



SAILING ACADEMY

THE PEARL ISLAND • QATAR

أكاديمية الإبحار



— NAVIGATION LOG —



DISCOVER
NAVIGATE **LEARN** EDUCATE
WORK **LEARN** LIGHTING
ASSIMILATE **STUDY** MEMORIZE



SAILING ACADEMY

THE PEARL ISLAND • QATAR

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SAIL WITH STYLE. LEARN WITH ELEGANCE

Nestled within The Pearl and part of the prestigious Corinthia Yacht Club, the Corinthia Sailing Academy offers a uniquely welcoming haven for sailors and sea enthusiasts of all levels.

Under the guidance of our experienced instructors, students are immersed in the true spirit and core values of sailing:

- The thrill of discovering new horizons and gliding across the water at speed.
- Developing autonomy and personal growth by challenging one's limits.
- Achieving performance in harmony with the marine environment.
- Embracing team spirit through a shared passion for the sea, sailing, and nautical tradition.

This logbook serves as a universal guide, helping both children and adults learn the fundamentals and best practices of sailing, progress safely, and build skills for recreation or regatta.



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SAILOR IDENTITY



Surname

First Name

Date of Birth

Address

Postal Code

City

Phone

Email










SAFETY FIRST

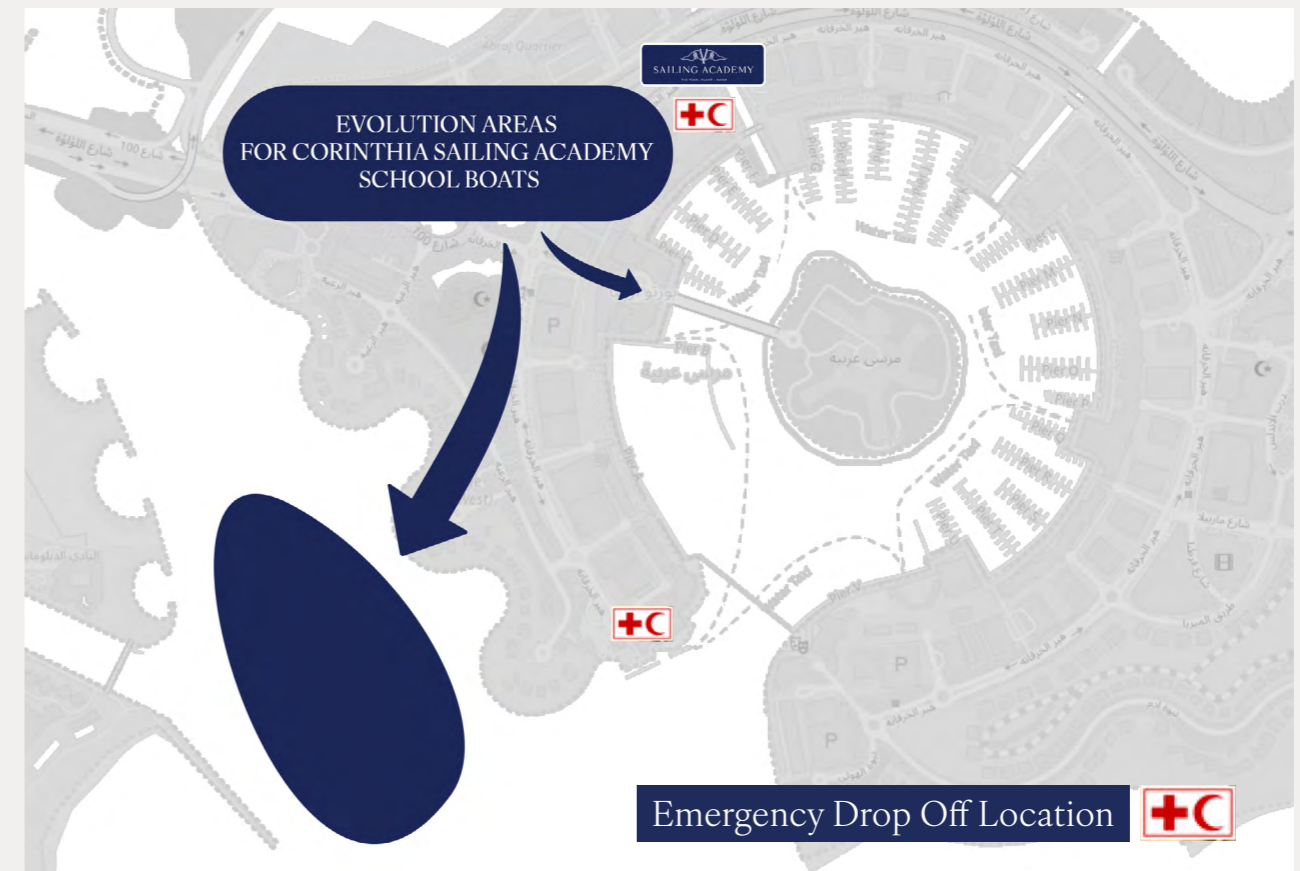
Before going out and during the session on the water, it is imperative that every sailor checks:



