



WEYMOUTH ENGLISH CENTRE

www.weymouthenglishcentre.com

ENGLISH + SAILING

15 Things To Know Before You Book an English and Sailing Course





1. How old do I have to be?

Between 13 and 17 at the time of your course.

2. Can I do the sailing course even if I have never been sailing before?

Yes, you can. We have courses for beginners as well as classes for people who have already been sailing.

3. What will I learn in the sailing course?

If you are a beginner, you will start with the basics: how to get the boat ready, how to steer the boat, basic boat controls, the names of the main parts of the boat.

If you have already done a little sailing, you will learn more about how to control the boat, how to "go about", how to sail a triangle across the wind, and more.

If you have already done more sailing, you will learn more advanced techniques.

You can find the full syllabus of all the different levels on page 4.

4. What types of boat do you use?

We use the following boats: RS Tera, Topper, Laser Pico, Laser, RS Feva, Laser Bahia and Laser Stratos Keelboat.

5. Where are the sailing lessons?

At a special sailing school in Portland Harbour, where the sailing events of the 2012 Olympics were held.

Our leaders will take you to the sailing school by minibus or taxi and bring you back again after the lessons.

6. How many lessons will I have?

Three hours each afternoon on four afternoons each week: on Tuesday, Wednesday, Thursday and Friday.

7. What do I need to bring with me for the sailing course?

Your swimming things, a beach towel and beach shoes. We will give you everything else that you need, including a wetsuit and buoyancy aid.

8. Who are the instructors on the sailing course?

They are all qualified sailing instructors at the Andrew Simpson Sailing Academy.



9. Will I get a certificate for the sailing course?

Yes, a Royal Yachting Association's certificate, which is recognised all over the world.

If you are a beginner, you will receive the Stage 1 certificate. If you are more advanced, you should be able to get a higher level certificate.

10. I can't swim ... can I book this course??

No, sorry but you must be able to swim at least 25 metres to be able to go on this course.

11. What will I do in the evenings and at weekends?

There are organised activities with the other students on four weekday evenings. These can be sports, such as beach volleyball or other games, bowling, a film evening, a disco or a pizza and games evening.

On Saturdays there is a full-day trip. One of these trips will be to London, with a sightseeing tour starting at Buckingham Palace and going on to the Westminster Abbey, the Houses of Parliament, Horseguards Parade, Downing Street, Trafalgar Square and more. Other Saturday trips can be to Oxford, with a sightseeing tour and punting on the river; Portsmouth, with a visit to Lord Nelson's ship H.M.S. Victory; Stonehenge and Salisbury; Bath, with a visit to the Roman Baths.

12. How much does the Sailing course cost?

The price for the English course, accommodation with a host family with all meals, the evening and weekend activity programme and the sailing course is £730 per week.

13. Can I book an English course for three weeks with just one or two weeks of sailing?

Yes, you can book "English and Activities" for as many weeks as you want at £525 per week and then book the extra course "English and Sailing" for any number of those weeks at an extra charge of £205 per week.

14. Can I do sailing for one week and Windsurfing or Outdoor Adventure another week?

Yes, you can combine the different courses "English and Activities", "English and Sailing", "English and Windsurfing" and "English and Outdoor Activities" just as you wish, for any number of weeks.

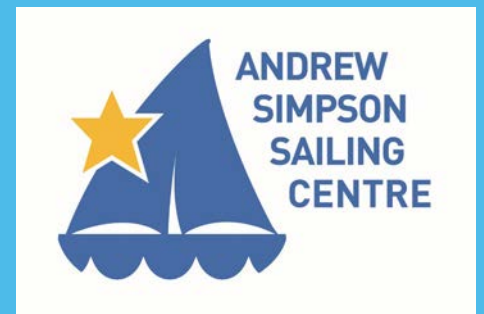
15. What happens if I have a problem?

Our team is there for you all the time, right up until your plane has left the airport on your return. We will also give you the personal, 24/7 mobile number of our director.

The Sailing Course Syllabus

If you are a beginner, you will start at Stage 1.

If you have previous experience, you will start at a higher level.



