



Grassroots Sailing is a member school of Sail Canada (formerly CYA), which governs the sport of sailing in Canada. All our programs are taught to Sail Canada standards, which emphasize safety and good seamanship.

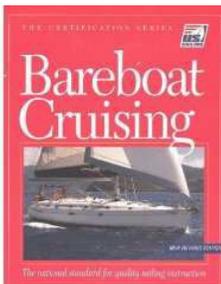
The Learn to Cruise division of Sail Canada, of which we are a part, teaches students to crew or act as skipper aboard cruising sailboats. There are a number of courses laid out to achieve this end.

For students that have completed their Basic Cruising Standard we offer the Sail Canada Intermediate Cruising Standard course which is taught as a seven day liveaboard format in the Caribbean. A student covers the skills needed to skipper or crew a sailing vessel of 8 - 15 metres, in daylight, and moderate winds and waves in coastal waters. This then qualifies them to operate such a vessel in coastal waters where they can practice their advanced skills. Typically, this level is required by charter companies for those wishing to bareboat charter in the Caribbean Islands or other popular cruising areas.



We have a sailing club that offers an inexpensive way to gain experience and provides access to, or discounts on, other courses, charters, passages etc. Contact us for details.

Upon successful completion of the course, you will be awarded the appropriate Sail Canada certification to be recorded in your International Cruising Logbook recognized the world over by other national authorities.



The recommended text for the Intermediate Cruising Standard is the US Sailing text, *Bareboat Cruising*. This text is optional.

Objective:

" To be able to cruise safely in familiar waters as both skipper and crew of a sailing yacht of 8 - 15 meters in moderate wind and sea conditions by day. Program emphasizes on-the-water skills at a level acceptable for bare boat chartering".

PREREQUISITES

Basic Cruising Standard. As of January 1st 2017 Basic Coastal Navigation will be a prerequisite. It is recommended that the student have a recognized first aid certificate, a VHF radio operator's certificate and have completed the Sail Canada Intermediate Coastal Navigation Standard.

Note: To maximize the likelihood of successfully completing the Intermediate Cruising Standard, a student should:

- a) Have experience as skipper of at least ten day sails (or equivalent),
- b) Have applied the knowledge and practiced the skills in the Basic Cruising Standard,
- c) Be able to consistently demonstrate the skills learned in the Basic Cruising Standard.

Course Content Synopsis

- *Planning*
- *Living Afloat & Cruising Boat Systems*
- *Weather*
- *Safety*
- *Seamanship*
- *Navigation & Passage Planning*

AFLOAT SKILLS:

- . Assuming the skipper's role
- . Sail a vessel as both skipper and crew, on all points of sail, tacking, gybing, and sailing to weather efficiently
- . Navigation procedures: dead reckoning, bearings, chartwork, plan a cruise
- . Cruise preparation
- . Anchoring and docking a larger vessel.
- . Crew Overboard procedures
- . Liveaboard: system checks, meal preparation, efficient resource use



This winter season we are offering the Intermediate liveaboard course in Sint Maarten.

The Intermediate Standard is conducted on a Beneteau 43.4 which were chosen for its sailing instruction suitability.

NOTE: To be successful a student should have significant experience of cruising. The expectation is that the student after a brief familiarization with the 43' boat will be expected to demonstrate the Basic Afloat skills competently and confidently. If you have doubts about your readiness to register for the Intermediate course, please talk to an instructor. He may suggest that you would be well advised to register for the Journey to Chartering course which is a bridge designed to develop the skills necessary to be successful in the Intermediate course.