- ▴ Weather conditions
- ▴ Personal equipment
- ▴ Material

The 7 Common Senses

-  Is all equipment seaworthy and suitable?
-  Sailors should tell someone where they are going and when they will be back
-  Are the sailors capable of handling prevailing conditions?
-  Sailors should obtain a forecast for the local sailing area
-  Sailors should sail with others
-  Sailors should avoid strong tides, offshore winds, and poor visibility
-  Sailors should consider other water users

SAILING AREAS



-  **Front Corinthia Sailing Academy**
34 000 Sqm to initiate beginners to the basics, to the sea, to know the balance of a dinghy and teach them how to sail.
-  **Outside of The Pearl**
304 000 Sqm to practice sailing on dinghies in a safe area.

EMERGENCY DROP OFF LOCATION

CORINTHIA SAILING ACADEMY PONTOON: 25°22.359' N - 51°32.506' E
THE PEARL PETROL STATION PONTOON: 25°21.877' N - 51°32.417' E

This course provides a short introduction to sailing for novices. By the end of the course you will have a basic understanding of dinghy-handling techniques and a background knowledge. It is recommended that all participants consolidate this short introduction with the Basic Skills and Better Sailing courses.

RIGGING

- Basic rigging, parts of the sail, sail controls and foils
- Wind awareness ashore

SAILING TECHNIQUES AND MANEUVERS

- Wind awareness afloat
- Reaching – sailing across the wind
- Stopping – lying-to
- Controlling speed – getting out of irons
- Tacking – turning the front of the boat through the wind
- Sailing upwind
- The five Essentials (Boat balance, Centreboard/Daggerboard position, Course made good, Sail trim & Boat trim)
- Sailing downwind
- Gybing – turning the back of the boat through the wind, from a training run
- The importance of good communication when maneuvering (double-handers)
- Can perform a basic capsize recovery & understands the importance of staying with the boat

LAUNCHING AND RECOVERY

- Can secure a boat on the trolley (where the location allows)
- Understands the Principles of :
- Wheeling a trolley clear of other boats & overhead cables (where the location allows)
 - Launching and leaving the shore
 - Coming ashore and recovering a boat

ROPEWORK

- Can tie a figure of eight knot, round turn and two half hitches, and secure a rope to a cleat

CLOTHING AND EQUIPMENT

- Knows the importance of personal safety, clothing, and buoyancy

SAILING BACKGROUND

Understands the 7 Common Senses, such as the following areas:

- Awareness of other water users
- Basic rules of the route - avoid a collision at all costs, power/sail, port/starboard, overtaking boat, windward boat
- Visual methods of attracting attention

METEOROLOGY

- Knowledge of onshore and offshore winds

Sources of weather information and their relevance:

- Effects on sailing location
- Beaufort scale
- Conditions appropriate to the ability & the sailing location

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



LEVEL 2 - BASIC SKILLS

On completion of this course, you will have a basic knowledge of sailing and sailing in light winds without an instructor on board. It will be assumed that every student starting this course has already mastered the practical skills and absorbed the background knowledge required for Start Sailing. Both courses can be combined. Dinghy or multihull capsizing recovery will be conducted in a controlled manner, one boat at a time, with a suitable rescue boat in attendance.

