Introductory Course Program - Full Day	
Start **Finish** 9.00 16.30	**Theory & Day Sail**
Onshore	Admin & Introduction
	Preparation on Shore
On Board	Preparation to Sail
	Crew Operations and Skills
	Leaving the Mooring
	Boat Control
	Steering control
	Crew coordination and communication
	Tacking
	Gybing
	Correct sail trim
	Collision Rules
	Returning to the Mooring
	Securing the Boat Properly
Onshore	Debrief