

Sailing Pathways to Participation & Performance



Sailing has a clear ten step pathway for people both entering and already in the sport. Every Australian can choose to participate and progress to a level that suits them. The Pathway is illustrated on the other side of this page.

There are many ways to get into sailing. You can simply ask a friend who already sails, or turn up at a club and ask them to introduce you in the way that best suits you. It may be crewing for someone else or it may be a learn to sail course.

For Adults

Adults face the choice of sailing in small, 'off-the-beach' dinghies, or larger keelboats generally crewed by many people. Some clubs will offer both options and some will offer one or the other.

Dinghies are more physically challenging, as they depend on your body weight to keep them upright, generally are 'wetter' and sailed by only



1 or 2 people. Boats sailed at the Olympic Games are selected from the many types of dinghy sailed around the world.

In most cases clubs will supply dinghies for all levels of participation, up to the point of club racing, when a new member might make

a decision to buy their own boat. Or they may choose to continue to sail as crew with someone. Crews are sought after at most clubs.

Keelboats stay upright against the force of the wind on their sails because of their large and weighted keel under the boat. They are the type of boat sailed in the high profile Sydney-Hobart Yacht Race and around the world by Jesse Martin and Jessica Watson.



Keelboat owners are always looking for 'crew' to share their boat with. After work, twilight and social sailing are some of the

most popular ways to get into keelboat sailing. You don't need to be an experienced sailor to be part of a 'crew'. The skipper will help you develop your skills and build your confidence. To go twilight or social sailing, simply call or visit a club near you. See the www.gosailing.com.au website for club details.

Trailable Yachts are another option, they are a small keelboat, with a retractable keel for on road towing and have on board accommodation.

Learn to Sail

Accredited Yachting Australia Training Centres offer progressive and nationally recognised learn to sail courses for both dinghies and keelboats.



	Dinghies Off-the-beach	Keelboats
1. Basic Sailing	Get into Small Boat Sailing Levels 1 & 2 (Tackers 1)	Introduction to Keelboats
2. Intermediate - Better Sailing	Get into Small Boat Sailing Level 3 (Tackers 2)	Keelboat Intermediate
3. Racing - Learn to Race	Get into Small Boat Sailing Levels 4 & 5 (Tackers 3)	Learn to Race Learn Spinnakers
Further development	Sailor specific coaching courses at clubs	Sea Safety and Survival Yachtmaster

Progressing to the next levels

If you have learnt your sailing skills through the three levels of learn to sail courses, either dinghy or keelboat, as outlined above, your next step is simplified racing (Step 4 on the Pathway), before you move into club racing (Step 5).

For juniors Step 4 is often called 'green' fleet - which is about having fun and building confidence rather than competition. For adults it is really modified racing using a simpler set of rules. On keelboats twilight and social races are often run with simpler rules and starts. Weekend racing is more likely to use the Racing Rules of Sailing.

If you have gained your skills through crewing for someone else there is always the opportunity to enhance your knowledge by undertaking a learn to race course.