RIGGING

- How to rig according to weather conditions
- Reefing ashore

SAILING TECHNIQUES AND MANEUVERS

- Leaving and returning to a beach, jetty, or mooring
- Coming alongside a moored boat
- Sailing in close company
- Performing a man-overboard recovery
- Awareness of lee-shore dangers
- The Five Essentials
- Can tack while sailing upwind, showing refined skill, losing minimal ground
- Can gybe in a controlled manner while sailing downwind
- Shows good communication when maneuvering (double-handers)
- Understands and shows awareness of other water users
- Can sail around a short course using all points of sail and crewing skills

ROPEWORK

- Can tie a bowline, clove hitch, and reef knot

CAPSIZING RECOVERY

- Can right a capsized boat using one method of righting, and has knowledge of at least one other

RACING

- Understands the course and starting procedure (may be covered as onshore teaching)

LAUNCHING AND RECOVERY

- Boat storage ashore, launching, and recovery

LEVEL 2 - BASIC SKILLS

SAILING BACKGROUND

Has knowledge of:

- Basic rules of the route - avoid collisions at all costs, power/sail, port/starboard, windward boat, overtaking boat

Understands:

- How to apply weather forecasts in coastal waters
- Tide tables, tidal sequence of springs and neaps, ebb and flow
- Speed over ground with/against tidal flow
- The effect of wind direction and tidal flow
- The importance of informing someone ashore, and the dangers of sailing alone
- How to access local information and advice for sea sailing

METEOROLOGY

Has knowledge of:

- Sources of relevant weather, inshore forecasts, and their interpretation
- The Beaufort Wind Scale
- When to reef How to understand a simple synoptic chart

CLOTHING AND EQUIPMENT

- Knows the importance of personal safety
- Clothing, basic personal and boat buoyancy

BASIC ADVICE FOR INDEPENDENT SAILING

- Self-reliance and basic equipment Visual methods of attracting attention

Has knowledge of:

- The points of sailing and the "No-go Zone" How a sail works
- How a sailing boat moves (basic theory)

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



LEVEL 3 - BETTER SAILING

This Improver course seeks to bridge the gap between Start Sailing, Basic Skills, and the Advanced modules by offering an Introduction to the different modules, allowing sailors to select more easily their preferred route within the sport. Better Sailing allows students to practice and consolidate sailing techniques, and experience some of the activities the Advanced modules offers. It helps building confidence while supporting the development of good sailing techniques. Additional module options are non-compulsory for completion of the Better Sailing course, but are designed to provide an introduction to the various aspects of sailing. The elements of the non-compulsory course will be decided with the instructor.

SAILING TECHNIQUES AND MANEUVERS

- Understands how to use rig and sail controls to prepare the boat according to different weather conditions and sea states
- Can check a if spinnaker is rigged correctly (if fitted)

CORE SKILLS

- Leave and return to a shore, jetty, or mooring (including windward and leeward shore in light conditions)
- Recover a man overboard effectively
- Reef a sail when required Use the sail tell-tales effectively
- Demonstrate a 'dry capsize'
- Understand how to avoid inversion
- Sail using efficient and skilful application of the Five Essentials
- Tack - maintaining boat speed and balance, upwind
- Gybe - maintaining boat speed and balance
- Show good use of crew and to best effect (where applicable)
- Understand when, and the importance of timing maneuvers

SAILING BACKGROUND

Has theoretical understanding of the IRPCS, and can apply them to :

- Other sailing vessels Power-driven vessels
- Following or crossing narrow channels Action by stand-on vessel
- Basic sail-control knowledge to change the sail shape and power

Understands:

