



## Start Sailing – Bronze Level

This entry level is a 5-day course/camp for children/juniors generally from ages 7 to 12 who have never sailed before, which includes an introduction to sailing skills and the knowledge needed to sail safely under supervision.

After completing this course, the successful participant will be able to complete the following skills, demonstrating that they are ready to proceed to the next courses, Safe Sailing - Silver Level.

Sailing in one of our newer boats, the RS Tera (photo below), the student will be able to:

- a. Prepare a boat for sailing, including a safety inspection.
- b. Get underway from a dock, mooring, or beach.
- c. Properly set sails for a round-trip course, approved by your Instructor, which will include running, beating, and reaching—the basic points of sail. While sailing, you will also demonstrate good helmsmanship skills.
- d. Change direction by tacking; change direction by gybing.
- e. Demonstrate getting out of irons.
- f. Demonstrate the safety position.
- g. Demonstrate capsize and recovery procedures.
- i. Upon returning to the dock, mooring, or beach, properly secure all equipment, stow sails, and prepare the craft for the trailer.

Additionally, they will show how to tie the following knots:

- square (reef) knot
- clove hitch
- two half hitches
- bowline
- cleat hitch
- figure-eight knot

