

Small Boat Sailing Scheme

SYLLABUS & LOGBOOK

LEVELS FOR ALL AGES



Dinghy - Keelboat - Catamaran

Active Life on Open Water

Contents

Introduction	3
SBSS Journey	4
Who is Irish Sailing	5
Checklick	6
∞ Taste of Sailing	8
∞ Start Sailing	14
∞ Basic Skills	22
∞ Improving Skills	30
∞ Advanced Boat Handling	38
∞ Kites and Wires	44
∞ Start Racing	52
∞ Adventure	60
∞ Coastal Navigation for Small Boats	68
Further Training Schemes	74
Termionology	76
SBSS Values	78



Small Boat Sailing Scheme

Ireland's National Sailing Syllabi for
Dinghy, Keelboat and Catamaran.

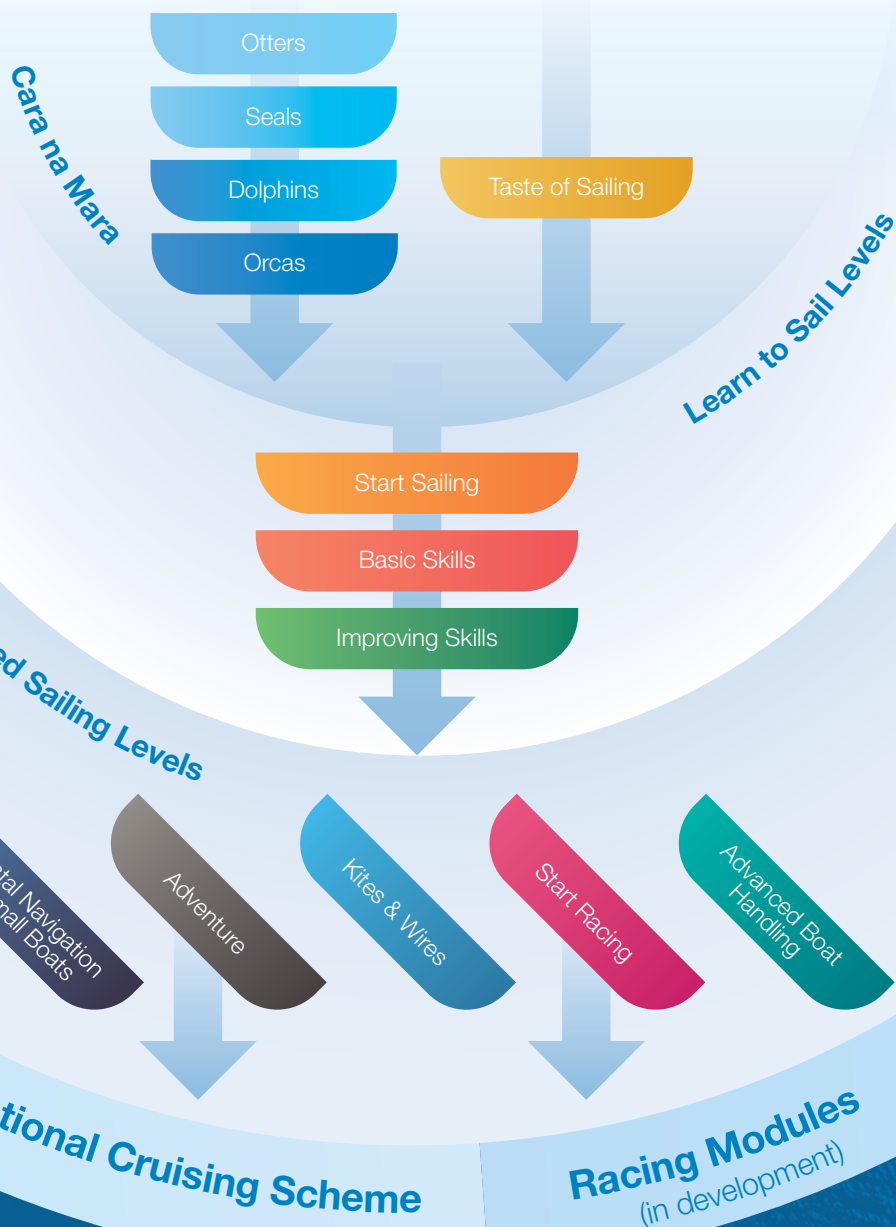
The Small Boat Sailing Scheme (SBSS) provides training for people of all ages using all types of small sailing boats on coastal and inland waters. SBSS is a comprehensive and adaptable training framework designed for children, teens and adults, for all waters, sailing with friends or on your own and under multiple disciplines – Dinghy, Keelboat, Catamaran. The scheme provides a clear and practical pathway for developing sailors skills from their first sail to advanced techniques!

SBSS helps you sail safely and confidently, whether you're here for fun, looking to race, or just want to keep learning as you go.

Benefits of the SBSS

- **Progressive Skill Development:** Clearly defined skill levels, each level building on the previous.
- **Flexible Delivery:** The scheme can be delivered in various formats; youth summer camps to weekend adult courses, and from racing-focused to recreational cruising.
- **Practical:** The scheme is built around hands-on learning and active participation, so you can build the skills and confidence to enjoy sailing safely and independently.
- **Time Afloat:** Logbooking encourages sailors to track their time afloat, supporting steady progress by helping them focus on their goals and fostering active sailing. Nothing beats getting time on the water.

SBSS Pathway



Who is Irish Sailing?

Irish Sailing is the National Governing Body for sailing, powerboating and windsurfing. The SBSS can only be run at an accredited Irish Sailing Training Centre and delivered by qualified Sailing Instructors. All Irish Sailing Instructors are certified and trained nationally within a comprehensive development programme, in partnership with Sport Ireland.

Every Irish Sailing Instructor carries an active emergency care certificate, safeguarding certificate and Garda Vetted by Irish Sailing. In addition, to being supported by an Irish Sailing qualified Senior Instructor to ensure that you get the safest, best and most up to date tuition possible!

Irish Sailing Training Centres have undergone a thorough accreditation process to ensure they can provide high quality tuition in a safe and positive learning environment.