- The points of sailing The Five Essentials
- Basic meteorology terminology, including the Beaufort Scale
- How to obtain a weather forecast
- How to interpret a basic synoptic chart
- Awareness of changing weather conditions

LEVEL 3 - BETTER SAILING

SEAMANSHIP SKILL

- Can demonstrate anchoring in various conditions
- Introduction to sailing in adverse conditions (centreboardless, rudderless sailing)

RACE SKILLS

- Has knowledge of the "Simplified World Sailing Racing Rules of Sailing"

Can:

- Start and finish a simple race
- Choose the best route to sail around a course, depending on conditions (using the Five Essentials)

DAY SAILING SKILLS

- Basic chart orientation - including cardinal and lateral buoyage systems
- Can take bearings and measure distances on a chart
- Understands the effect of tide and wind direction on sailing conditions

Can:

- Use a local tide table Follow a pre-planned route

SPINNAKER SAILING SKILLS

- Basic introduction to spinnaker handling as crew or helm, including rig, hoist, and drop

PERFORMANCE SAILING SKILLS

- Basic introduction to trapezing with instructor on the helm (Optional - boat-dependent)
- Introduction to better hiking technique

OTHER ASPECTS

- The Advanced modules Opportunities to sail regularly
- Introduction to high-performance boats Local club racing

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



LEVEL 4 - SEAMANSHIP SKILLS

On successful completion of this course, you will be capable of maneuvering a dinghy/keelboat/multihull in a seamanlike manner and making seamanship decisions in moderate conditions.

It is assumed that, when starting this course, you already master the practical skills and already have the background knowledge required for the previous levels.

Instructions will be given by trained instructors, using appropriate supervision ratios with regards to the location and the competence of students. Much of the work afloat will be done without an instructor aboard. The emphasis is on increasing self-reliance and decision-making of the sailor.

ROPEWORK

- Can tie a fisherman's bend, rolling hitch, and sheet bend
- Launching and Recovery
- Can leave and return to beach, jetty, or mooring, including windward and leeward shore
- Sailing techniques and maneuvers

Can:

- Heave to
- Reef afloat
- Recover a man overboard
- Be towed by a power-driven vessel
- Anchor, including understanding principles and techniques for different circumstances
- Sail backwards
- Sail in adverse circumstances (no rudder, no centreboard)
- Prepare a road trailer and secure a boat for transportation

METEOROLOGY

- Knows sources of information on weather patterns for the day
- Can interpret forecasts and understand local effects
- Is aware of Beaufort Wind Scale and changing weather conditions, including fog
- Can use local tide tables
- Understands rate of rise and fall - Twelfths Rule
- Is aware of tidal streams
- Has a basic understanding of charts and important symbols

LEVEL 4 - SEAMANSHIP SKILLS

SAILING THEORY AND BACKGROUND

Understands the following terminology:

- Windward, leeward, abeam, forward, aft, ahead, astern, to weather, downwind, amidships, quarter, pinching, sailing by the lee, luff, bear away, planing, sternway, broaching

Knows and can apply the following International Regulations for the Prevention of Collisions at Sea (IRPCS):

- Meeting other sailing vessels, meeting power-driven vessels, following or crossing narrow channels, action by stand-on vessel

CAPE SIZE RECOVERY

- Knows how to recover from total inversion (practical session if possible)

SAILOR'S ASSESSMENT

- Candidates should be able to demonstrate satisfactorily aspects of practical and theory knowledge, offshore, costal and ashore and answering at any questions.

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



The course will include the planning and execution of a day sail, and, on successful completion, you will have a confident and safe approach to planning and executing a short day sail in a dinghy/keelboat/multihull. When starting this course you must already master the practical skills and have the background knowledge required for the previous levels. In addition, sailors wishing to cruise independently should ensure that they understand and can carry out the maneuvers in the Seamanship Skills (see page 14). Candidates who hold the Essential Navigation and Seamanship course completion certificate or a higher-level cruising award may gain exemption from necessary chartwork.