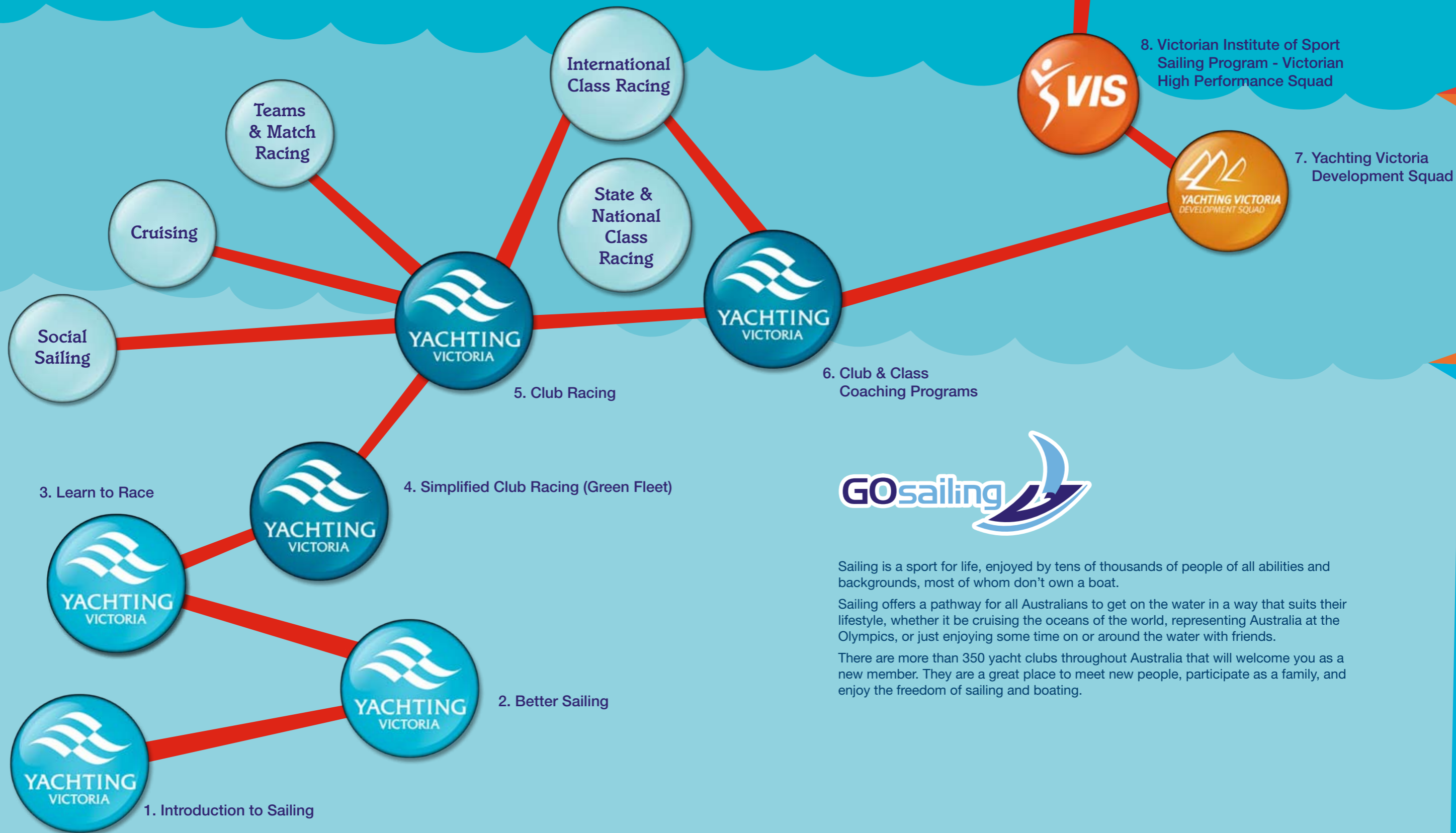
Of course you need not progress to club racing, you can simply choose to go cruising or social sailing.

But, if you enjoy club racing you will possibly want to improve even more and that's the time to find your Club Coach and start working on the further development of your sailing skills (Step 6). Your development will be tailored to your specific needs rather than the generic content of the learn to sail courses.

From there if you are a dinghy sailor you can progress to State based Development (Step 7) and High Performance (Step 8) Squads and onto the Australian Development Squad (Step 9) and the Australian Sailing Team (Step 10) to ultimately represent Australia at the Olympic Games.

If you prefer keelboat sailing you can go ocean racing and complete the Sea Safety and Survival course or progress to the International Yachtmaster programs.

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Sailing is a sport for life, enjoyed by tens of thousands of people of all abilities and backgrounds, most of whom don't own a boat.