- Maintenance of facilities.
- Condition of training boats and equipment.
- Appropriate course programmes.

Irish Sailing works closely with these Centres to help them develop the safest and best courses possible. It also provides training support visits regularly to ensure standards are being maintained and good practices are shared throughout the network of Centres.

With Training Centres based in every corner of Ireland, from dedicated training schools to local sailing clubs, you'll have plenty of options wherever you are!



Scan the QR code to find a course or club near you.





The Irish Sailing Passport is your online skills tracking, certification and logbook system - powered by Checkclick. Use this syllabus & logbook to understand the skills required, record your logbook hours and then use Checkclick to track your progression.

The Irish Sailing Passport lets you track your skills in real-time as you progress through your courses. You can check in anytime to see what you've achieved and what skills you still need to complete at each level. You can also find individual feedback and development goals from your Instructor!

Your Passport profile will allow you to move seamlessly between accredited Training Centres if you sail at different locations too! So it doesn't matter which Training Centre or which Instructor you are learning with; they will know exactly where you are on your level!

All achievements and certificates are awarded to your profile and you can also digitally log your time afloat to help you track your experience as you continue developing your sailing skills.

irishsailing.checkclick.com



Scan the QR
code to go
to Checkclick.

Taste of Sailing

Get your feet wet and get a Taste of Sailing! This brief introductory course will give you a positive introduction to the lifelong sport of sailing.

Previous Experience

No previous experience or knowledge is required; welcome to sailing!

Types of Boat

This course may be completed in any type of sailing dinghy, keelboat or catamaran. Your certificate will show what type of boat you used; try it once, try it twice, why not try all three!

Time Commitment

This level should consist of a minimum of 3-hours, but may be extended to facilitate a more relaxed approach.

“

Sailing teaches you patience, resilience, and to stay calm under pressure — lessons for on and off the water.

Annalise Murphy

Rio Olympics Sailing Silver Medalist



Taste of Sailing

LEARNING OUTCOMES



Clothing & Equipment

- I know what a Personal Floatation Device (PFD) is.
- I know why I should wear a PFD.
- I can correctly fit my own PFD and have it checked by my Instructor.



Boat Handling & Manoeuvres

- As both helm and as crew,
 - ∞ I can sail across the wind (Reach).
 - ∞ I can turn the boat through the wind (Tack).
 - ∞ I can stop the boat.
- I know how to help balance the boat.
- I can raise and lower the daggerboard/centreboard and rudder.



Weather

- I can identify which direction the wind is blowing from.



Capsize Recovery

- I know that capsizing is a normal part of sailing!
- I can explain why it is important to stay with a capsized or inverted boat.



What Next...

I can describe how to continue sailing, record progress in my logbook and reach my next level: Start Sailing





**Enjoyed
your first
taste?** Take
the next step
towards the
Learn-To-Sail
modules with
Start Sailing!

Taste of Sailing ~ Log

[illegible]

Start Sailing

By the end of this level, sailors will be sailing in light wind conditions with assistance from their instructor.

Previous Experience

No previous experience or knowledge is required.

Types of Boat

This course may be completed in any type of sailing dinghy, small keelboat or catamaran.

Time Commitment

A minimum of 14-hours (2-days) of Instructor-led time is required to complete these skills.

The length of the level should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

Evaluation

Assessment is practical and continuous throughout this level. Sailors should be able to make reasonable progress around a triangle course, with encouragement from their Instructor.

“

The Start Sailing module was where it really happened for me. The skills I learned gave me so much confidence on the water!



Start Sailing

LEARNING OUTCOMES



Clothing & Equipment

- I know what clothing to wear/ not to wear on the water.
- I can describe how a wetsuit works.
- I can identify the following:
 - ∞ The difference between a buoyancy-aid and a lifejacket.
 - ∞ Which PFD is most appropriate for my sailing activity.
 - ∞ When and why I should wear my PFD.
 - ∞ What appropriate footwear is.
- I can fit and adjust my own PFD.



Boat Handling & Manoeuvres

- I can paddle/row a boat in a straight line.
- As both helm and as crew, with assistance from my Instructor, I can:
 - ∞ Reach across the wind
 - ∞ Sail upwind
 - ∞ Sail downwind
 - ∞ Tack the boat
 - ∞ Gybe the boat
 - ∞ Stop the boat
 - ∞ Get the boat out of irons

Always check the weather before going afloat — conditions can change quickly in Ireland.



Weather

- I can identify which direction the wind is coming from.
- I know the implications of the following to a sailor:
 - ∞ Onshore and offshore winds
 - ∞ Strong winds
 - ∞ No wind



Capsize Recovery

- I know why it is important to stay with a capsized or inverted boat.
- I can get back into my boat from the water.



Rigging

- I know I need to position my boat head-to-wind for safe rigging.
- I can identify the main parts of my boat, rigging & sails. (bow, stern, port, starboard, hull, mast, boom, kicker, sheets, rudder, tiller)
- I can assist with rigging my boat.



Ropework

- I can tie the following knots and know when to use each.
 - ∞ Figure-of-8 knot.
 - ∞ Round-turn-and-two-half-hitches.
- I can secure a rope using common types of cleats.
- I can coil a rope
- Keelboat sailors will be able to use a sheet winch.

LEARNING OUTCOMES CONT.



Launch & Recovery

- Dinghy and catamaran sailors will be able to;
 - ∞ Secure a boat on a launching trolley and safely move it around while ashore.
 - ∞ With assistance from my Instructor, launch my boat and sail away from the shore and sail back to shore, recover my boat and secure it to its trolley.
- Keelboat sailors will be able to secure their boat alongside (a pontoon, pier, quay wall, harbour) and to a mooring.



Sailing Knowledge

- I can describe the different Points of Sailing.
- I know what action to take when boats on different tacks meet (port vs. starboard)
- Identify and use common sailing terms (sheet in/out, luff up, bear away).



Coastal Knowledge

- I know how tides and currents can affect a sailor.
- I can describe how often high and low tides occur and the implications these might have on my sailing activity.

