

Sail Faster - Advance

Sail Faster – Advance training course is a first step towards race sailing. Participants should have some experience in sailing or have already participated in a regatta and want to know more about crew collaboration, sail trim, tactics and strategy during the race.

Program

The course is taking place from 01.03. - 01.12.

Duration: 3 days

Maritime zone: Otok Murter, Jezera (ACI marina)

Daily schedule:

- 9:00 - 10:00 Lecture
- 10:30 - 16:00 Sailing
- 17:00 - 18:00 Lecture

Seminar Themes

Theory

- Understanding the basic laws of physics that explain the movement of a sailboat
- Basics of navigation, using the map and GPS
- Basics of radiophony and communication in distress
- First aid
- Meteorology and winds on the Adriatic sea
- Flag signal code
- Crew organization during a race
- Sail trim
- Strategy and tactics in the race
- Basics of the Sail Racing rules

Practice:

- Sailing in and out from the marina using the engine
- Using the sails, advanced sail trimming
- Learning the basics in regatta sailing- starting, upwind sailing, rounding the marks, downwind sailing
- Sailing with spinnaker
- Reefing the mainsail

- Crew work and manoeuvring during sailing
- Learning the tasks of bowman, pitman, trimers
- Steering the sailboat
- Learning basic knots
- Regata simulation

Payment terms and conditions:

Price: **300 €** / person

Payment deadline: upon registration

Price includes:

- Sailing boat Beneteau First 35 (2011) with heating
- Deposit
- Lectures each day
- Dinghy, buoys, sailing videos for analysis

Price does not include:

- Food and drinks
- Tourist tax

General terms and conditions:

Course will be held only if enough participants apply. In case there are not enough participants registered, SailCity retains the right to cancel this course. SailCity will refund any paid amount in case of cancellation.