RIGGING

- Can prepare and equip a boat for cruising, including safety and navigation equipment, clothing and food, and stow gear correctly

SAILING TECHNIQUES & MANEUVERS

- Can plan & undertake a day sail including a consideration of pilotage/navigation and collision avoidance
- Can use the anchor to effect lee-shore landing and departure

ADVERSES CONDITIONS

- Is able to self-rescue following total inversion
- Understands how to improvise in the event of gear failure

METEOROLOGY

- Knows sources of information on weather patterns for the day
- Understands main characteristics of high- and low-pressure systems and simple interpretation of synoptic charts
- Has awareness of changing weather conditions

NAVIGATION

Can plan a day's cruise in coastal waters, including knowledge of:

- Publications available, particularly charts, tide tables, tidal stream atlases
- Navigational instruments and their limitations afloat
- Use of GPS, including waypoint navigation
- Tidal heights and tidal streams (Rule of Twelfths or percentage rule), probable changes in the weather, and the interaction of weather and tidal streams
- Decision-making in adverse circumstances, including planning alternatives and refuges
- Magnetic compass: variation and deviation
- Use of transits and bearings to steer course and fix position
- Recording position and principles of dead reckoning
- Interpretation of charts
- Confirming position by another source

SAILOR'S ASSESSMENT

- Candidates should be able to demonstrate satisfactorily aspects of practical and theory knowledge, offshore, costal and ashore and answering at any questions.

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



LEVEL 6 - SAILING WITH SPINNAKERS

On successful completion of this course you will understand how to sail a dinghy/keelboat/multihull rigged with an asymmetric or symmetric spinnaker. It is assumed that when starting this course you already masters the practical skills and the background knowledge required for the previous levels. Tuition will be given by an advanced instructor, or by an Instructor with appropriate experience approved by the Principal, using appropriate supervision ratios with regard to the location and the competence of the students.

RIGGING

- Can rig boats, including spinnaker, and trapeze where fitted

LAUNCHING AND RECOVERY

- Understands how to launch boats with open transoms and/or racks

SAILING TECHNIQUES AND MANEUVERS

- Can sail as crew or helm using equipment to good advantage
- Can perform spinnaker hoist, gybe, and drop as crew or helm

CAPSIZING RECOVERY

- Can perform capsizing recovery including spinnaker
- Knows how to recover from total inversion

RACING

- Has knowledge of courses for type of boat
- Understands the concept of apparent wind sailing
- Understands the effect of hull shape on performance
- Can access sources of information and apply rig setup for different conditions

SAILOR'S ASSESSMENT

- Candidates should be able to demonstrate satisfactorily aspects of practical and theory knowledge, offshore, coastal and ashore and answering at any questions.

CERTIFICATION

Date

Chief Instructor

Signature & Stamp

LEVEL 7 - PERFORMANCE SAILING

On successful completion of this course you will understand how to sail performance dinghy/keelboat/multihull in all wind conditions that you can expect to encounter, sailing the boat to best advantage at all times. The emphasis is on improving your sailing performance, therefore this course will involve coaching from powerboats. This course is intended primarily for two-person spinnaker boats; however, it may be delivered in performance single-handers and the certificate endorsed accordingly. Tuition will be given by an Advanced Instructor for the type of boat, using appropriate supervision ratios with regard to the location and competence of the students, and the need to provide continuous feedback on the water. It is assumed that every student starting this course already masters the practical skills and the background knowledge required for the previous levels. In practical terms, it is recommended to having achieved at least a full sailing season.