The Beaufort Scale was invented by Irish Hydrographer Sir Francis Beaufort in 1805!



Safety

- Before I go afloat, I know why and how I should leave details with a responsible person ashore.
- I know how to summon assistance if I am in trouble on the water.
- I can recognise common distress signals and know how to raise the alarm if someone is in trouble.
- I know when sailors are required to wear a PFD by law.
- Keelboat sailors will be able to describe how to safely store and use gas and petrol, if carried.



What Next...

I can describe how to continue sailing, record progress in my logbook and reach my next level: Basic Skills



A woman with dark hair tied back, wearing a dark jacket, is shown from the side, leaning forward and holding onto the rigging of a sailboat. The background is a bright, hazy sky. The entire image is overlaid with a large, semi-circular orange graphic that frames the scene. The text is positioned in the lower right area of the image.

“

On the water,
you don't just
learn to sail,
you learn to
trust yourself,
read the world,
and move with
purpose.

Start Sailing ~ Log

[illegible]

Basic Skills

By the end of this level, sailors will be sailing on their own in light wind conditions without assistance from their instructor.

Previous Experience

Sailors are expected to be able to confidently demonstrate the skills within Start Sailing in order to progress to the next level.

Type of Boat

This course may be completed in any type of sailing dinghy, small keelboat or catamaran.

Familiarity and experience with doubled-handed dinghies is encouraged for this level.

When this course is completed in a single-handed dinghy, the sections relating to crew-work are marked with an asterisk*, these may be omitted.

Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the level should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

Evaluation

Assessment is practical and continuous throughout this level. Sailors should be able to demonstrate exercises effectively and sail an upwind triangle course without assistance from their Instructor.



Basic Skills

LEARNING OUTCOMES



Clothing & Equipment

- I know what to wear before going sailing, including appropriate footwear and considerations for the weather.
- I can equip my sailing boat for use.
- I can check my hull, buoyancy, standing rigging, running rigging, foils, spars and sails are in good condition.



Capsize Recovery

- I can right a capsized boat without assistance from my Instructor.
- I can describe what to do if you are caught under an inverted boat.



Rigging

- I can identify all parts of the boat, rigging & sails including primary and secondary controls.
- I can rig my boat for use and start making good decisions based on the weather.
- I can de-rig my boat and show care for all parts; washing, rolling/folding sails, fitting boat cover, coiling lines.
- I can reef my sail while ashore. Keelboat sailors will be able to reef their boat while on a mooring.
- Keelboat sailors will be able to change a headsail.



Boat Handling & Manoeuvres

- I can paddle/row a boat around a triangular course and come alongside.
- In light winds, As both helm and crew, I can;
 - ∞ Reach across the wind
 - ∞ Sail upwind ∞ Sail downwind
 - ∞ Tack the boat ∞ Gybe the boat
 - ∞ Pick-up, and leave a mooring
 - ∞ Come alongside a boat, pier, pontoon that is head to wind
 - ∞ Come alongside a pier or pontoon that is not head to wind
 - ∞ Recover a man-overboard
 - ∞ Heave-to
 - ∞ Sail under jib only *
- Catamaran sailors will be able to use a trapeze if carried.



Weather

- I know how wind speed, wind direction, visibility, temperature are measured and how these may affect a sailor.
- I can obtain a weather forecast for my local sailing area and describe how this impacts my planned activities.
- I have a basic understanding of the Beaufort Scale.



Ropework

- I can tie the following knots and describe when to use them:
- All ropework skills from previous levels plus...
 - ∞ Bowline ∞ Clove-hitch
 - ∞ Reef Knot ∞ Sheet Bend
- I can coil and heave a line

LEARNING OUTCOMES CONT.



Launch & Recovery

- I can launch my boat and sail away from shore.
- I can sail back to shore and recover my boat.
 - ∞ Leave and return to a beach or slipway in the prevailing wind direction
 - ∞ Describe how to land on a beach or slipway when the wind is offshore, cross shore and onshore.
- Keelboat sailors will be able to identify different methods of launching a keelboat and describe how to launch a keelboat from a trailer using a slipway.



Sailing Knowledge

- I can describe the “5-Essentials” and apply them to all Points of Sailing.
- I understand the principals of how a sail and daggerboard/centreboard works.
- I am familiar with common ‘Rules of the Road’ and can tell if risk of collision exist between two boats.
- I can identify the Stand-On & Give-Way vessel in the below scenarios;
 - ∞ A motorboat and sailing boat meet
 - ∞ Two sailing boats on the same tack meet
 - ∞ Boats being overtaken
- I am familiar with common sailing terms (windward, leeward)



- I can identify when high and low tide occur using local tide tables.
- I know what an ebb and flood tide is.



- Before I go afloat, I know why and how I should leave details with a responsible person ashore.
- I am familiar with common flares and understand how/when to use and care for them.
- I know what hypothermia is, how to prevent and how to care for someone.
- I can explain why it is important for a sailor to have some first-aid training.



What Next...

I can describe how to continue sailing, record progress in my logbook and reach my next level: Improving Skills





“

When you're on
the water, you're
not escaping
life—you're
learning how to
live it more fully.

Basic Skills ~ Log

[illegible]

Improving Skills

To develop as an independent sailor, confidently handling the boat in moderate conditions, making informed decisions, and optimising the boat for expected conditions.

Previous Experience

Sailors will be expected to have completed, or have experience equivalent to, the Basic Skills certificate.



Logbook: At least **10-hours** recorded in your logbook.

Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the level should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

Type of Boat

Dinghy – Although single-handed dinghies may be used as part of this programme, a double-hander is required to achieve all the skills within this level.

Any type of small keelboat or catamaran may be used.

Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge.

Sailing manoeuvres should be performed confidently and independently in moderate conditions, effective use of The 5 Essentials throughout and appropriate boat setup for changing conditions.



SMALL BOAT SAILING SCHEME | Improving Skills

Improving Skills

LEARNING OUTCOMES



Rigging

- I can rig my own boat, correctly and set for the weather conditions, without assistance from my Instructor.
- I can de-rig my boat, fold/roll my sails, secure and coil lines, fit covers and inspect hull/ equipment for damage.



