



# Portland Xmas Holiday Fun

Portland Yacht club is hosting a 4 day kids sailing program for 7 to 12 year olds. With all equipment supplied and Australian Sailing qualified instructors. Kids starting with no sailing skills will gain practical skills graduating to be able to confidently sail a dinghy independently.

**When:** 28th to 31st December 2017  
10:00 am - 3.30 pm (lunch 12-1pm)

**Where :** Portland Yacht Club, Lee Breakwater Rd Portland

**Contact:** Adam Gristwood 03 96862571 [info@theboatshed.net.au](mailto:info@theboatshed.net.au)  
[www.theboatshed.net.au](http://www.theboatshed.net.au)

'Tackers' is a Kids-Centric, fun, non-competitive, games-based program that includes tuition, including on and off water games. Tackers is a great way to increase children's life skills, such as communication, self-reliance, team work, problem solving and self-confidence.

Children need to bring bathers, towel, shorts and shirt, hat, sunscreen, old runners or wetsuit boots and some dry clothes. Healthy snacks, cool drinks and lunch will be provided. Parents are encouraged to stay as guests of the club and help but it is not compulsory.

To book a berth go to [www.theboatshed.net.au](http://www.theboatshed.net.au) click on school holiday courses then click on the link to Portland. Any questions can be directed to Adam @ the boatshed or Jen @ Portland Yacht Club Ph 0417 345440.



By completing Tackers 1 participants achieve the following  
with instructor's assistance:

### **Boat Handling**

- Steered with tiller extension under towing paddling power
- The ability to tie a figure 8 knot, round twice and two half hitches
- Learnt and practised how to perform the tack / “push turn”
- Learnt and demonstrated how to gybe / “pull turn”
- Comfortable reached around a figure of 8 course using both tacking and gybing
- Sailing with the tiller extension (The Microphone Technique)
- Learnt to sail upwind and downwind by following the rescue boat

### **Rules & Safety**

- Swim 50 metres in a PFD (vest)
- Participated in a capsized
- Participated in rescue drills
- Realised the most important rule: Always avoid collisions!
- Understanding of Port / Starboard right of way

### **Sailing Theory & Background**

- Identified the “no go zone” and the effects it has on your sailing
- A background in safety knowledge of tides and currents
- Basic wind awareness – wind direction and strength
- Demonstrated respect and care of boat