



Independent Sailing – Gold Level

A 3- 4 day course, which covers the more advanced skills and knowledge necessary to allow the successful participant to be capable of maneuvering a dinghy in a seaman-like manner, to solve problems, and handle a wide range of situations afloat in moderate conditions. Once comfortable in more moderate conditions, they will begin using a spinnaker. This course will see the participants graduate from single-handed dinghies to double-handed dinghies and possibly even smaller keelboats.

The emphasis of the Gold Level is on increasing the self-reliance and decision making needed to sail independently, how to rig the boat, and how to properly use both a symmetric and asymmetric spinnaker. Intermediate racing skills will also be taught. These will include the Rules, strategy, tactics, VMG (velocity made good), how to sail the best possible course both upwind and downwind, and overall course management. The participants will learn all of this from both the position of the and the skipper.

More advanced than the Silver Level, successful completion of this Level will have the student thinking about the following, and more, when on the course:

- a. Choosing the best starting location.
- b. Stay in clear air, stay in the breeze.
- c. Sailing the best VMG towards next mark.
- d. Thinking 5 – 6 tacks or gybes ahead.
- e. Acceleration after starts, tacks, and gybes.
- f. Tacking/gybing in pressure, not in a lull.
- g. Adapting to changes – puff, lift, lull, header.
- i. Don't dwell on mistakes – keep head out of the boat.