Capsize Recovery

- Right an inverted boat.
- Describe what to do if someone is caught under an inverted boat.



Tuning

- I can identify and demonstrate the use of the following in order to optimise my boat for a particular set of conditions:
 - ∞ Sail telltales (jib & main)
 - ∞ Jib sheeting angles
 - ∞ Halyard tension
 - ∞ Outhaul
 - ∞ Cunningham / downhaul
 - ∞ Kicker or vang
 - ∞ Main sheet traveller / hawse
- I can use boat and rig controls to optimise the performance of my boat in a variety of conditions including light, medium and strong wind conditions and on all Points of Sailing.



Boat Handling & Manoeuvres

- I can Tack effectively in all wind conditions.
- I can Gybe effectively in all wind conditions.
- I can demonstrate 'The 5 Essentials' at all times.
- I can demonstrate all the sailing skills below, covered in Basic Skills, in windier conditions.
- As both helm and crew;
 - ∞ Reach across the wind
 - ∞ Sail upwind
 - ∞ Sail downwind
 - ∞ Tack the boat
 - ∞ Gybe the boat
 - ∞ Pick-up, and leave a mooring
 - ∞ Come alongside a boat, pier, pontoon that is head to wind
 - ∞ Come alongside a pier or pontoon that is not head to wind
 - ∞ Recover a weighted man-overboard
 - ∞ Heave-to
 - ∞ Sail under jib only
- Catamaran sailors will be confidently able to use a trapeze if carried.
 - ∞ I can perform a basic roll tack in light winds.
 - ∞ I understand the principles of sailing without a rudder and can sail a beam reach without a rudder.
 - ∞ I can sail backwards for short distances and understand how this skill can be valuable.
 - ∞ I can stop my boat, anchor, recover anchor and sail away.

LEARNING OUTCOMES CONT.



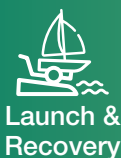
Weather

- I have a good understanding of the Beaufort Scale and can accurately demonstrate it use.
- I know what a small craft warning is and who issues it.
- I can identify common weather conditions and describe how they may affect my activities (speed, direction, visibility, temperature, precipitation).
- I can identify different sources of weather forecast.
- I understand the difference between weather forecast and weather conditions.
- I have a working understanding of synoptic charts to make an assessment of the weather (isobars, high/low pressure, fronts)
- I can explain the significance of commonly used terms in marine forecasts (gale, meteorological situation, outlook, sea area forecast, fine, fair, cloudy, good, moderate, poor)



Coastal Knowledge

- I can describe what causes tides and how they might positively/negatively impact my activity.
- I know what neap and spring tides are.
- I can describe how to estimate the rate and direction of the flow of tide and describe the effect that this might have on a sailor.



- I can safely launch from a beach or slipway in any wind direction.
- I can safely land on a beach or slipway in any wind direction



- I can explain how sails and foils work, how they interact and how they drive a sailing boat.
- I know how sails & foils generate lift & what stalling is.
- I am familiar with common sailing IRPCS.



- Sailors should be constantly aware of and apply the “5 Essentials”.
- I can set the boat up, and sail efficiently:
 - ∞ upwind
 - ∞ downwind
 - ∞ on a reach
- I have a good understanding how tell-tails work.
- I can demonstrate how to obtain maximum leverage when hiking or trapezing.
- Catamaran sailors will be confidently using a trapeze if carried.
- I can demonstrate use of optimum sheeting on all Points of Sailing.



- All ropework skills from previous levels plus...
 - ∞ Keelboat sailors will be able to remove a pinched sheet from a winch.



I can describe how to continue sailing, record progress in my logbook and reach my next level: Advanced SBSS Modules.



Now with a solid sailing foundation, it's time to pick the SBSS Advanced Modules that excites and challenges you most!

Each module will offer a different set of skills. The more boat types you can get under your belt, the better sailor you will become.

Improving Skills ~ Log

[illegible]

Advanced Boat Handling

To develop advanced boat handling and tuning skills, including a clear understanding of how sails and foils work together, preparing sailors to sail flat out in strong winds.

Previous Experience

Sailors will be expected to have completed the Improving Skills certificate.



Logbook: At least **20-hours** recorded in their logbook.

Type of Boat

Dinghy – Although single-handed dinghies may be used as part of this programme, a double-hander is required to achieve all the skills within this level.

Any type of small keelboat or catamaran may be used. Spinnaker skills should only be included here if sailors have completed the Kites & Wires level, or have similar experience.

Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the level should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge. Sailors are expected to demonstrate confident, controlled manoeuvres in strong winds, optimise sail setup for performance and apply techniques for speed, tuning and efficiency across all points of sailing.



Advanced Boat Handling

LEARNING OUTCOMES



- I can confidently rig any sailing boat within my boat type (dinghy, keelboat, catamaran) from road transport to sailing course, including mast stepping, reefing systems and furling.
- Spinnaker rigging only if sailors have completed Kites and Wires certificate.



- I can identify and demonstrate the use of the following in order to optimise my boat for a particular set of conditions:
 - ∞ Mast Rake
 - ∞ Rig tension
 - ∞ Mast bend
 - ∞ Spreader length & angle
 - ∞ Mast ram/chocks
 - ∞ Sail camber/ leach tension/draft
- I can use primary and secondary rig controls to optimise the performance of my boat in a variety of conditions.

Log your sessions — keeping a simple sailing diary helps track progress and conditions sailed.



Boat Handling & Manoeuvres

- I can demonstrate and understand the proper use of 'The 5 Essentials' at all times.
- I can demonstrate the sailing skills below in strong winds exercising good judgement and planning to conduct each manoeuvre in a seamanlike manner;
 - ∞ Reach across the wind
 - ∞ Sail upwind
 - ∞ Sail downwind
 - ∞ Tack the boat
 - ∞ Gybe the boat
 - ∞ Pick-up, and leave a mooring
 - ∞ Come alongside a boat, pier, pontoon in any wind direction
 - ∞ Recover a weighted man-overboard
 - ∞ Heave-to
 - ∞ Sail under jib only
- Catamaran sailors will be confidently able to use a trapeze if carried.
 - ∞ Set up and control the boat while on a plane.
 - ∞ Perform an effective roll tack in all wind strengths.
 - ∞ Perform an effective roll gybe in all conditions
 - ∞ Sail confidently without a rudder on all Points of Sailing

*The Irish Water Wag is the oldest
one—design dinghy in the World! c.1886*

LEARNING OUTCOMES CONT.



