

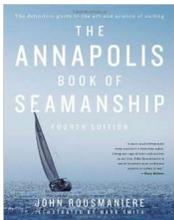


Grassroots Sailing is a member school of Sail Canada, which governs the sport of sailing in Canada. All our programs are taught to their standards, which emphasize safety and good seamanship.

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.

For students that have completed their Basic Cruising Standard we offer the Sail Canada Intermediate Cruising Standard course which is taught as a five or seven day liveaboard format. A student covers the skills needed to skipper or crew a sailing vessel of 8 - 15 metres, in moderate wind and waves in coastal waters. This then qualifies them to operate such a vessel in coastal waters where they can practice their more advanced skills. This generally the level expected for bareboat chartering.

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 text for the Sail Canada Advanced Cruising Standard is the US Sailing text, *Bareboat Cruising* or *The Annapolis Book of Seamanship*. This text is optional.



Objective

"To be able to act safely as skipper and crew of a sailing cruiser of 8 - 12 metres, operating by day in coastal or inland water in moderate wind and waves."

PREREQUISITES

Requirements prior to taking the standard: Basic Cruising Standard, ROC(M) VHF with DSC endorsement, Pleasure Craft Operator's Card (or equivalent) and Sail Canada Basic 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 demonstrate and **consistently** perform the skills of the Basic Cruising Standard

AFLOAT SKILLS

- ✓ Assume the role of skipper
- ✓ 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, chart work, plan a cruise
- ✓ Cruise preparation
- ✓ Anchoring and docking
- ✓ Crew overboard procedures
- ✓ Liveaboard: system checks, meal preparation, efficient resource use

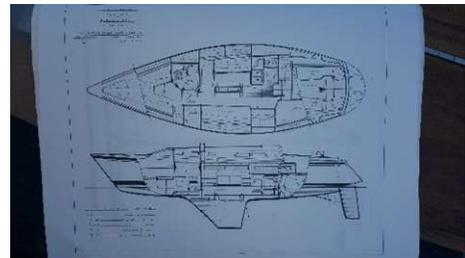
Course Content Synopsis

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



We are offering the Intermediate liveaboard course in Georgian Bay

The Intermediate Standard is conducted on a O'Day 35 which was 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 10 – 15 metre 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.