Sailing offers a pathway for all Australians to get on the water in a way that suits their lifestyle, whether it be cruising the oceans of the world, representing Australia at the Olympics, or just enjoying some time on or around the water with friends.

There are more than 350 yacht clubs throughout Australia that will welcome you as a new member. They are a great place to meet new people, participate as a family, and enjoy the freedom of sailing and boating.

PERFORMANCE

DEVELOPMENT

PARTICIPATION

TACKERS

Tackers

Tackers is the Yachting Australia national junior program for kids aged 7-12. It provides an introduction to sailing using game-based learning, in small boats called OziOptis with brightly coloured sails.

The Tackers program is based on three levels of progression, with each level generally taking a season of practice for kids to progress to the next level.

1. **Tackers 1 - Having Fun**
(based on the YA Small Boat Course Level 1 & 2)
2. **Tackers 2 - Tricks & Techniques**
(based on the YA Small Boat Course Level 3)
3. **Tackers 3 - Sailing Fast**
(based on the YA Small Boat Course Level 4 & 5)

Many clubs that don't offer the Tackers program have their own junior programs that are based on similar values, boats and pathway as Tackers ('Little Tackers' is a program for 4-6 year olds and 'Tackers Intro' provides for a two hour introductory experience for 7-12 year olds).



Youth

Youth generally learn to sail in 'off-the-beach' dinghies and follow the sailing pathway in the same way as adults to club racing. Like those who have come up through junior and Tackers programs they have the option to progress beyond their club racing through to State Development and High Performance Squads and ultimately the Australian Sailing Team and the Olympics. For youths seeking to progress to the higher levels YV has a booklet that explains this and the classes of boat sailed in more detail. This also appears on www.vicsailingteam.com.au. Many youth also progress to keelboat racing as crew.

Youth also have the option of sailing in schools based teams sailing, where three boats race against another three boats. Some schools offer sailing as part of their physical education or outdoor education programs.

Schools

Sailing welcomes schools. Primary schools can do the 'Tackers Intro' for Schools session. Secondary Schools can undertake the full set of Learn to Sail Courses including the 'Learn Teams Sailing' course. They are all available at Yachting Australia accredited Training Centres throughout the State, or any yacht club utilising the Yachting Victoria Mobile Boatshed.

Sailability - for people of all abilities

People of all ages and abilities can go sailing, in either dinghies or keelboats as well as other Club activities.



Australia has an award winning dinghy specifically designed for people with disabilities called an Access dinghy. It is widely available, easy to sail and has a heavy keel to keep it upright. People with disabilities can enjoy sailing through Sailability with friends and family and with the help of qualified Instructors. There are also courses for children with disabilities to learn to sail together in a group. Sailability programs throughout Australia follow the dinghy learn to sail program outlined above, using the Access Dinghy and have the option of progressing to the Paralympics.

Women in Sailing

Some clubs offer programs that specifically cater for women's introduction to sailing. They usually will have a contact point and mentor and offer courses to progress sailing skills to the level that suits all levels of participation. Victorian Keelboat Clubs are particularly active in running Women's Programs and Events and offering women's learn to sail courses.

Other ways to get involved

Adults also have the option to become involved in a club as a volunteer or race official, both on and off the water. No prior sailing or boating experience is necessary and clubs will provide training in the required skills that can progress you along an officiating pathway all the way to international race officer. If you are interested just ask at a yacht club.

Club Membership

Whilst you are undertaking a Learn to Sail course most clubs will welcome you to enjoy and use their facilities, as a temporary member. For your first few races as crew they will welcome you similarly. But after a few races, and once you have decided you enjoy sailing the club will invite and expect you to join. Each club has their own membership arrangements. Once you join a club you will receive a plastic card from Yachting Australia that recognises your club membership and entitles you to race anywhere in the world.

Go Sailing Days

Many clubs offer "Go Sailing Days" where members are on hand to take you on their boats to try sailing for free. These days are ideal for anyone who wants to get started in the sport.