- I can describe how to optimise effectiveness of hull, spars and sails within class rules.
- I know how mainsail & jib interact with each other to increase lift and demonstrate techniques to maximise this effect.
- I know how trim & sheeting angles on one sail effects the other.



- I can demonstrate techniques for maximising speed in waves
- I can demonstrate optimum course to steer and steering technique on all points of sailing.
- I can use tell-tails to best advantage.



- I have all ropework skills from previous levels



I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module.

"Sail often and skill follows"

Advanced Boat Handling ~ Log

[illegible]

Kites and Wires

To introduce sailors to the skills of sailing with spinnakers and trapezes, developing confidence in rigging, flying and boat handling, safely in a variety of conditions.

Previous Experience

Sailors will be expected to have completed the Improving Skills certificate.



Logbook: At least **20-hours** recorded in your logbook.

Type of Boat

This course may be completed in any type of double-handed dinghy or catamaran fitted with a kite and trapeze.

Keelboat sailors will not require trapeze skills. When possible, it can be an advantage for sailors to practice in both symmetrical and asymmetrical kites.

Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the course should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge. Sailors are expected to rig, fly and gybe their kite confidently and use their trapeze safely and effectively in moderate conditions.



Kites and Wires

LEARNING OUTCOMES



Clothing & Equipment

- I can correctly fit and adjust a trapeze harness and understand why a good fit is required.
- I am aware of how to wear my PFD alongside my harness and have practiced unhooking from my trapeze wire.
- I know that wearing a vest over my PFD can help reduce snags, tangles and entrapment.
- I know what safety tools that should be available such as a knife or wire-cutter.



Capsize Recovery

- I can describe how to avoid becoming trapped during a capsize or inversion.
- I know what action to take if I become trapped in rigging.
- I can recover a boat that has capsized with the kite up.



Rigging

- I can identify the running rigging, control lines, spars and sails that are used to setup different types of kite (asymmetric, symmetric, gennaker, pole).
- I can confidently rig the spinnaker on the boats used.
- I can identify, rig and check the trapeze wire and fittings.



Boat Handling & Manoeuvres

- I can demonstrate and understand the proper use of 'The 5 Essentials' at all times.
- I can demonstrate the sailing skills below in moderate winds using my kite and/or trapeze as appropriate;
 - ∞ Reach across the wind
 - ∞ Sail upwind
 - ∞ Sail downwind
 - ∞ Tack the boat
 - ∞ Gybe the boat
 - ∞ Come alongside a boat, pier, pontoon in any wind direction.
 - ∞ Recover a weighted man-overboard.



Weather

- I can interpret the weather forecast and make sound decisions on planned activities in view of expected weather, sea conditions and tidal effects.
- I can identify wind shift and gusts.



Safety

- I can demonstrate 'shipshape' behavior afloat and ensure all sheets and lines are tidy and stowed correctly.



It's not just about speed —
it's about strategy, endurance,
and mental strength.

Tom Dolan

Record breaking Irish Offshore Sailor

LEARNING OUTCOMES CONT.



Trapeze

- I can adjust my trapeze height from within the boat.
- As Crew:
 - ∞ I can demonstrate the steps to getting out on the wire.
 - ∞ I can communicate effectively with the helm.
 - ∞ I can trim the boat effectively while trapezing.
 - ∞ I can demonstrate control of the jib/ kite while trapezing.
- As Helm:
 - ∞ I can steer effectively to enable my crew trapeze safely.
 - ∞ I can communicate with my crew with respect to boat trim and manoeuvres.





Kite

- As both helm and crew;
 - ∞ launch
 - ∞ fly
 - ∞ gybe
 - ∞ recover

my kite in light wind conditions.

- I can identify the Hoist and Drop Zone for the type of kite I am using.
- I can identify and use the guy and sheet to position, set and fill my spinnaker.
- I can demonstrate the appropriate course to steer when using my kite to power and de power my rig.
- I can identify when and why my kite is about to collapse.
- I can gybe confidently with minimum loss of power in my sail.
- I can demonstrate problem-solving and take appropriate action to rectify if an issue arises.



What Next...

I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module. Remove logbook box.

Your certificate will show which discipline you've completed — Dinghy, Keelboat, or Catamaran. You can complete another discipline at the same level!



There are 250 Irish Sailing affiliates;

from Sailing Clubs
to Training Schools,
Racing Classes to
Cruising Groups,
Sailability to
Scouting - so you're
never too far from
opportunities afloat!

Kites and Wires ~ Log

[illegible]

Start Racing

To confidently introduce you to racing series and develop your skills and knowledge to a level where you can comfortably race at club and inter-club level in Ireland.

Previous Experience

Sailors will be expected to have completed the Improving Skills certificate.



Logbook: At least **20-hours** recorded in your logbook.

As part of this level, sailors must log;

- x3 local/club races as helm
- x3 local/club races as crew

in order to achieve their Start Racing certificate

Type of Boat

This course may be completed in any type of sailing dinghy, keelboat or catamaran raced at club level in Ireland. It is encouraged that sailors use a boat that has a recognised Class Association in Ireland.

Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge.

Sailors are expected to independently tune their boat, start and finish club-level races and show understanding of basic rules, weather shift, tactics and instruction from the Race Officer.

Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills. The length of the course should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.



Start Racing

LEARNING OUTCOMES



Goal Setting & Preparation

- I have an understanding of goal setting process to achieve racing skills.
- I can describe the importance of diet, hydration, sleep and exercise in maintaining a healthy active lifestyle.
- I can conduct a pre & post sailing warmup/ cooldown routine.



