

Location: Portomaso,
St. Julian's
Malta STJ 3143

Junior students can opt to follow a **sailing course** leading to an internationally recognised **ISSA qualification**. This course is intended for those who are willing to learn the first basic steps of this sport or for those who want to **improve their sailing skills**.

English and Sailing

The sailing centre offers the ISSA Certified Sailing Course Level 1 for beginners and the Level 2 course for more experienced students. Either course replaces some afternoon activities.

Level 1 - Dinghy Sailing Course

This is an entry level certification for students wishing to become a dinghy sailor. Those who successfully complete this course will receive the Level 1 Certificate of completion, an internationally recognised diploma confirming the ability to indicate main sailing boat parts & rigging and sail a triangular course in a mono sail in light to moderate condition under supervision.

Level 1 course outlines includes:

- Main boat parts & rigging as well as launching
- Clothing & safety
- First basic knots
- Wind direction / orientation and balance
- Basic sailing points such as reaching & downwind
- Required sheeting & center board settings all sailing points
- Tacking, gybing, stopping, regaining speed & basic boat handling
- Capsize recovery on a single handed boat

Level 2 - Dinghy Sailing Course

This course is the next step after the basic, it is intended for those willing to progress and go sailing on their own, unsupervised in closed waters such as bays and harbours in **moderate conditions**. The aim is to sail independently. The Level 2 Certificate of completion will be awarded to successful students capable to indicate most sailing boat parts & rigging, sail a triangular course in light to moderate condition, launch and recover boat from a slipway, recover a capsized boat, recover a man over board and Tie 6 different types of knots.

Level 2 course outlines include:

- Rigging & unrigging
- Improve tacking & gybing skills
- Introducing theory of sailing & road
- Launching & recovery with inshore and offshore winds
- Capsize, safety precautions, man overboard recovery
- Coming alongside, mast & sail setting
- Picking a man-overboard and a mourning
- Theory introduction to seamanship with safety and precautions
- Further knots, boat trim & balance

Course description:

- 4 individual lessons of 3 hours each spread over 4 afternoons
- Usual timings are 14.00 to 17.00hrs but these can slightly alter.
- Use of boat/s & equipment, Buoyancy aids, and handouts are all inclusive in the price.
- Students will be under supervision of an instructor for the duration.
- If desired standard is not reached, individual additional lessons may be required prior to certification.

Requirements:

- 13 years +
- Students must declare and demonstrate that they can swim and tread water prior to going out sailing
- All students must have a signed liability form as well as a form informing the instructor of any medical condition.
- Students must follow the specific instructions of the Instructor/s at all times & wear a buoyancy vest for the duration of time they are in the water

