

What we will learn in our Tackers junior learn to sail program



TACKERS 1 – Having Fun!	TACKERS 2 – Tricks & Techniques	TACKERS 3 – Sailing Fast!
BOAT HANDLING		
Steered with tiller extension under towing paddling power	Get out of irons on your own	Demonstrate the correct method and understand the theory of roll tacking & gybing
The ability to tie a: <ul style="list-style-type: none"> • Figure 8 • Round twice and two half hitches 	Safely gybe the boat	Stop the boat in a confined area for a period of time
Learnt and practiced how to perform the tack / "push turn"	Correctly use the tiller extension	Sail backwards
Learnt and demonstrated how to gybe / "pull turn"	Sail around a triangle course including: <ul style="list-style-type: none"> • Upwind – on a close hauled course tacking through the "no go zone" • Downwind – with centreboard up 	Understand the theory behind gybing and demonstrate the action downwind
Comfortably reached around a figure of 8 course using both tacking and gybing	<ul style="list-style-type: none"> • Reaching – correct sail position 	Show a sound knowledge of the five essentials: <ul style="list-style-type: none"> • Centreboard position • Boat Balance • Boat trim Sail trim • Course made good
Sailing with the tiller extension (the Microphone Technique)		Start and Finish races on a triangle and trapezoid course
Learnt to sail upwind and downwind by following the rescue boat.	Demonstrate a 360 ^o and 720 ^o turn	Always use tactical mark roundings in races
RULES & SAFETY		
Swam 50 metres in a PDF	Capsize and recover, unassisted	
Participated in a capsize	Demonstrate the rules of the road: <ul style="list-style-type: none"> • Port/Starboard • Windward/Leeward • Commercial vessels 	
Participated in rescue drills		
Realised the most important rule: Always avoid collisions!		
Understanding of Port / Starboard right of way		

SAILING THEORY & BACKGROUND		
<i>Identified the "no go zone" and the effects it has on your sailing</i>	<i>Rig your boat</i>	<i>Know correct sail shape for differing wind strengths</i>
<i>A background in safety knowledge of tides and currents</i>	<i>Name the parts of a boat and sail, including the sail controls</i>	<i>Recognise and read tell tails on a sail</i>
<i>Basic wind awareness – wind direction and strength</i>	<i>Have a sound knowledge of wind awareness</i>	<i>Understand how the sail works</i>
<i>Demonstrated respect and care of boats</i>	<i>Tie without guidance:</i> <ul style="list-style-type: none"> • <i>Bowline</i> • <i>Reef knot</i> 	<i>Understand the flag and timing sequence of starting races</i>
	<i>Identify navigational, cardinal and lateral marks</i>	
	<i>Have a basic knowledge of roll tacks and roll gybes</i>	

For more information visit our website:

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