

Level 3 Improver Training

(Ideas for a Programme)

Reefing,

Demonstrate on my boat

Man Overboard Drill

Handouts + Practical

Picking up a mooring

Use my mooring line

Hove to / Basic hove to

hove to for 5 mins, change
places sail for 5 mins (repeat)

Come alongside a moored rescue boat.

Come alongside a moving rescue boat & change crews.

Move off from pontoon using backed jib.

As above but keep crew aboard and allow only one loose turn
on bollard. Crew flips loose turn off and retains aft mooring
line on bollard. Use as spring.

Come back to the pontoon with behind, round up into wind,
drop mainsail and come in on jib only.

Sail a 3 cornered course (with a number of boats), catch me if
you can.

Sail backwards.

Talk on the 5 essentials.