

Royal Melbourne Sail Training Academy

Keelboat Helm Course

The **Keelboat Helm** sailing course is an intermediate learn - to - sail course for people wanting to move up to helm (steer) yachts under minimal supervision. This course would also be ideal preparation for a person with some sailing experience undertaking a yacht charter holiday as a skipper. This 12 hour course conducted over 3 days is part of the new nationally recognised **Yachting Australia National Keelboat Training Scheme** and is delivered by accredited sailing instructors. Some sailing experience is necessary, ideally **YA Keelboat Crew**. Course topics include:

- Safety: onboard safety practices including use of marine safety equipment, the regulations, obtain a weather forecast and how to raise an emergency
- Preparing a yacht for day sailing including setting up sails, working halyards & sheets, tying basic knots and reefing a mainsail
- Helming & trimming sails on all points of sailing
- Steering a triangular course & hoving to
- Effective tacking (turning into the wind) and gybing (with the wind behind)
- Understanding effect of heel & trim. Anchoring a yacht
- Can recover a man overboard under sail as helm
- Understanding basic rules of the road & their application

Training is conducted onboard modern 8 or 10 metre yachts sailing from the Royal Melbourne Yacht Squadron at St. Kilda. Sailing is undertaken on Port Phillip bay in the vicinity of St. Kilda with great views of Melbourne's skyline. Max. class size 4 students.

Course times: Normally conducted as 3 x four hour sessions on Saturdays or Sundays. 9 am to 1 pm or 1 pm to 5 pm sessions. Other times including mid week by arrangement. If you have a group of 4 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. All safety equipment is provided.

Course fee: \$435 includes "Introduction to Keelboat" text book RRP \$29.95, logbook and YA Certificate

Course location: Royal Melbourne Yacht Squadron, Pier Road, St. Kilda. Melways Reference Map 57 J9

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a Yachting Australia Training Centre

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