



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 their 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.

Sail Canada recently introduced a new course to provide an opportunity for students with no prior experience to learn how to sail on a keelboat without any sailing or minimal boating experience. This is offered in two formats.

We do the SKS course in 14 hours on the water, a daysailing format, spread over one weekend or 4 evenings.



The result then qualifies them to act as **competent crew** on such a vessel in protected waters where they can practice their new skills.

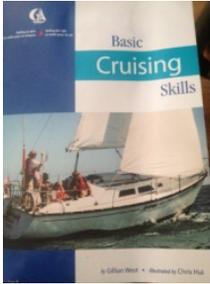
The theory part does not require testing as it is a take home workbook which will be reviewed during the practical course. The student will be required to take a theory component if they need to get the government mandated Pleasure Craft Operators card certification.

Grassroots Sailing School also recommends that the student, who wishes to become a proficient and competent sailor, enroll in our Modular Theory course which includes Basic Navigation, Basic Marine Weather, and the Marine VHF radio certification.

Our other recommendation for our students is to build their newfound basic skills with mentoring and coaching. We have a sailing club that offers a way to gain experience with coaching once the Basic Cruising Standard is achieved. For additional information please go to [[SAILING CLUB \(Link\)](#)]

To this end Grassroots Sailing School has put together a package that includes the on the water practical, the Basic Modular Theory (56 hours) and a month of mentoring with our sailing club at a very competitive price.

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 authorized text for the Sail Canada Start Keelboat Sailing Standard is Gillian West's book, BASIC CRUISING SKILLS. This text, custom online e-learning, the logbook, registration with Sail Canada are all included in the price of the course.

**Objective:**

“To be able to cruise safely in familiar waters as crew of a sloop rigged keel boat of 6-10 metres in moderate wind and sea conditions by day”

**Course Content Synopsis**

- Sail boat gear and equipment.
- Introduction to charts
- buoyage system
- Safety
- Rules of the road.
- Weather.
- Basic seamanship.
- Boat handling under sail and power.
- Reefing (reducing sail)
- Heaving to
- Anchoring
- Docking.
- Crew Overboard procedures

Length Overall	7.52m	24' 8"
Length of Hull	6.71m	22' 0"
Length at Waterline	6.10m	20' 0"
Beam	2.48m	8' 2"
Draft	Fin Keel	1.22m 4' 0"
	Wing Keel	0.81m 2' 8"
Ballast	Fin Keel	295kg 650 lbs
	Wing Keel	318kg 700 lbs
Approx. Wt.	Fin Keel	968kg 2,200 lbs
	Wing Keel	1007kg 2,250 lbs
Recommended Engine	4-6 hp, outboard	
Sail Area Standard Rig	Total (100% foretriangle) 21.27m <sup>2</sup> 229 sq ft	
I	7.42m	24' 5"
J	2.48m	8' 2"
P	7.90m	26' 0"
E	2.97m	9' 9"
Sail Area Tall Rig	Total (100% foretriangle) 23.69m <sup>2</sup> 255 sq ft	
I	8.84m	29' 0"
J	2.48m	8' 2"
P	8.53m	28' 0"
E	2.97m	9' 9"
Distance from W/L to Masthead	Standard rig 9.54m 31' 4"	
	Tall rig	10.15m 33' 4"
Displacement/Length	Fin Keel 122.8	
	Wing Keel	125.6
Theoretical Hull Speed	6.0 kts	
Sail Area/Displacement Standard Rig	Fin Keel 21.66	
	Wing Keel	21.34
Sail Area/Displacement Tall Rig	Fin Keel 24.12	
	Wing Keel	23.76
Holding Tank Capacity, Porta-Potty	25lt	
Fuel Locker	6 gal.	
Ice Box (removable chest)	45-42 lt 48 qt.	
Head Room(max.)	1.27m 4' 2"	
Compass (optional)	Tiller	
Steering	Single Spreaders	
Rigging Type	1x19	
Shrouds	Upper 0.40 cm 5/32"	
	Lower	0.32 cm 1/8"
	Forestay	0.40 cm 5/32"
	Backstay	0.40 cm 5/32"
Halyards	Lod All	
Rope, low stretch	0.79 cm 3/16"	
Boom Vang	Block and Tackle	
Primary Winches	Type Self Tailing	
	Construction	Chromed Bronze
	Manufacturer	Lewmar
	Size	#14
PHRF Rating	210 (may vary by area)	
Berths	4 Adults	

Spec for cat 22

catalina-22-sport-cabin