RIGGING

- Can rig any boats, including spinnaker and trapeze (if fitted)
- Understands basic rig setup and tuning

SAILING TECHNIQUES AND MANEUVERS

- Can make best possible use of crew and equipment to sail efficiently on all points of sailing in a variety of conditions, including symmetric or asymmetric spinnaker
- Can use sail controls to effect changes to shape and power of sails
- Can spot and use wind shifts and gusts to effect best course up and down wind
- Can perform capsizing recovery including spinnaker. Know how to recover from total inversion
- Can tack, refining skills according to conditions
- Shows understanding of roll-tacking principles
- Can gybe, refining skills according to conditions
- Shows understanding of roll-gybing principles
- Understands how to make use of wind variation and tidal eddies which occur due to geographical features and tidal conditions
- Has an understanding of hull shapes and rig types, including their effect on performance
- Understands planing and the effect of rails



LEVEL 7 - PERFORMANCE SAILING

METEOROLOGY

- Knows sources of information on weather patterns for the day
- Understands main characteristics of high- and low-pressure systems and simple interpretation of synoptic charts
- Has awareness of changing weather conditions

SAILOR'S ASSESSMENT

- Candidates should be able to demonstrate satisfactorily aspects of practical and theory knowledge, offshore, costal and ashore and answering at any questions.

CERTIFICATION

Date

Chief Instructor

Signature & Stamp

LEVEL 8 - SAIL FOILING COURSES

FIRST FLIGHTS

This first session in Sailing foiling provides an initial introduction into the amazing and exhilarating world of foiling. As a pre-requisite, you should hold the RYA Level 2 Basics Skills, which will ensure you have the necessary skills to take on foiling! Aimed as a taster session, first flights provides you with a basic introduction to foiling, assisting you to make your first foiling take-offs.

RIGGING

As knowledge of:

- Assembling and setting up the main foil, rudder, and rudder foil
- Various foiling boats
- The options and adaptations available for non-foiling boats

LAUNCHING AND RECOVERY

- Has knowledge of the different launch/recovery methods for different boat designs

SAILING TECHNIQUES AND MANEUVERS

- Engage and disengage foils
- Take off
- Change course sailed, and adjust sail trim to encourage flight

Understands and has knowledge of:

- How to land safely
- Capsize recovery methods
- How to maintain foiling
- Apparent wind, showing a basic application and sail adjustment

FOILING KNOWLEDGE

Understands and has knowledge of:

- The basic theory of how foils work
- Sail adjustments, and how to trim sails
- A range of different foiling boats

SAFETY

Understands and has knowledge of:

- The risks of foiling alone
- The importance of toiling in suitable sailing conditions
- The lack of noise when approaching other craft
- Different personal safety equipment

CERTIFICATION

Date

Chief Instructor

Signature & Stamp



LEVEL 8 - SAIL FOILING COURSES

SUSTAINED FLIGHTS

The "sustained flights" course is designed to increase your foil handling and control. After having completed this course, you will start feeling more confident about the practical and theoretical skills required to foil, steer, and maintain a course effectively. All tacking or gybing at this level is non-foiling. It is assumed that every student starting this course already master the practical skills and have the background knowledge required for First Flights.

RIGGING

- Can assemble and set up the main foil (with assistance)
- Can assemble and set UP the rudder and rudder foil (with assistance)
- Has knowledge of how to adjust foils in different conditions to optimise performance
- Understands how to trim the main foil to adjust the "ride height"

LAUNCHING AND RECOVERY

- Can launch the boat off a slipway/beach using a specific method for that foiling boat (with assistance)
- Safely return to slipway/beach using a specific method for that foiling boat

SAILING TECHNIQUES AND MANEUVERS

- Can maintain periods of sustained foiling
- Trim sails effectively according to the apparent wind
- Demonstrate a non-foiling tack Demonstrate a non-foiling gybe
- Adjust bow height and trim through the rudder foil
- Show basic skills and understanding of foiling on various points of sail

FOILING KNOWLEDGE

Technique:

- Understands the apparent-wind effect and how to trim effectively according to the point of sail
- Understands different ride heights and how to adjust the main foil to enable the boat to ride higher or lower
- Has knowledge of correct angles for gybe entry and exit

Understands:

- How the wand works Righting moment and how it is achieved
- How twist tillers adjust the rudder

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp

LEVEL 8 - SAIL FOILING COURSES

PERFORMANCE FLIGHTS

The "Performance Flights" course is the last of the RYA foiling courses, seeking to develop advanced skills & techniques. This course is designed to increase your confidence on different angles, while also looking at entry and exit into maneuvers, providing you with a good understanding as to the theory. It is assumed that every student starting this course must have the knowledge and practical ability of RYA Sustained Flights's level or above.

