

KEELBOAT SPINNAKER STANDARD

Course Description

This course focuses on the efficient and safe use of flying sails. The course may focus on the approach to the use of one or more of the class of sails that fly forward of the forestay. Basic knowledge of manoeuvres and techniques may be developed in a single session of a few hours. Basic competence will often require a number of sessions.

Objective

To be able to sail safely as crew of a sloop rigged keelboat 6 to 12 meters while working with a spinnaker in light to moderate wind and sea conditions by day.

Prerequisites

Start Keelboat Sailing Standard or Basic Cruising Standard or Equivalent Experience.

Ashore Knowledge

Section I: Terms and Definitions

The candidate must be able to:

- Identify and describe the following:

Spinnaker	Spinnaker Pole
Sheet & Guy (Double)	Bow Sprit
Uphaul/Topping Lift	Pole Jaws
Downhaul/Foreguy	Pole Tripline
Tack Line/Bow Sprit Line	Mast Car/Ring
Tacker/Parrel Beads	
- Identify the following sail parts with a spinnaker:

Head	Luff
Foot	Leech
Tack	Clew
Tapes	Turtle/Bag
Snuffer/Sock	Flat Deck Furler
- Describe the difference types of spinnakers:
 - Symmetrical,
 - Asymmetrical,
 - DRS.

Afloat Skills

The successful candidate will be able to perform the skills using the equipment carried aboard the teaching vessel.

Section II: Preliminaries

The candidate must be able to:

- While at dockside, rig the vessel as required for the spinnaker:
 - Sheets around the vessel and attached to the spinnaker,
 - Pole into function position,
 - Spinnaker packed and prepared;

Section III: Underway

- While underway perform a bear away hoist, without an hourglass occurring;
- Maintain luff curl trim for 10 seconds without a collapse;
- Gybe the spinnaker and have it flying on the new gybe:
 - Symmetrical within 20 seconds from command to guy in the eye for either an end-for-end or dip pole,
 - Asymmetrical within 30 seconds from command to fill for both an inside and outside,
 - DRS within 30 seconds from command to fill for an inside or outside, subject to tack point;
- Perform both a windward and leeward douse;
- Re-rig the deck and pack the spinnaker while under way in preparation for another hoist;
- De-rig the vessel upon returning to dock.



Outcomes and Evaluation

Candidates are expected to demonstrate the ability to safely operate the vessel with flying sails rigged and set in daytime in moderate conditions as both skipper and crew. These capabilities will be coached and evaluated as part of the practical sessions.

Additional Notes

Practical sessions are typically offered on keelboats in the 6-10 metre range. The course is typically conducted with 3 or 4 students and the instructor on board. Some schools or clubs may offer this standard on larger vessels.

Physical Requirements for Candidates

These training sessions will require short periods of moderate upper body exertion, and a moderate level of arm strength. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land. Participants will be expected to learn and demonstrate skills and perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. In a day sailing format, vessels will be underway for varying periods of time (up to 8 hours), during daylight, in light to moderate wind and sea conditions. These sessions are suitable for most fitness levels and will provide a good body core workout.