



Changi Sailing Club

32, Netheravon Road, Changi, Singapore 508508
Tel: (65) 6545 2876 Fax: (65) 6542 4235 Registration Ref. No.: 205/87SP0

INTRODUCTORY OPTIMIST COURSE

CLASS/TYPE OF BOAT	DURATION	PRICE
Optimist	3 Consecutive Saturdays 6 hours per day: 10am - 5pm	\$ 200 (Member) \$ 300 (Non-Member)

SYLLABUS

To be able to sail one class of Dinghy in normal wind conditions which includes.

- Rope work basic knots and applications
- Basic knowledge of boat parts and their uses
- Points of sail
- Rigging
- Launching and retrieval
- Righting a capsized dinghy
- Heaving-to
- Picking up man overboard
- Knowledge of requirement for boat buoyancy and personal buoyancy
- Basic principle tides, tide tables
- Knowledge of action to be taken if afloat in a Dinghy and overtaken by a sudden storm

International Yacht Racing Rules (IYR Rules)



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INTRODUCTORY OPTIMIST COURSE PROGRAM

Day 1

- **Rope work:** (Basic knots, figure of 8, & reef knots)
- **Points of Sail:**
- **Wind and Tide:** (Wind strength & direction, tide times & direction)
- **Boat Parts & Names:** (Mast, boom, mainsheet, kicker, cunningham etc)
- **Rigging the Boats:** (Rig one as group then allow class to do others)
- **Launching & Retrieving:** (Safe launch and retrieval practices)
- **Righting a Capsized Dinghy:** (Do this individually within the group)
- **Practice Sail:** (After their capsizes let them sail out turn around and land safely)
- **On the Water:** (Figure of 8 course)
- **Unrigging:** (Washing off and packing down the boats)

Day 2

- **Review of Day 1**
- **Rope work:** (Bowline, clove hitch)
- **Rules of the Road:** (Port/starboard, windward boat)
- **Sail Trim:**
- **Boat Balance & Trim:** (Briefly talk about)
- **Course Made Good:**
- **Heaving To:**
- **On the Water:** (Figure of 8 Course)
- **Unrigging:** (Washing off and packing down the boats)

Day 3

- **Review of Days 1 & 2**
- **Boat Balance** (Heel)
- **Boat Trim:** (Fore and Aft)
- **On the Water:** (Figure of 8 course, maybe moving to gybing, ball tag)
- **Unrigging:** (Washing off and packing down the boats)

No Wind or Bad Weather?: Rope work, rules, boat trim/balance, sail trim etc