

Royal Melbourne Sail Training Academy



Keelboat Helm Course (KBH)

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 2 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 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 5 students.

Course times: Conducted as either: 2 x 6-hour sessions on consecutive Saturdays or Sundays (10am-4pm) OR 3 x 4-hour sessions consecutive Saturday or Sunday morning or afternoon sessions. (8.30am-12.30 or 1pm -5pm) OR 1 full weekend Sat & Sun (10am-4pm)

(Please arrive 15 min prior to course start to complete sign in)

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. See also:

[What to Bring](#)

Course fee: \$340 includes Yachting Australia "Introduction to Keelboat" textbook valued at \$29.95, your own logbook and Yachting Australia course certificate Course location: Royal Melbourne Yacht Squadron, 1 Pier Road, St. Kilda.

[Google Maps](#)

Royal Melbourne Yacht Squadron
Pier Road, St. Kilda, Vic. 3182

Phone: 03 9534 0227

E-mail: training@rmys.com.au

