

# ATLANTIC YACHTING

## SAIL & POWER TRAINING Langebaan, South Africa



### SAS YACHT HAND

**Who is this course for?** This course is aimed at all South African's who would like to learn how to sail locally or who would like to hire a yacht overseas.

Courses are presented throughout the year; please contact us for dates and prices

Pre Requisites	: None or limited sailing
Duration	: 3 days
Minimum Age	: 11 years old
Where	: Langebaan

#### Overview of course content:

**Yachthand – 3 Days** (includes accommodation | excludes food)

**SAS Yacht Hand: 3 days** - this course introduces the beginner to sailing, following the SA syllabus. It is an excellent way to "test" the waters and have some FUN while learning how to sail.

- Sea terms
- Sails
- Rope work
- Fire precautions
- Safety at Sea
- Man overboard techniques
- Distress signals
- Weather
- Rules of the road
- Helmsmanship

\*\*\* SAS Yachthand Certificate\*\*\*

# SAS DAY SKIPPER

Introduction to Navigation

<b>Pre Requisites</b>	: You should have completed the Yacht Hand course or have equivalent experience and a good knowledge of navigation and boat handling with +- 100 logged miles
<b>Duration</b>	: 6 days
<b>Minimum Age</b>	: 16 years old
<b>Where</b>	: Langebaan

**Overview of course content:**

**Day Skipper – 6 Days** (includes accommodation | excludes food)

**SAS Day Skipper: 6 days**- this course is for the potential skipper to learn about practical, navigational and seamanship skills.

- Pilotage in familiar waters
- Advanced Sailing Skills
- Selecting sails and spinnakers
- Weather forecasts
- Mooring a boat
- Emergency situations
- Night Sailing
- Navigational techniques

**Certification:** Atlantic Yachting Day Skipper Course Completion Certification  
SA Sailing Day Skipper Certificate of Competence = Category C for vessels over 9 metres – for **sail and power**, inland and offshore, allowing you to operate a recreational vessel up to 100 tons or up to 25 metres in length, from sunrise to sunset, less than 15 nautical miles from home port or 25 nautical miles from a safe haven.

**Day Skippers License allow you to:** Skipper a yacht offshore 25 miles from a safe haven or inland during daylight hours, sail legally on South African waters & hire a yacht overseas once you have applied for an ICC from SAS

**NB PLEASE NOTE:** In order to apply for your SAS Day Skippers Certificate of Competence from **SAS**, you will need:

- SAMSASRC Radio License (Atlantic Yachting do offer the 1 ½ day SRC course)
- SAS ISHIHARA Eye Test (<http://sailing.org.za/assets/pdf/SK09-Visual-acuity.pdf>)
- SAS Exam Fee: R430.00 if a club member OR R645.00 if non club member

**\*\* Applications from SAMSA or SAS can take up to 4 weeks to process\*\***

## ICC (International Certification of Competence)

**Did you know:** Once you have received your SAS Day Skippers certificate of competence from **SAS** you can then apply for your ICC (International Certificate of Competence - for South African citizens only), which allows you to use your SAS Day Skipper ticket for overseas charters. (Please be advised to double check the areas level of requirements with the company that you are booking your charter through).

In order to apply for an ICC you will need the following:

[http://sailing.org.za/skippers\\_tickets/pdf/SK11-Application-ICC-based-on-SAS-CoC.pdf](http://sailing.org.za/skippers_tickets/pdf/SK11-Application-ICC-based-on-SAS-CoC.pdf)

- 2 x ID photo's
- Copy of ID Book
- Copy of SAS Day Skipper Certificate
- Application form filled out correctly
- SAS Fees: R310.00 SAS member OR R465.00 for non SAS Member

**NB:** *all Day Skippers qualify for a discount of 10% on a Sunsail booking done through Atlantic Yachting - enquire with Hayley for a detailed quote: [hayley@atlanticyachting.co.za](mailto:hayley@atlanticyachting.co.za)*

### **Included:**

- Course completion Certificates
- Navigational Equipment - on loan (option to buy own equipment)
- Charts + All course material - which is yours to keep after the course
- Personal Log Book
- Atlantic Yachting Cap
- Diesel + Berthing Fees
- **Accommodation onboard** for the duration of your sailing course (should you prefer to make use of land based accommodation - we have options for you to choose from, which will be for your own account)
- Fresh linen & pillows + cases
- The use of Foul Weather gear should you need it
- Tea, Coffee & Sugar in office and on yachts

### **Excluded:**

- Food - we do supply you with a nutritional menu plan
- Transport to Langebaan from Cape Town - we can arrange it on your behalf
- Passport Photo's (please bring with you)
- Copy of ID or passport

### **What you need to bring with you**

- Suitable clothing - layers are a good idea
- Gloves - option to purchase from our shop
- Polarized sunglasses - option to purchase from our shop
- Buff - option to purchase from our shop
- Island Tribe Sun cream - option to purchase from our shop
- Socks - keeps the feet nice and toasty☺
- Sailing or soft light soled shoes

- Sleeping Bag + Pillow
- Hats/Caps, Towels, Toiletries
- Weather proof jackets
- We do have foul weather gear on loan should you need it
- Extra money for food & beverages – cooking onboard to help stretch your budget