



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.



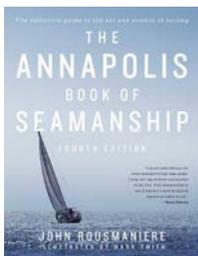
For students that have completed their Intermediate Standard we offer the Sail Canada Advanced Cruising Standard course which is taught as a seven day liveaboard format. A student covers the skills needed to skipper or crew a sailing vessel of 8 - 15 metres, in both day and night conditions in coastal waters in any weather.

This then qualifies them to operate such a vessel in coastal waters where they can practice their advanced

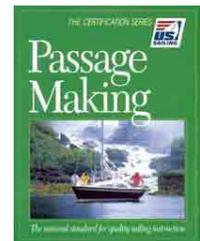
skills.

Typically, this level is recommended for those wishing to take their own boat to Caribbean Islands or other popular cruising areas. We would also recommend that you join our **crew networking organization** and practice your advanced skills on passages in the Great Lakes or transoceanic voyages. Many of our graduates choose this option to build up their confidence and competence before taking their own boat long distance cruising. It is often referred to as an apprenticeship.

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 textbooks for the Advanced Cruising Standard is the US Sailing text, *PASSAGE MAKING* and the *Annapolis Book of Seamanship*. These texts are optional.



Objective

"To be able to act safely as skipper and crew of a sailing cruiser of 8 - 15 metres, operating by day and night in coastal or inland water in any weather."

PREREQUISITES

[Basic Cruising](#), [Intermediate Cruising](#) and [Coastal Navigation](#) Standards; Red Cross or St. John Ambulance Emergency First Aid Certificate and a VHF radio certificate (Radio Operator's Restricted Certificate - Maritime Voluntary). Minimum course time for teaching this Standard is six days.

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

- a) had experience as a skipper equivalent to at least two seasons or twenty days of cruising, and
- b) applied the knowledge and practiced the skills in the Intermediate Cruising and Coastal Navigation Standards.

Course Content Synopsis

- *Advanced Sail Theory*
- *Weather*
- *Safety*
- *Use, Maintenance and Repair of Boat and Equipment*
- *Advanced Seamanship*

AFLOAT SKILLS:

- Assumption of total command
- Advanced boat handling under sail and power.
- Advanced navigation procedures
- Passage preparation
- Advanced anchoring and docking.
- Advanced Crew Overboard procedures

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

The Advanced Standard is conducted on a Beneteau 43.5 which were chosen for its passage making 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 15 metre boat will be expected to demonstrate the Intermediate Afloat skills competently and confidently. If you have doubts about your readiness to register for the Advanced course, please talk to an instructor. The instructor may suggest that you would be well advised to register for the *Journey to Passagemaking* course which is a bridge designed to develop the skills necessary to be successful in the Advanced course.