Capsize Recovery

- I can describe how to avoid becoming trapped during a capsize or inversion.
- I know what action to take if I become trapped in rigging.
- I can recover a boat that has capsized with the kite up.



Rigging

- I am able to rig my boat for performance in the current conditions.
- I can access and apply the relevant Class setup/tuning guide.
- I can demonstrate proper care for my hull, spars, foils and sails.
- I can safely load/ unload and secure my boat for road transport.



Boat Handling & Manoeuvres

- I can demonstrate and understand the proper use of 'The 5 Essentials' at all times.
- I can demonstrate the sailing skills below in moderate winds exercising good judgement and planning to conduct each manoeuvre in a seamanlike manner;
 - ∞ Reach across the wind
 - ∞ Sail upwind
 - ∞ Sail downwind
 - ∞ Tack the boat
 - ∞ Gybe the boat
 - ∞ Heave-to
- Catamaran sailors will be confidently able to use a trapeze if carried.
- I can effectively and efficiently round marks.
- I can start each race effectively and in accordance with the starting signals.
- I can correctly position my boat and manage my boat speed when approaching the start line.



Weather

- I can identify and compare different sources for weather forecast.
- I can describe what local weather effects are likely to be in the area and how these may affect my racing.
- I can identify wind shift and gusts.



Boat Speed

- I understand how to adjust my sail shape around the course and in different conditions.
- I can adjust my body position in the boat for best speed.

LEARNING OUTCOMES CONT.



Tactics

- I can demonstrate an understanding of clean-air and 'cover'.
- I can tack (leebow) or duck when on port.
- I can determine if there is any bias to the start-line.
- I can identify lay-lines.



Sailing Knowledge

- I can outline Part 1 and Part 2 (Rules 10—14 & 18) of Racing Rules of Sailing
- I have a working knowledge of Rules 1-5.
- I can describe the flags and sounds used for a start sequence.
- I can access Sailing Instructions & Notice of Race, identify key elements and their implications on my sailing.
- I can demonstrate an understanding of port/ starboard penalties.
- I can outline and apply windward boat and mark room.
- I can identify common racing courses per Class.



Coastal Knowledge

- I can describe where there are likely to be stronger and weaker currents on a race area and how these may change during the day.



?

What Next...

I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module.



“

Speed alone
doesn't win
races. Timing,
teamwork, and
a clear mind do.

Star Racing ~ Log

[illegible]

Adventure

To introduce you to the skills and knowledge you will need in order to undertake day trips and to sail in stronger winds.

Previous Experience

Sailors will be expected to have completed the Improving Skills certificate.



Logbook: At least **20-hours** recorded in your logbook.

Time Commitment

A minimum of 28-hours (4-days) of Instructor-led time is required to complete these skills.

The length of the level should be extended where it suits sailors to take a more relaxed approach to the programme or to encourage more Instructor-led time developing skills.

Minimum Hours:

A day passage afloat of at least 4-hours should be included as part of this level.

Type of Boat

This course may be completed in sailing dinghies, small keelboats or catamarans suitable for use on a daytrip.

This course should not be completed in single-handed dinghies.

Evaluation

Assessment is continuous throughout the course. However, your instructor may also choose to use a formal practical assessment of skills and background knowledge. Sailors should be confident in their basic chartwork and well prepared to plan and undertake a short day sail.



SMALL BOAT SAILING SCHEME | Adventure

Adventure

LEARNING OUTCOMES



Clothing & Equipment

- I know what personal clothing and inventory is required for a daytrip afloat (knife, whistle, watch, hat, snacks, water)
- I know what boat safety equipment is required for a daytrip afloat (communication, flares, first-aid, additional warps, anchor, tools)
- I know what spares and tools to carry onboard and can demonstrate how to use them.



Safety

- I can demonstrate how to communicate with other vessels.
- I know how to summon assistance in an emergency.
- I understand the different safety precautions that should be undertaken when boats are operating in reduced visibility/ fog.
- I can brief and prepare my crew for a day trip afloat.
- I can demonstrate how to shelter onboard while waiting for assistance.
- I know how to treat conditions such as hypothermia, sea sickness, sun stroke, dehydration and crew fatigue.



Boat Handling & Manoeuvres

- I can paddle and row a boat over an extended course and come alongside
- I can demonstrate all the sailing skills below in moderate winds exercising good judgement while demonstrating consistent and appropriate use of “The 5 Essentials”.
 - ∞ Reach across the wind
 - ∞ Sail upwind
 - ∞ Sail downwind
 - ∞ Tack the boat
 - ∞ Gybe the boat
 - ∞ Pick-up, and leave a mooring
 - ∞ Recover a weighted man-overboard
 - ∞ Heave-to
 - ∞ Come alongside a boat, pier, pontoon in any wind direction
 - ∞ Identify strong points on the boat and tow a sailing boat with another sailing boat
 - ∞ Choose an anchorage, anchor your boat, recover the anchor and sail away
 - ∞ Using an anchor, land on and haul off a lee shore.
 - ∞ I can sail confidently without a rudder.
 - ∞ I can sail confidently without a centreboard / daggerboard.
 - ∞ Sail in company with other boats.
- I have participated in a passage by day in waters with which you are familiar.

LEARNING OUTCOMES CONT.



Weather

- I can interpret the weather forecast and make sound decisions on planned activities in view of expected weather, sea conditions and tidal effects.
- I can read a synoptic chart to predict the forecast.
- I can identify local effects on the prevailing weather conditions.



Chart Work

- I can identify common features from a nautical chart. (hazards, depths, colours, buoys)
- I can measure distance on the chart.
- I can calculate my latitude and longitude on the chart.
- I can calculate a compass bearing between two points.
- I can calculate variation and deviation.
- I can assist in the development of a passage plan.



Navigation Afloat

- I can orientate my chart using topographical features, navigation marks or a compass.
- I can demonstrate the use of the following techniques while on passage:
 - ∞ Using a compass to steer a course.
 - ∞ Using a transit to hold a course.
 - ∞ Identify my position using a 3-point fix.
 - ∞ Input my route on a GPS.



