

Transport Canada TP15136 – Standard for Recreational Boating Schools

Description of the expected level of physical activity associated with each course level

Introduction to Sailing

Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves. Participants may be asked perform simple tasks at the dock and to move around the vessel when underway. If you walk down the dock with a smile, this session is for you!

Start Keelboat Sailing and ***Basic Learn to Cruise***

These training sessions will require short periods of moderate upper body exertion, and a moderate level of arm strength. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land. Participants will be expected to learn and demonstrate skills and perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. In a day sailing format, vessels will be underway for varying periods of time (up to 8 hours), during daylight, in light to moderate wind and sea conditions. These sessions are suitable for most fitness levels and will provide a good body core workout.

Participants taking courses in “live aboard cruise and learn” formats may also be subject to conditions normally associated with the Intermediate Cruising standard.

Intermediate Cruise

These are offered as live aboard training courses. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land. Participants will be expected to learn and demonstrate skills and to perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. Vessels will be underway for varying periods of time, primarily during daylight hours in light to strong wind and sea conditions. These training sessions will require short periods of moderate upper body exertion, as well as a moderate level of arm strength and core body fitness for handling lines and operating equipment. You will need to and focus for longer periods like when driving a car. No sweat, right?