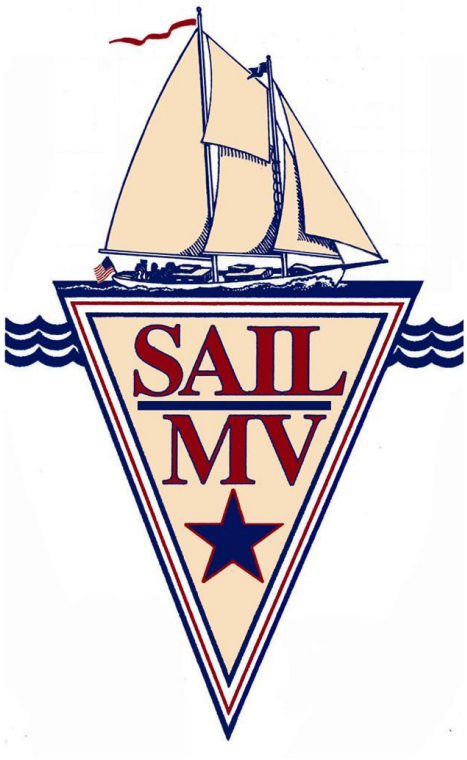


Youth Summer Sailing syllabus

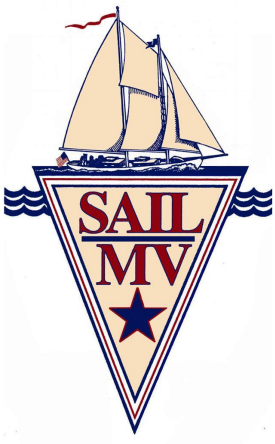
One Vineyard, One Sea, One Sail MV

Racing

Gold

Silver

Bronze



Sail Martha's Vineyard
Youth sailing syllabus

Seamanship

Vondée

Volvo

Clipper

Swordfish

Mackerel

Scup

Minnow

MABs

MESSING AROUND IN BOATS

Craft: Hartley 10s

Know, Understand or Demonstrate

Students will know:

1. Wind direction
2. Different types of boats
3. Need for personal buoyancy
4. The need to wear the correct clothing

Students will understand:

1. How to put on a buoyancy aid
2. How to be towed
3. The effect trash is having on our seas

Students can demonstrate:

1. Row a dinghy 15 meters
2. Paddle a SUP 25 meters
3. Steer an optimist being towed
4. Name and collect three different types of molluscs and crustaceans
5. Steer a pram drifting down wind

Will visit:

1. The Lagoon Herring run

MINNOW

Craft: Hartley 10s, Teras

Students will know:

5. Wind direction
6. Parts of the boat
7. Sources of weather forecasts
8. Need for personal buoyancy
9. The need to wear the correct clothing
10. Being properly prepared for a day on the water
11. Capsize, how to stay with the boat

Students will understand:

4. How to put on a buoyancy aid
5. Wind Direction
6. Parts of the boat
7. How to rig an Hartley 10 or RS Tera
8. How to be towed
9. How to launch and recover a dinghy

Students can demonstrate:

6. A reef knot
7. Figure of 8
8. Start and stop a sailing dinghy on a beam reach
9. Fasten a line to a cleat
10. Sheet in a sail
11. Initiate tack
12. Helming across the wind on a beam reach

SCUP

Craft: Teras & Fevas

Students will know:

1. Effects of wind on water
2. Basic rules of the road
3. Respect of other water users
4. How to respect the ocean
5. 5 essentials

Students will understand:

1. What are leeward and windward
2. Dangers of a lee shore
3. Sources of weather forecasts
4. Types of personal buoyancy and clothing
5. How to deal with a capsize

Students can demonstrate:

1. Rigging a dinghy alone
2. Launching and landing with assistance
3. How to be towed
4. Helming across the wind on a beam reach
5. 180˚ tack
6. Sail to windward

MACKEREL

Craft: Tera & Feva

Students will know:

1. Basic tides
2. Dangers of sailing on tidal waters
3. Basic sail controls
4. Need to inform someone you are going on the water
5. Safe sailing areas
6. Beaufort scale

Students will understand:

1. Up wind points of sail
2. Down wind points of sail
3. What you can do to decrease your impact on the oceans
4. How to deal with an inversion, and how to avoid entrapment
5. Basic rules of the road
6. 5 Essentials
7. How to apply rules of the road
8. How to recover a man overboard

Students can demonstrate:

1. Launching and recover alone (windward shore)
2. Basic lie to
3. 90˚ tack
4. Sail on down wind points of sail
5. Gybe
6. Bowline
7. Clove hitch
8. Right a capsized dinghy

SWORDFISH

Craft: Tera & Feva

Students will know:

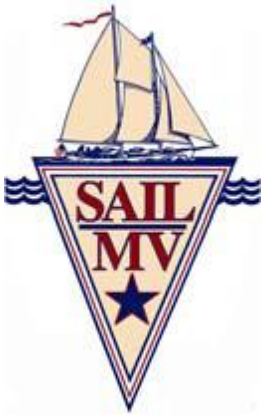
1. Different types of weather forecast
2. Basic types of clouds
3. Boat setup
4. Difference between headers and lifts
5. What are oscillating and persistent shifts
6. The dangers of UV
7. Different types of boat buoyancy
8. Boat setup

Students will understand:

1. Basic racing rules
2. How to pick up a mooring
3. How to set up a tow
4. Basic start sequence
5. Different race courses

Students can demonstrate:

1. Roll tacks and gybes
2. Launch and recover alone (lee shore)
3. Line Starting
4. Man overboard
5. Coming along side
6. Sail backwards
7. Triangle - sausage course
8. Tight circles