Rigging

- I can confidently rig my boat from securing, loading, preparing for road transport to mast stepping, reefing system, furling system.
- I can conduct basic running repairs and know how to 'lay-up' my boat for winter.
- Identify what spares and tools to carry on board.
- I can reef my sails afloat.
- I can inspect the roadworthiness of the trailer, lights and hitch.
- I am aware of the towing licensing requirements in Ireland.



Sailing Knowledge

- I can identify principal day shapes (anchored, motor-sailing, CBD, NUC, RAM, fishing).
- I am confident in my ability to apply IRPCS in all circumstances while on my passage.
- I can understand common manoeuvring sound signals.
- I can identify IALA A buoyage and describe what action should be taken at each (cardinal, lateral, special, safe, danger)



Coastal Knowledge

- I can describe where there are likely to be stronger and weaker currents on a race area and how these may change during the day.

"Confidence is knowing when to reef, before it's too late!"

LEARNING OUTCOMES CONT.



Ropework

- Tie the following knots and describe when to use them:
 - ∞ Figure-of-8 knot.
 - ∞ Round-turn-and-two-half-hitches.
 - ∞ Bowline
 - ∞ Clove-hitch
 - ∞ Reef Knot
 - ∞ Sheet bend
 - ∞ Fisherman's bend
 - ∞ Rolling Hitch
- I can secure a rope using common types of cleats.
- I can coil and heave a line.
- Keelboat sailors will know how to safely operate sheet winches.
- Keelboat sailors will be able to remove a pinched sheet from a winch.



What Next...

I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module or towards the National Cruising Scheme for more adventures afloat.

Adventure ~ Log

[illegible]

Coastal Navigation for Small Boats

The aim of this course is to provide participants with the skills and knowledge required to safely navigate a boat by day and by night in coastal waters with which they are familiar.

This course is intended as preparation for;

- Intermediate/ Advanced Powerboat Certificate
- Advanced Small Boat Sailing Scheme Modules (Dinghy, Keelboat, Catamaran)
- General interest and skill building

Previous Experience

It is recommended that participants have one of the below practical certificates, however this course may be taken as a standalone module by those with a particular interest in this area.

- National Powerboat Certificate
- Improving Skills Certificate
- Competent Crew Certificate
- Helmsman Certificate

Time Commitment

This course must consist of a minimum of 8-hours contact time.

The length of the course may be extended where it suits, or is necessary, for participants to take a more relaxed approach to the programme.

Type of Boat

The course is entirely shorebased.

Evaluation

There is no assessment for this course.

Participants attending the entire course and who have demonstrated an understanding of the principals taught may receive a certificate of completion.



Coastal Navigation for Small Boats

LEARNING OUTCOMES



- Be able to describe the effect tides can have on your activities.
- Be able to identify relevant tidal information on charts and in almanacs.
- Be able to calculate tidal heights and rates of flow for any port and apply these when planning activities



- The principal day marks used in IALA A buoyage system and describe their significance.
- Be able to identify these buoys at night.



- Be able to describe when and how to summon assistance.
- Be able to describe how to manage a medical emergency afloat.
- Be able to describe causes, symptoms & remedies for;
 - ∞ Hypothermia
 - ∞ Sea sickness
 - ∞ Sun stroke
 - ∞ Dehydration



Passage Planning

- Have devised passage / pilotage plans for;
 - ∞ A coastal passage by day
 - ∞ A coastal passage by night
 - ∞ entering into and departing from a harbour.
- Be able to identify where to obtain the information needed to devise a passage plan.
- Be able to programme a passage plan into a GPS set.
- Be able to accurately predict how much fuel you will need



Sailing Knowledge

- Be able to identify the type, aspect and behaviour of vessels by day and by night from navigation lights and day shapes.
- Be able to identify the correct navigation lights and day shapes to use on small boats.
- Be able to use and understand manoeuvring (sound) signals.



Electronic Aids

- Be able to describe the principal features of, and considerations to be made, when using the following equipment to navigate by day and by night.
 - ∞ GPS
 - ∞ Electronic Chart plotter
 - ∞ Radar
 - ∞ Depth sounder
 - ∞ Compass

LEARNING OUTCOMES CONT.



Chart Work

- Have demonstrated that you can;
 - ∞ Orientate a chart or map using topographical features, navigation marks and / or a compass.
 - ∞ Identify features, including hazards, from a chart.
 - ∞ Identify your position on the chart.
 - ∞ Identify distances from the chart and accurately predict expected progress
 - ∞ Describe the effects of compass deviation and variation.
 - ∞ Use transits to fix position and hold a course.
 - ∞ Plot a course to steer, taking account of the effects of wind & current



Weather

- Be able to identify common weather conditions and describe how they may affect your activities afloat.
- Be able to identify sources of weather forecasts
- Be able to interpret the forecast with regard to planned activities.
- Be able to explain the significance of commonly used terms in marine forecasts.
- Be able to identify the significance to powerboaters of common weather patterns illustrated on synoptic chart



?

What Next...

I can describe how to continue sailing, record progress in my logbook and try another SBSS Advanced Module or towards the National Cruising Scheme for more adventures afloat.

Further Training Schemes

Race Officials Training

Supporting the racing framework from club racing to national regattas within one of the core Irish Sailing RO disciplines; Judge, Race Officer, Umpire, Measurer, Mark Layer, Safety Leader and Results Manager.



National Powerboat Training Scheme

Learn to safely and confidently handle an open powerboat. Whether helping out at your local club, exploring the coast with your friends or pursuing a specialist route, this scheme gets you started.



National Cruising Scheme

If you've ever dreamed of sailing/ motoring bigger boats or setting off on a longer trip, the Cruising Scheme opens the door to adventure around our beautiful coastline, and off the beaten track.



Instructor & Coach Pathways

Train to become a qualified instructor and share your skills and your passion. Opening doors for volunteer or career opportunities; both exceptionally rewarding.



Inland Waterways Motorboat Training Scheme

Explore Ireland's rivers, lakes and canals with confidence. A relaxing and practical way to enjoy life on the water at your own pace.



