 3 Personal and yacht's safety equipment checks 4 Sea area forecasts: sources and local interpretation 5 Discussion of 5 day overall plan and crew briefing 6 Chart and publications check 7 Basic tidal considerations
Safety	1 Precautions necessary to prevent fire, use of fire blanket and extinguishers, use of personal safety equipment, precautions necessary when using gas appliances 2 Care necessary when cooking in a seaway 3 Understanding of how, and when, to use all safety equipment
Deck work	1 Ability to reef, shake out reef, select and change or furl sails to suit conditions 2 Slipping a buoy and unberthing 3 Preparing to anchor, anchoring and weighing anchor 4 Mooring to buoy or berthing alongside 5 Use of warps and springs 6 Setting up to give or take a tow
Navigation	1 Understanding of charted information, distances and direction 2 Basic visual position fixing 3 Position fixing by GPS or similar radio navigation aid 4 Simple course to steer for short passages 5 Buoyage 6 Yacht's log book as navigational record 7 Use of sailing directions, cruising guides and cruising almanacs
Basic pilotage techniques	1 Prepare simple pilotage plan 2 Use of transits, clearing bearings and soundings 3 Use of electronic navigation aids such as radar and GPS or Loran
Yacht handling under power	1 Bring the yacht safely to and from a berth alongside, moor to a buoy and anchor in moderate tidal conditions
Rules of the road	1 Importance of keeping a good lookout at all times 2 Working knowledge of International Regulations for Preventing Collisions at Sea
Weather	1 Awareness of the sources of local sea forecasts 2 Interpretation of sea area forecasts 3 Importance of barometer in local forecasting
General duties	1 Day to day running of a cruising yacht, allocating watch rotas, housekeeping duties and provisioning