

# SYLLABUS FOR SAIL TRAINING

## CERTIFICATES

### FOR

## THE BLIND AND VISION IMPAIRED

THE NEW ZEALAND COUNCIL FOR SAILING  
FOR THE BLIND AND VISION IMPAIRED INCORPORATED  
(Blind Sailing New Zealand™)



### RECORD OF PROGRESS

Name: ..... Ph: .....

Address: ..... Fax: .....

.....

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If lost, please return to Blind Sailing New Zealand,  
C/- PO Box 46182, Herne Bay, Auckland  
Phone (09) 410-3316



## **INTRODUCTORY CERTIFICATE**

Candidates should know and practice the etiquette of crewing on a boat and how to provide for their personal comfort and well-being.

The candidate will show competence in the following:

- know the names of parts of a yacht, its rigging and sails and explain their functions .....
- helm a yacht in easy to moderate conditions (helped when necessary) .....
- handle main and headsail sheets with confidence and safety .....
- know and apply safety procedures on board a yacht .....
- can put on a buoyancy aid and has experienced flotation in it .....
- can put on and use a safety harness .....
- can re-enter a dinghy from the water .....
- know what is suitable clothing for various conditions .....
- can assist with leaving and entering a dock .....
- can assist with anchoring and weighing anchor .....
- can make the following knots and bends:
  - reef knot .....
  - bowline .....
  - clove hitch .....
  - figure of eight .....
  - round turn and .....
  - two half hitches .....
- can make fast a line to a cleat in the proper manner
- can make simple sail trim adjustments according to wind and boat directions
- understands simple theory of sailing eg. angles of sail to wind, leeway
- understands hypothermia and precautions to prevent it

Signed: ..... Date: .....

Chief Examiner/Delegate

## INTERMEDIATE CERTIFICATE

The candidate, in addition to demonstrating competence in all the requirements of the Introductory Certificate, should experience longer sails. Experience of sailing under more than one skipper and in more than one yacht will be necessary.

At the end of the programme, the candidate should be able to:

- demonstrate competency tying knots listed in Introductory .....  
.....
- steer a yacht with reasonable efficiency on all points of the wind .....  
.....
- hoist sails and adjust tensions according to wind strengths .....  
.....
- keep halyards and sheets in appropriate coiled state ready for further use .....  
.....
- start and stop motor .....  
.....
- handle the yacht under power under the direction of a sighted person .....  
.....
- understand basic 'rules of the road' .....  
.....
- understand the factors affecting the choice of overnight anchorages .....  
.....
- understand the procedures for "man overboard" drills .....  
.....
- maintain personal tidiness and hygiene .....  
.....
- assist with the preparation of a meal and cleaning up after .....  
.....
- assist with ship's maintenance .....  
.....

Signed: ..... Date: .....

Chief Examiner/Delegate

**ADVANCED CERTIFICATE**

- The candidate can show competence in all the skills and knowledge outlined in the Introductory and Intermediate Certificates .....
- The candidate can show competence in the skills shown in the publication "Sailing Blind" (published by NZCSBVI Inc) .....
- The candidate will have participated in at least two cruises, each involving one or more overnight anchorages and includes some night sailing .....
- The candidate understands simple buoyage and beacons .....
- The candidate understands and applies emergency procedures:
  - eg. overrides on winches .....
  - man overboard .....
  - joining two ropes .....
- The candidate can set a course on an audible compass and steer by it .....
- Knowledge of charts, laying of courses, and steering courses .....

After completion of the above the candidate shall present himself or herself to the Chief Examiner or his Delegate and undergo an oral examination.

Signed: ..... Date: .....

Chief Examiner/Delegate