

Lake Cootharaba Haliai Syllabus

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This syllabus is the basis for certificates of sailing competency issued by Lake Cootharaba Haliai participants.

There are three levels of certificates:

Certificate I - Novice Sailor

A Novice Sailor is able to assist in rigging and de-rigging a boat, understands basic sailing terminology, can follow instructions during launching and retrieving a boat and is proficient in controlling the jib independently during tacking and gybing. An Haliai certified Novice Sailor is qualified to sail as a crew in a race.

Certificate II - Intermediate Sailor

An Intermediate Sailor is capable of rigging and de-rigging a Vagabond independently, can adequately judge weather conditions, is proficient in launching and retrieving a boat as skipper, is able to competently direct a crew, knows basic racing rules and is qualified to skipper a boat confidently in a race in a range of conditions below 13 knots. An Haliai certified Intermediate Sailor will need only minimal supervision and guidance by an instructor.

Certificate III - Independent Sailor

An Independent Sailor requires no supervision or guidance by an instructor, has acquired sailing experience in a variety of boats and weather conditions and is qualified to make competent decisions regarding all aspects of sailing an entry level boat independently at the lake. Additionally to boat handling expertise an Haliai certified Independent Sailor has demonstrated race management skills and a general commitment to be a valuable member of the club.

The specific competencies required for each certificate can be found in the competency table. Certificate I is required for Certificate II, which in turn is prerequisite for Certificate III.

Competency category Rigging:

For certificate I only the safe crossing of the road with the gear will be checked as competency, as well as the understanding of basic words such as main, jib, boom, rudder, centreboard, bow, stern. However the willingness and eagerness of assisting with rigging must also be demonstrated.

For certificate II all competencies in this category must be demonstrated including the correct terminology during demonstration. Checking of knowledge will occur and may include questions asking for explanations not only demonstrations. Such as "why are you using a simple figure of 8 stopper knot, which may come undone and not a more secure stopper knot?"

For stepping of the mast it is acceptable to ask a stronger person for help, but the correct technique must be explained.

During rigging, the boat faces the wind (if at all possible).

Jib halyard purchase through the eye at the end of the wire, securing the halyard with a cleat hitch on the cleat and coiling the remainder correctly.

Tensioning of the stays by tightening the jib halyard.

Main halyard secured with truckers' hitch, cleat hitch and correct coiling.

Main sheet running correctly through pulleys.

No flogging of sails.

Competency category De-rigging:

For certificate I assistance during de-rigging will be evaluated and the cleanliness of sails and boat. Avoidance of sail flogging.

For certificate II all other competencies in this category must be demonstrated including the operation of the hoist for lifting the Vagabonds onto the top shelves in the club house.

Competency category Pre-launch:

Certificate I: lifejacket, sun protection, adequate clothing, wind direction.

Certificate II: wind strength estimate, prepared with knowledge of appropriate weather forecast.

Certificate III: correct weather judgement and sensible estimation for rest of day based on forecast AND experience of local conditions in the past.

Competency category knots:

Certificate I: Demonstration of figure 8 and bowline and where they are used on the Vagabond.

Certificate II and III require also knowledge of advantages and disadvantages of the knots in this category.

Competency category launch:

Safe entering of water.

Boat is facing into the wind, held by crew on the forestay with two hands. Trolley pulled out under boat into the direction of the wind, crew steps over axle. Nobody else is touching the boat, it swings freely in the wind, anchored by bow crew.

Skipper enters boat first, lowers rudder and some centreboard, sorts main sheet and tiller extension. Rest of crew enter boat, jib is set, bow crew enters last while skipper demonstrates controlled take off (into the wind - for E, SE and NE winds).

In deeper water rudder and centreboard are lowered completely and secured.

Check of sail setting, vang, outhaul.

Competency category approaching shore:

Release of centreboard (not completely pulled up yet), release of rudder pull down, near shore boat turned into wind. Crew jumps off and anchors boat on forestay with two hands. Centreboard is pulled up completely and secured and rudder is secured in upright position.

Competency category boat handling:

Jib control:

Certificate I requires competent control of jib. Crew may sit on centreboard console.

Hands immediately off when sheet is released. Cleating sheet in with pull down motion (if necessary two hands are used). Correct trimming of jib for all points of sail.

Skippering:

Steering according to jib tell tales, hand over hand, hiking out.

Tacking:

Back foot on other side, command: ready to tack, answer ready, command: tacking, while pushing the tiller quickly far away, waiting for boom to cross, bringing tiller back into middle position and steering the boat in a controlled manner into new direction, then moving body over and changing hands behind back either while moving over or when on other side.

Certificate III Laser roll tacking see <https://www.youtube.com/watch?v=QrMGeMivpdE>

Gybing:

Back foot on other side. Command: ready to gybe, answer: ready, command: gybing while pulling the tiller very slowly in small movement. When the jib collapses the boom can be pulled over by pulling the main sheet near the top pulley. As the boom crosses the tiller is quickly positioned into the centre or briefly a bit further. When the boat is under full control on the new heading the skipper moves over to the other side. Now the proper course can be taken.

Capsize and controlled recovery:

Immediately after capsize skipper and crew call each other to confirm they are ok.

Prior to launch appointed crew quickly moves to the top of the mast, holds it just above water, turns boat appropriately if necessary and waits until other crew has opened the jib and climbed onto centre board (easier from inside boat). Mast person slowly lets up mast and slides down stays.

Heave to:

Stopping the boat via heave to. Command: ready to heave to, answer: ready, command: going. Skipper initiates tack, crew does not change jib. When the boom crosses the boat, skipper moves tiller to middle and completely eases the main sheet, then pulls tiller very slowly until the rudder sits fully in the same direction as the jib. Final position: main completely open, jib backed, rudder in same direction as backed jib.

Man over board, single handed Vagabond sailing, Laser sailing, roll tacking, spinnaker trim, extensive experience as skipper and crew in a variety of boats and conditions.

Competency category racing:

Racing rules of sailing. Use of <http://game.finckh.net/situat/all.htm> for tests.

Basic race management skills. Confident weather judgement. Advice for course setting according to participants and conditions. Confident use of equipment (from start boat anchor to stop watch). Confident start of race and correct recording of elapsed times. Knowledge about procedures in case of unplanned events, including basic safety procedures.