SAFETY

- Has knowledge of the safety equipment which may be worn while foiling

SAILING TECHNIQUES AND MANEUVERS

- Can demonstrate foiling upwind and downwind
- Effectively set UP, balance, and steer into the tack
- Demonstrate tack entry while foiling, exiting in control
- Can effectively set UP, balance, and steer into the gybe
- Demonstrate gybe entry while foiling, exiting in control

FOILING KNOWLEDGE

- Can steer and adopt the correct body movements required to foil through a gybe
- Adjust wand settings and ride height for optimum performance in different conditions

Understands :

- The theory and technique required to set UP and approach the 'entry' of a foiling tack and gybe
- The theory and technique required to set UP and approach the 'exit' for a foiling tack and gybe
- What causes and how to deal with a pitch pole (specific boats)
- Different wand systems and what they are used for

SAFETY

- Understands the importance of safe sailing areas and suitable sailing conditions to assist with the practice of performance-foiling maneuvers

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



LEVEL 9 - RACING COURSES

START RACING

The first course in the racing syllabus, Start Racing, will develop and provide you with the basic skills needed to enter a race and understand the simple techniques, sequences, and rules. To take this course every student should have mastered the practical skills to Level 2/Stage 3 or above.

STARTS

- Understands a basic start sequence & identify a start line and start from the correct side
- Can slow the boat and accelerate to cross the Line within 10 seconds after the start signal
- Understands the procedure if over the line at the start

SPEED

- Can use the five essentials effectively
- Can keep the boat upright using the toe straps to sit out and can trim the sail to aid this
- Can hold an effective close-hauled course upwind

TACTICS

- Understands how to round a mark
- Can recognise headers and lift
- Has knowledge of the difference between the International Regulations for Preventing Collisions at Sea (IRPCS) and the Racing Rules of Sailing (RRS)

STRATEGY

- Can source and use an appropriate weather forecast
- Understands what a suitable wind strength is to race in

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp

LEVEL 9 - RACING COURSES

CLUB RACING

The Club Racing course has been designed to improve boat handling and speed, while providing an understanding of developing a strategic plan based on the conditions.

Students taking this course should have the minimum knowledge of Start Racing. This course can be delivered by a Race Coach Level 2 or 3 within either a recognised training centre or an affiliated club.

STARTS

- Understands line bias and can identify the biased end
- Has knowledge of how the fleet of boats may impact on the start strategy
- Understands how the strategy for the first boat may impact the starting position

BOAT HANDLING

- Can slow the boat effectively and accelerate and use heel to help the boat tack and gybe
- If appropriate, can hoist, gybe, fly, and drop a spinnaker
- Can demonstrate the importance of good communication and teamwork for effective racing

SPEED

- Can adapt the rig to different conditions
- Can use a tuning guide appropriate to the boat being used
- Multihulls: understands how to depower the rig in strong wind conditions

TACTICS

- Understands the significance of laylines and how to judge them when afloat
- Understands tactics within a handicap fleet (if appropriate)
- Can demonstrate application and how to use Racing Rules of Sailing (RRS) at marks

STRATEGY

- Understands the effect of water current on the boat and how the topography (buildings, trees, hills) can affect the wind over a course
- Can use a suitable weather app to give an indication of the wind trend over the period of a race and how to use it to best effect

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



LEVEL 9 - RACING COURSES

REGIONAL RACING

Learn and develop skills which will enhance your ability to adapt to the changing conditions and different venues, as well as the skills needed to respond.

Regional Racing will also provide the skills and techniques needed to analyse effectively post-race. This course can be delivered by a Race Coach Level 2 or 3 within either a recognised training centre or an affiliated club.