Personal Watercraft Training Scheme

Fast, fun, and exciting; this course introduces you to jet skiing the safe and responsible way, whether you're riding for fun or helping out at events.



Go Windsurfing Scheme

From the classics of windsurfing to the latest developments of winging and foiling, it's a great way to enjoy a new kind of freedom on the water.



Volunteer Training

Supporting your local club/Training Centre to create and nurture more activity; safeguarding, sailability, training officer, Cara na Mara.



International Certificate for Operators of Pleasure Craft (ICC)

Internationally recognised qualification that demonstrates you have the skills and knowledge to skipper a recreational craft in coastal waters. It's often required for chartering boats abroad and is a valuable credential for expanding your sailing adventures internationally.



Commercial Endoresment

Providing certification to professionals to operate on passenger boats licensed by the Irish Government.



Sailing Terminology

Basic Terms

Bow — The front of the boat

Stern — The back of the boat

Port — Left side of the boat (when facing forward)

Starboard — Right side of the boat (when facing forward)

Helm — The steering position or tiller/wheel

Deck — The flat surface you stand on

Hull — The body of the boat

Sailing & Wind

Tacking — Turning the bow through the wind to change direction

Gybing — Turning the bow away from the wind to change direction

Points of Sail — Different directions you can sail relative to the wind

In irons — When the boat is stuck pointing directly into the wind and can't move forward

Sheet — Rope used to control the sails

Halyard — Rope used to hoist sails

Tell-tales — Small ribbons on sails that show airflow

Safety & Equipment

PFD — Personal Flotation Device (lifejacket or buoyancy aid)

Capsize — When the boat tips over in the water

Righting — The act of returning a capsized boat upright

Mooring — A fixed place to tie your boat in a harbor or marina

Fender — A bumper used to protect the boat's hull when alongside a dock or another boat

Fun & Lingo

Scuttlebutt — Gossip or informal chatting

Avast — Stop or pay attention

Ahoy! — A nautical greeting or call to attract attention

Landlubber — Someone not familiar with sailing or the sea

Pooped — When a wave crashes over the stern of the boat

Maneuvers & Techniques

Heave to — Stopping the boat using sails and rudder to hold position

Broach — When a boat suddenly veers off course, often during a strong turn or in rough conditions

Reefing — Reducing sail area to handle stronger winds

Pinnaker — A large, colorful 'parachute' sail used when sailing downwind

Trapeze — A wire harness that allows crew to lean out over the water to balance the boat

Weather & Tide

Onshore wind — Wind blowing from the water toward the shore

Offshore wind — Wind blowing from the shore toward the water

Fetch — The distance over water that the wind blows, affecting wave size

Neap tide — The smallest tide range, occurring when the sun and moon are at right angles

Spring tide — The largest tide range, occurring when the sun and moon align

Values We Sail By



LEADERSHIP

Collaboration
Facilitation
Direction



PASSION

Fun
Commitment
Curiosity



BELONGING

Equality
Diversity
Inclusion



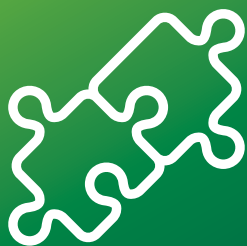
EXCELLENCE

Focus
Service
Delivery



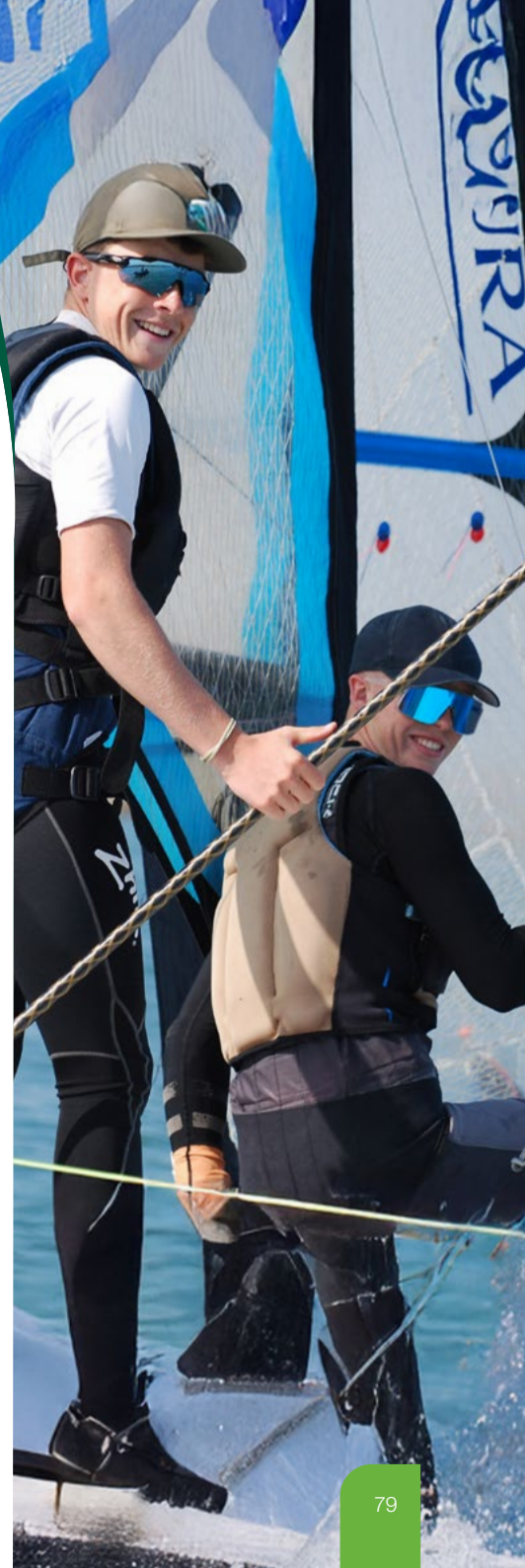
CLARITY

Communication
Advice
Support



INTEGRITY

Governance
Trust
Standards



Notes

[illegible]



3 Park Road, Dun Laoghaire, Co Dublin, Ireland. A96 K3C3

Email: info@sailing.ie **Tel:** 01 2800239

June 2025