

Course title	Entry requirements	Key Objectives	Syllabus – key elements	Outcome	Number of sessions	Cost
uSail Start Sailing	Nil.	Have fun building knowledge and skills of sailing; understand and practise basic sailing manoeuvres; have some exposure to the challenge and thrills of sailing. Introduce outboard motor operation	Basic elements of sailing; how to hold a course; how to trim sails; practice tacking and gybing as helm and crew; rigging/de-rigging and basic terminology and docking.	Can control a sailing vessel in light to moderate conditions & understand basic sailing concepts and theory.	5 training sessions, plus 2 practice sessions (Tues,Thur; Tues,Thur, Sat; Thur, Sat)	€330
uSail Refresher	For people who are returning to sailing, or wish to build on dinghy sailing skills	Revise & refresh previous sailing skills. Introduce outboard motor operation	Full revision of basic and more advanced skills, keelboat rigging, procedures and best practice	Personal sailing skills refreshed; clarity over where to go next, comfortable in keelboats		
uSail Further	Have completed a “Go Sailing” course, or can satisfy Sailing Manager with evidence of suitable sailing experience	Build confidence and sailing skills; learn more advanced aspects of sailing; provide more time on the water in different weather conditions	Practice all sailing manoeuvres; changing and reefing sails; coming alongside and leaving a marina berth; anchoring and picking up a mooring; introduction to racing and advanced sail trim. Outboard operation.	Can launch, recover and control a sailing keelboat on all points of sailing, in moderate conditions		
uSail Start Racing	Have completed a “Sail Further” course, or can satisfy Sailing Manager with evidence of suitable sailing experience	Learn knowledge and basic skills necessary to crew on racing keelboats	Introduction to Racing rules, sailing instructions, starts, mark rounding, crew co-ordination, sail trim, mainsheet/traveller, reefing, spinnaker hoists, drops, gybes.	Able to join keelboat racing as competent crew		
uSail Race Smarter	Have completed a “Start Racing” course, or can satisfy Sailing Manager with evidence of suitable sailing experience	Help participants to improve their racing performance	Advanced Race tactics; crew teamwork; weather forecasts and sail plan; wind and tidal stream effects; positioning v. other boats; protests and advanced sail trim	Improved racing performance		