

WHICH COURSE?

Cara na Mara

Suitable for 7 – 9 year olds, this course provides a child-centred approach to introducing children to sailing and the marine environment. The programme allows children to discover, explore and practise the skills and knowledge they will need as sailors

Experience required: None

Level 1 - Start Sailing

This course will introduce you to the basic boat handling techniques and background knowledge necessary to get started in sailing. This course is suitable for children who are 9 - 13 years old.

Experience required: No previous experience required

Level 2 - Basic Skills

By the end of this course you should have the skills and knowledge necessary to rig up your boat and safely go sailing **without assistance** in light winds.

Experience required: You will be expected to be able to demonstrate the skills and knowledge included in the Start Sailing course (Level 1).

Level 3 - Improving Skills

This course will help you develop a competent, safe and practical approach to sailing your boat in moderate winds. You will also be introduced to the different aspects of dinghy sailing such as racing and day sailing.

Experience required: ISA Basic Skills (L2) + 1 seasons logged sailing experience. If you have not been regularly practising these skills you will need to do so prior to this course.

Level 4 - Kites & Wires

This course provides an introduction to the thrills and spills of sailing with spinnakers and trapezes.

Experience required: ISA Improving Skills + 2 seasons logged sailing experience

Boats used: RS Visions, Fevas, 420's (shared)

Level 4 - Go Racing

This course provides a fun introduction to sail boat racing . You will develop your skills and knowledge to a level where you can comfortably race at club and inter club level in Ireland.

Experience required: ISA Improving Skills

Level 4 - ABH (Advanced Boat Handling)

To develop advanced boat handling and tuning skills and prepare you to sail flat out in strong winds.

Experience required: ISA Improving Skills & Regular Sailing

Be able to set up and control the boat while on a plane, perform an effective roll tack in all wind strengths, Perform an effective roll gybe in all conditions. Optimise the boat / rig for a particular set of conditions: Mast Rake, Rig tension, Spreader length & angle.

Boats used: Feva's, 420's

WHICH COURSE?

Keelboat Adventure - Level 4

This 5-day course will take place aboard J24's, based out of Malahide Marina.

The course will involve navigation, course planning, island trips, anchoring, position plotting, chartwork, steering by compass etc. (theory work will take place in our SJT clubhouse).

Requirements: Min. Level 3, and plenty of logged water hours. Appetite for adventure and fun essential.!

(This is a great course to have on your CV if you are considering the IS Instructor Pathway, and is also a great foundation for future keelboat racing/cruising/passage planning for longer trips that are planned for 2018 onwards for our older juniors.)

Keelboat Taster Days:

These taster days are designed to introduce younger sailors to keelboat sailing (J24's) , marina manoeuvres, tiller, compass work etc.

Minimum Level 3 is also required.

Keelboat Crewing for Outer Estuary Events over the Season:

If your sailor has the experience and the enthusiasm, we will be encouraging a junior crew to compete in our annual MYC Cruiser Regatta, Rockabill Rally and Wicklow Vase aboard the J24's for the first time in 2018.

Tall Ship Taster Days:

Taster Days are for all age groups - no previous experience is required.

The core focus of Sail Training Ireland is on the youth category of 16-30 where the greatest benefits are achieved. Their aim is to make this opportunity available to as many young people in Ireland as possible, particularly those of limited means or with physical or intellectual challenges. No previous experience is required and various abilities can be catered for. Sindy Offer of Sail Training Ireland can provide further details and list of voyages planned in 2018.