Stage 1

Rigging

- Can assist with rigging a boat

Launching and recovery

- Can launch a dinghy and get underway with instruction
- Can secure a boat to a trolley
- Can assist with recovery and stowage of dinghy and gear

Ropework

- Can tie a figure of eight and cleat a halyard

Sailing Techniques and Manoeuvres

- Can be a responsive crew under instruction
- Can steer when sailing and being towed
- Can steer on a reach and go about (reach to reach)
- Understands the effect of basic boat controls
- Understands the basic principles of stopping, controlling speed and getting out of irons
- Can paddle or row
- Can call for assistance

Clothing & Equipment

- Can put on personal buoyancy correctly
- Is confident in the water wearing personal buoyancy
- Understands personal safety and knows what to wear for sailing

Capsize Recovery

- Understands the importance of staying with the boat

Sailing Background

- Can name basic parts of the boat
- Understands what action to take to help those in distress
- Understands local hazards
- Understands how to prepare for a tow

Meteorology

- Has knowledge of wind direction

Stage 2

Rigging

- Can put a boat head to wind for rigging
- Can rig a dinghy

Launching and Recovery

- Understands how to manoeuvre a trolley clear of other boats and cables
- Can launch and recover a small dinghy in an offshore wind

Ropework

- Can tie a round turn and two half hitches and a reef knot

Sailing Techniques and Manoeuvres

- Can control speed and stop by lying-to
- Can get out of irons
- Can go about (close reach to close reach)
- Can crew a boat effectively
- Can sail a shallow triangle across the wind under supervision
- Can understand the principles of the five essentials and returning to a beach or pontoon (offshore wind)
- Capize recovery

Capsize Recovery

- Can be scooped in during capsize recovery or can right one type of dinghy

Sailing Manoeuvres

- Understands the No Go Zone
- Understands what is meant by windward, leeward and gybe

General

Has knowledge of: - Spars and rigging

- Parts of the sail
- Sail controls and foils
- Offshore and onshore winds
- Telling someone ashore
- The dangers of man-made hazards

Rules of the Road

- Has knowledge of the port/starboard rule

Meteorology

- Understands several ways of finding the wind direction

Clothing & Equipment

- Can choose and correctly adjust personal buoyancy aid
- Understands what to wear for sailing



Stage 3

Rigging, Launching and Recovery

- Can rig, launch and recover in an offshore wind
- Can reef a dinghy ashore according to weather conditions
- Can store a dinghy ashore

Ropework

- Can tie a bowline, clove hitch and rolling hitch

Sailing Techniques and Manoeuvres

Can demonstrate the basic principles of the following:

- The five essentials
- Sailing on all points of sail on a triangular course
- Tacking upwind
- Gybing from a training run
- Righting a small capsized dinghy as a helm/crew
- Coming alongside a moored boat
- Prepare for / take up tow from a power craft
- Picking up a mooring

Racing

- Understands the course and starting procedure

Sailing Background

Manoeuvres

- Understands how to recover a man overboard
- Understands the points of sailing

General

- Understands how a sail works
- Knows basic terminology for use afloat
- Understands the importance of clear communication aboard
- Understands lee shore dangers and sailing in close company with other water users
- Understands advice to inland sailors for coastal sailing
- Knows the importance of personal safety and telling someone ashore
- Understands the dangers of hypothermia and the use of correct clothing for protection

Rules of the Road

- Knows the basic rules of the road - port/starboard, windward boat and overtaking boat

Meteorology

- Knows how to obtain a weather forecast
- Understands the Beaufort Wind Scale
- Knows when to reef

Clothing & Equipment

- Understands the importance of:
- Personal safety equipment
 - Boat buoyancy
 - Basic safety equipment e.g. anchor, paddle, bailer



Stage 4

Rigging and Launching

- Can rig, launch and recover in any wind direction
- Can set up a boat according to weather conditions using sail and rig controls

Ropework

Knows the uses of and can tie: - Figure of eight

- Round turn two half hitches
- Reef knot
- Bowline
- Clove Hitch
- Rolling Hitch
- Sheet Bend

Sailing Techniques and Manoeuvres

Can demonstrate:

- Sailing techniques and manoeuvres from Stage 3 in a crewed boat
- Communicate effectively as a helm and crew
- Effective use of the five essentials by helm and crew afloat including use of tell-tales
- Recovering a man overboard
- Returning to shore safely in any wind direction

Sailing Background

Has knowledge of:

- IRPCS
- Beaufort Wind Scale
- Synoptic Charts
- Tidal ebb and flow
- Spring and neap tides
- Knows how to recover from a toal inversion

Coastal (optional)

- Can apply practical sailing techniques and manoeuvres on tidal waters

Other

- Can apply the IRPCS afloat
- Has basic knowledge of IALA buoyage, how to use tide tables and find the direction of tidal streams
- Use of tide tables
- Tidal stream direction

More Info ...

You can find more information about this course at www.weymouthenglishcentre.com

Here are some quick links to information about ...

[the English course](#)

[your accommodation](#)

[your programme of activities](#)

[travel to Weymouth](#)

