



Accredited Discover  
Sailing Centre



## Royal Melbourne Sail Training Academy **Keelboat Spinnaker Handling**



The **Keelboat Spinnaker Handling** course is a more advanced course for crew wanting to learn **Symmetric** and **Asymmetric** spinnaker usage for racing or cruising yachts. This medium skill level course is suitable for persons who have crewed a racing yacht and now want to go further. This 12 hour course, conducted over 3 training sessions (or 2 training days) is part of the **Australian Sailing Keelboat Program** and is delivered by highly experienced accredited sailing instructors. Previous sailing experience, including some helming time is necessary. Course topics include both **Symmetric & Asymmetric** spinnakers include:

1. **Preparation:** Checking the spinnaker, rigging sheets, tack line, halyards and control lines
2. **Hoisting:** Procedures including setting up the pole
3. **Trimming techniques:** Use of sheets/control lines on all relevant points of sail. Setting the pole & height for symmetric spinnaker
4. **Gybing.** Dip-pole gybing and end-for-end. Assy: Inside and outside gybing
5. **Dropping:** Learn different drop techniques for Symmetric and Assy
6. **Packing & Stowing:** How to stow gear efficiently after drop. Packing the spinnaker to reduce launch issues
7. **Helming:** How to helm effectively under spinnaker on all relevant points of sail including gybing. Understand optimum downwind angles for differing wind speeds/types of spinnaker
8. **Knowledge:** Roles & tasks, communication, preparation, teamwork and co-ordination when using spinnakers

Training is conducted onboard modern 7 or 8 metre racing yachts fitted with spinnakers, located at Royal Melbourne Yacht Squadron, St. Kilda. All sailing is conducted on Port Phillip bay in the vicinity of St. Kilda. Maximum class size 5 students, minimum 4 persons.

**Course times:** Conducted as 3 x 4 hour sessions or 2 x 6 hour sessions on Saturdays or Sundays. If you have a group of 4 persons we can arrange your own private training session.

**Students need to bring:** According to the conditions, wet weather gear, long sleeve sun protection or thermal top, footwear (non-marking deck shoes eg Dunlop Volleys) sunhat or beanie, water bottle etc. Sailing gloves are essential. All other safety equipment is provided.

**Course fee:** \$450 including course notes and AS Certificate

**Course location:** Royal Melbourne Yacht Squadron, Pier Road, St. Kilda.

## Royal Melbourne Sail Training Academy

an Australian Sailing "Discover Sailing Centre"

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