Competency Program for Skippers
Using Access 203/303 Sailing dinghies

Introduction
This program is an attempt to address competency of Sailing Members of Sailability Inc towards compliance with Sailability safety requirements as published in the Sailability Australia Handbook, and our Risk Management Strategy.
While the following competency requirements are not exhaustive, our aim is to have adequately trained sailing instructors who are sufficiently competent to safely sail with and instruct participants in the use of Access dinghies, while not being a hazard to themselves or to others.

Titles and their meanings used in this document
Qualifier:
A person with current and appropriate level of yachting/boating qualifications as determined by Sailability as being suitable to verify completion of competencies.

Skipper:
A member, who in the opinion of Qualifiers, is sufficiently competent to safely sail with and instruct clients in the use of Access dinghies.

Client:
A participant in Sailability programs.

Preamble
There is no definite methodology or time line as to achievement of full competency. This is left to agreements between Qualifiers and individual skippers. However the priority for skippers, whether they are beginners or experienced sailors, should be hands on experience with plenty of practice until that person, in the opinion of Qualifiers, is confident in sailing Access 203 and 303 dinghies safely with a client, by satisfying all competencies listed.
Please refer to **footnote** for preconditions as to particular clients' needs.

Member's Name: _____. Qualifier:_____.

Skills acquired
A tick in the box indicates competency in those particular skills.

1. Rigging Procedures
Be able to:

1.1 Identify main components of an Access dinghy including; hull, stern, bow, gunwhales, mast step, shackles, keel and keel housing, traveller, rudder and rudder case, sheets, sails, boom, furling lines.	
1.2 Demonstrate the correct procedures for rigging and de-rigging Access dinghies including that 'stopper knot(s)' are of sufficient volume to prevent outhaul and main/jib sheets from pulling through blocks if disengaged from cleats, and that drain plugs are tightened.	
1.3 Demonstrate the correct procedures for furling and unfurling sails	
1.4 Demonstrate the correct procedures for raising/lowering/securing keel and rudder	

1.5 Demonstrate the correct procedures for de-rigging prior and subsequent to recovery onto a trolley.	

2. Sailing Orientation

Be able to:

2.1 Demonstrate the correct <u>heave to position</u> (wind abeam, sails out and not drawing wind, boat balanced). *(Very Important)*	
2.2 Identify wind direction/strength using <u>feel of the wind</u> and <u>sight of wave ripples etc.</u> 2.3 Select the best course to sail to avoid waves and spray wetting. 2.4 Gybe rather than tack to avoid wetting or when sailing at a low boat speed.	
2.5 Sail keeping at least 2 boat lengths between each other. 2.6 Avoid collisions at all times. 2.7 Sail keeping a watch outside the boat observing nearby activity and conditions. 2.8 Identify sailing area limits.	
2.5 Demonstrate successfully the following sailing techniques: • Launching a boat • Boarding and starting the boat from the pontoon • Boarding and starting a boat from a ramp or beach • Returning the boat to the pontoon • Returning a boat to the ramp or beach • Stop =Depower the sails. • Tacking, including opposite tack. • Sailing on a beam reach • Sailing close hauled • Safe sailing downwind, including safe gybing and prevention of unexpected gibing • Safe sailing when large wake approaches.	

3. Coming alongside

Be able to:
3.1 Demonstrate the following techniques (including those needed to slow the boat):
• Approach (leeward side if possible)
• Ensure that the approach to the target is on a close hauled or close-reach course with sheets released.
• Luff up
• Ease the sails
Suggest practice using the rescue boat

4. Capsize and recovery with 'man overboard' (MOB) procedures.

Be able to:

4.1 Demonstrate the following capsize and recovery techniques:
   • Fall into the water with the boat (do not jump out of the boat)
   • Use flotation from the safety vest **not** the boat
   • Skipper and crew to stay with the boat, preferably in the heave to position.
   • Wait for safety boat to assist.	

4.2 Demonstrate the correct MOB procedures:
   • Use best judgement for the situation including the following criteria.
   • Make sure client is not face down in the water (incapable of righting themselves)	

- Normally do not attempt to get MOB into boat. Secure alongside and keep calm
- If MOB is out of reach from the boat, return sailing slowly to heave to position alongside so MOB is at the side opposite the sails.
- Allow safety boat to carry out rescue.
- In some situations the MOB may be able to climb back into the dinghy.

Footnote:
The precursor to all of the above competencies and on which all these competencies are judged is the confidence, comfort and safety of the client while on the water. To satisfy these conditions, members should be aware of, sensitive to and understand particular client needs (and fears) while on the water. It is the duty of the particular sailing member to seek such information from the client's carer through the Officer of the Day. Such information could include, for example:

- Doesn't mind getting wet
- Has a fear of getting wet
- Doesn't mind heeling etc.
- Has a fear of heeling etc.
- Care, use and placement of surgical aids while sailing.

More detailed information, as to *'Sailing Techniques'* and *'Implications for Sailing'* for particular disabilities, can be obtained from the *Sailability Australia Disability Manual*.
A copy of this manual should be on hand for referral, during sailing days.

Contributions: Senior Members of Sailability Tin Can Bay Inc. as follows:

                  Barry Ryan – President
                  Mike Harrison - Vice President and Sailing Coordinator, Qualifier
                  Peter Raines – Appointed Qualifier
                  Jon Jones - Appointed Qualifier
                  Senior Members of Sailability Branches as follows:
                  Bob Chapel – Vice President, SGC
                  Paul Dinnis – SGC
                  Paul Anderson - SGC

Editor: Bob Chapel.

References: Sailability Australia Safety Manual
                Sailability Australia Disability Manual
                Yachting Australia 'Get into Small Boat Sailing: Basic Skills 1'
                Yachting Australia 'Get into Small Boat Sailing: Basic Skills 2'.

December 2008