BRONZE

Craft: Tera & Feva

Students will know:

1. Portsmouth yardstick handicap system
2. On the water forecasting
3. Sail shape and sail control effects
4. Protest protocol
5. Race preparation
6. 1st beat/ holding a lane
7. Use of a spinnaker (symmetric V asymmetric)

Students will understand:

1. Racing rules
2. Different starts
3. Boat set up
4. Scoring systems
5. 3 thirds jibing (spinnaker)

Students can demonstrate:

1. Trigger Pulls
2. Line Bias and start set up
3. React correctly to shifts up wind
4. Sailing by the lee
5. Trapezoid course (mark rounding)

SILVER

Craft: Tera & Feva

Students will know:

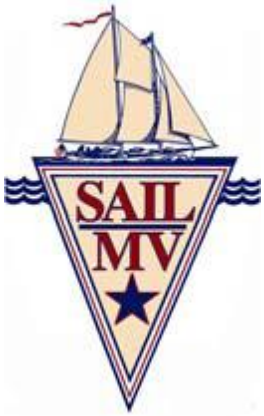
1. Synoptic charts
2. Use of NOAA charts
3. Regatta preparation
4. Strength and mobility training
5. Use of video and GPS data
6. Constructive performance reviewing

Students will understand:

1. Application of weather forecast to individual race and a regatta
2. Tidal preparation and in-race tactics
3. Shore side boat set up
4. Sail shape control (4th corner)
5. Warmups/warm downs
6. Basic jury protocol

Students can demonstrate:

1. Start setup (slippage, line positioning, leeward gap)
2. Lee bowing
3. Boat and Boat VS Boat on-fleet tactics
4. 3 thirds jibing (spinnaker)
5. Boat care
6. Protest experience



GOLD

Craft: Feva

Students will know:

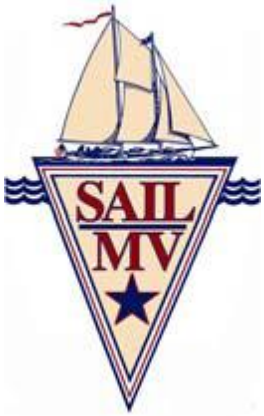
1. Shipping forecast
2. Campaign preparation
3. Class recognition and registration
4. Measurement process
5. Self-evaluation – evaluating others
6. Personal development (progression into larger dinghies)

Students will understand:

1. Recognition of frontal systems, and tactical advantages
2. Up wind assessment = downwind tactics
3. Sailing in pressure downwind
4. On the water nutrition
5. Sailing Psychology
6. Risk / reward assessment

Students can demonstrate:

1. Start setup: Lay lines, clearing to windward
2. Application of tactical preparations
3. Threat identification, tactical malleability
4. Gybe set / Gybe drop (kiwi drop)
5. Defending a side
6. Up wind lifts



CLIPPER

Craft: Rhodes 19

Students will know:

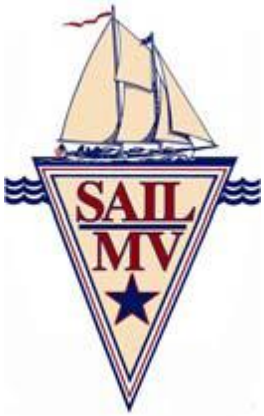
1. Hazards of sailing on open tidal waters
2. International regulations for the prevention of collisions at sea
3. Safety equipment for a day sail
4. The need to carry water
5. How to reef
6. 3 ply splicing

Students will understand:

1. The following terminology: windward, leeward, forward, aft, ahead, astern, to weather, abeam, downwind, amidships, quarter, pinching, sailing by the lee, luff, bear away, planning, sternway, broach
2. Anchoring
3. Basic Buoyage
4. Tidal effects on day sailing
5. Job roles and responsibilities on board a yacht

Students can demonstrate:

1. Tie a sheet bend and rolling hitch
2. Being towed by a power vessel
3. Sail backwards
4. Sailing in adverse circumstances (no rudder, no centreboard)
5. Can leave and return to a jetty and mooring, including windward and leeward shore
6. Heave to
7. Recovering a Man overboard



VOLVO

Craft: Rhodes 19

Students will know:

1. How to prepare and equip a boat for a day sail, including basic navigational equipment, clothing and food.
2. Different navigational instruments, and their limitations
3. Magnetic deviation and variation
4. Tidal atlas, tide tables

Students will understand:

1. How to interpret a synoptic chart
2. The characteristics of high and low pressures
3. Basic chart work, symbols, plotting a course
4. How to input waypoints on a GPS
5. How to reef
6. How to splice 3 ply line

Students can demonstrate:

1. Heat-seal and whipping
2. Use a handheld compass
3. Towing another vessel whilst under sail
4. Crew on Starfish
5. 6-hour expedition
6. Reefing afloat
7. Anchoring

VONDEE

Craft: Rhodes 19”, J70

Students will know:

1. Regional VHF CH1 forecasts.
2. Interpretation of marine forecasts.
3. Coding and coded waters

Students will understand:

1. How to plot a course to steer
2. How to work out dead reckoning
3. VHF channels and etiquette
4. Use of transits and bearings to steer course and fix position
5. How to improvise in the event of gear failure
6. Has a basic understanding of 1st aid (pupils with 1st aid certificates are exempt)
7. Use tidal atlases, tables to influence a day sail

Students can demonstrate:

1. Eye and back splice
2. Plot a day sail on a GPS
3. Follow pre-arranged GPS courses
4. Complete a 12-hour sailing expedition
5. Helm Starfish under supervision
6. Adverse condition planning