STARTS

- Can create and protect a space to leeward
- Can demonstrate starting from different parts of the start line
- Can formulate and execute a pre-start plan

BOAT HANDLING

- Can adapt to different types of boat
- Understands the different techniques used for a range of different crafts
- Can demonstrate all previous learning over a wide range of wind conditions where possible

SPEED

- Understands the differences between stayed rigs and unstayed rigs
- Can alter the rig while racing to suit conditions where possible
- Understands how to record settings and duplicate them

TACTICS

- Can identify the layline for a mark and allow for the conditions and the effect of the fleet
- Understands the importance of when to sail the fleet and when to engage with another boat
- Can demonstrate both a tight and loose cover on another boat
- Has knowledge of how to use a compass to best effect
- Understands the process for raising a protest and actions when being protested

STRATEGY

- Can develop a strategy that accounts for the weather conditions expected, the tide/current expected, and the type of fleet. This should be discussed with the coach/instructor prior to the race and then will be executed.

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp

LEVEL 9 - RACING COURSES

CHAMPIONSHIP RACING

This is more personalised training than a course, and requires a less syllabus-based approach, taking into consideration the needs of the sailor and varying the areas covered accordingly. It is quite likely to be the end result of a full training program. Championship Racing is delivered by an RYA Race Coach Level 3 within either a recognised training centre or an affiliated club.

STARTS

- Can take the strategy and adopt the most applicable start
- Can demonstrate recovering from a start which has not gone to plan

BOAT HANDLING

- Can demonstrate a high level of boat handling in all conditions and is able to adapt the techniques used to suit conditions

SPEED

- Understands how to keep records of the settings and to develop them to suit the conditions/sailors
- Understands how to use a tuning partner, video, and post-race analysis to refine further the tuning guide and techniques employed

TACTICS

- Understands all the relevant racing rules and how to use them to best effect for the outcome of the race
- Understands how to analyse a series of races and to implement strategies to secure the best outcome
- Understands when to race conservatively and when to race aggressively and can demonstrate these
- Can demonstrate use of 'boat-on-boat' and 'boat-on-fleet' tactics during racing/training

STRATEGY

- Can develop, plan and adapt the strategy to take into account the unfolding landscape of a race while still showing consistent boat speed

CERTIFICATION

Date _____

Chief Instructor _____

Signature & Stamp



PERSONAL LOG

DATE	TYPE OF BOAT	HOUR'S EXPERIENCE		ACTIVITY & WEATHER CONDITIONS			AUTHORISATION	COMMENTS
		HELM	CREW	TYPE OF COURSE OR ACTIVITY	MAX WIND SPEED	TEMP. (°C)	CENTER/CLUB INSTRUCTOR/ COACH	



PERSONAL LOG

DATE	TYPE OF BOAT	HOUR'S EXPERIENCE		ACTIVITY & WEATHER CONDITIONS			AUTHORISATION	COMMENTS
		HELM	CREW	TYPE OF COURSE OR ACTIVITY	MAX WIND SPEED	TEMP. (°C)	CENTER/CLUB INSTRUCTOR/ COACH	



PERSONAL LOG

DATE	TYPE OF BOAT	HOUR'S EXPERIENCE		ACTIVITY & WEATHER CONDITIONS			AUTHORISATION	COMMENTS
		HELM	CREW	TYPE OF COURSE OR ACTIVITY	MAX WIND SPEED	TEMP. (°C)	CENTER/CLUB INSTRUCTOR/ COACH	



PERSONAL LOG

DATE	TYPE OF BOAT	HOUR'S EXPERIENCE		ACTIVITY & WEATHER CONDITIONS			AUTHORISATION	COMMENTS
		HELM	CREW	TYPE OF COURSE OR ACTIVITY	MAX WIND SPEED	TEMP. (°C)	CENTER/CLUB INSTRUCTOR/ COACH	





SAILING ACADEMY

THE PEARL ISLAND • QATAR

أكاديمية الإبحار

Resort and Leisure Company WLL

Corinthia Sailing Academy & Corinthia Yacht Club – The Pearl Island – Qatar

Corinthia Hotels as operators with a Management Agreement

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