

Ultimate Sailing Program (Subject to Weather)

Friday Night Prior	If travelling from far and need accommodation, please make an accommodation booking through the booking system
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Ultimate Sailing Program Saturday Day 1

Start	Session	Details
Prior to 08:00	Arrival	<ul style="list-style-type: none"> · Participants arrive at Brownsea, ready to commence course · Choose bed and place gear safely in bunkhouse or personal tent if you wish · Place clearly labelled items in fridge/freezer for weekend use (ensure you take all remaining items home at the end of weekend)
08:30	Introduction	<ul style="list-style-type: none"> · Program / Course Objectives · Team · Behaviour & Personal Expectations
09:15	Sailing Theory	<ul style="list-style-type: none"> · Demonstrate fitting a LIFEJACKET on yourself, then how to check it on someone else · Learn the parts of a sail & parts of a sailboat, as well as basic knots, whilst assisting in rigging a boat (SKIPPERs) <p>Basic Sailing and the Wind</p>
10:45	Morning Tea	
11:00	Sailing Practical Session	<ul style="list-style-type: none"> · Crew in a sailboat: <ul style="list-style-type: none"> ◦ Basic sailing orientation (practice / learning the role of each crew member) ◦ Sailing ◦ Tacking ◦ Boat Speed Control
13:00	Debrief	<ul style="list-style-type: none"> · Debrief on Sailing Experience
13:15	Lunch	
14:00	Sailing Practical Session	Capsize Drill
16:00	Own Time Prep Dinner	<ul style="list-style-type: none"> · Shower, relax. · Fellowship
16:30	Pre-Dinner Sailing Theory	
18:00	Dinner	
19:00	Post Dinner Sailing Theory	<p>OAS Debrief Points of Sailing</p> <p>Basic Right of Way Rules · Introduction to Weather, Winds, Tides & Currents</p> <ul style="list-style-type: none"> ◦ Illustrate an Understanding of how to locate Weather Forecasting information ◦ Explain the Effects of Weather on Sailing ◦ Demonstrate your Understanding of Reading a Weather Map to predict conditions
21:30	Supper	
22:00	Lights Out	<ul style="list-style-type: none"> · Bedtime

Ultimate Sailing Program Sunday Day 2

Start	Session	Details
08:00	Sailing Theory	Recap / Prac #3 Brief
08:30	Sailing Theory	Prepare boats for morning sail
09:00	Sailing Prac	Crew in a sailboat: Tacking, Gybing, Upwind, Downwind, Reach, Sailing a Course Man Overboard – Crew Recovery Drill Sailing a Marked Course Towing & Basic Rescue
11:00	Debrief	Sailing Debrief and Discussion
11:15	Lunch	
11:45	Sailing Theory	Spinnaker for advanced sailors, depending on ratios and skill sets.
12:15	Sailing Prac	Crew in a sailboat: Sailing a Marked Course Sailing Downwind
16:00	Own Time Prep Dinner	Shower, relax. Fellowship
16:30	Pre-Dinner Sailing Theory	
18:00	Dinner	
19:00	Theory	Plan Expedition
21:30	Supper	
22:00	Lights Out	



Ultimate Sailing Program Monday Expedition Day 3

Sail to Woody Point or Shultz's Canal depending on prevailing wind

Start	Session	Details
08:00	Sailing Theory	· Recap / Prac Brief
08:30	Sailing Theory	· Prepare boats for morning sail
09:00	Sailing Prac	Expedition
11:15	Lunch	
12:15	Sailing Prac	Sail to Brownsea
15:00		Return to Brownsea
18:00	Dinner	
19:00	Night Time Canoe Paddle	
22:00	Lights Out	



Ultimate Sailing Program Tuesday Day 4

Start	Session	Details
08:00	Sailing Theory	OAS mopup
09:00	Sailing Prac (May involve Boat Maintenance)	Prepare boats for morning sail
11:00	Debrief	
11:15	Lunch	
12:15	Sailing Prac	Sail to Brownsea
14:00	Packup Boats	
15:00	Pickup to go Home	

