

## **Fastrack Information**

This information package has been put together to answer your questions on the Fastrack Sail training Courses we run at Langkawi Sailing School.

Our Fastrack Courses are designed to teach the skills, and knowledge required to become a safe and competent Yacht Skipper. There is no need for any pre-course knowledge or experience, however you are investing a large amount of your time and money and we recommend you have at least tried sailing before. Although the Course is hard work, it is also a lot of fun and with the right commitment will be a life changing experience.

You will cover all the detail in the syllabus for the Theory and practical courses listed below. You will also build up experience and the miles necessary to give you the confidence and ability to Skipper a yacht at sea. Remember there is no substitute for experience and we never stop learning about the sea.

You will complete the following Courses

### **RYA Competent Crew Course**

### **RYA Day Skipper Shorebased Course**

### **RYA Day Skipper Practical Course**

### **RYA Coastal Skipper/Yachtmaster Shore based Course**

### **RYA Coastal Skipper Practical Course**

Each of the above courses is a standalone RYA Qualification and comes with a Certificate. They are designed to follow on from each other to give a natural progression within the training scheme.

## **Bespoke Courses**

The course is designed to be flexible. We realize not everyone is in a position to invest the time and money to complete the course in one go. An individual training package can be organized with an action plan to suit you. Contact us for details.

The Fastrack course is split into modules of 8 weeks.

The first module consists of formal training taking you through the RYA syllabus to Coastal Skipper Practical level.

## **Module One (Training Module)**

This part of the Fastrack Course takes you through the RYA Cruising Scheme Training Program.

You will cover all the RYA Courses, Competent Crew to Coastal Skipper Practical. RYA Certificates will be awarded for each Course.

This Module can be joined at Week Five if you are already an experienced RYA Day Skipper.

We advise anyone wishing to complete this Module who is not at this level to start at Week One.

## **Module Two (Experience and Mile building)**

During this Module you will be in command of a yacht and crew under the supervision of an Instructor.

The Crew will be made up of a mixture of experience levels undergoing RYA training Courses and mile building sails.

The final week is the Yachtmaster Prep week and is followed by your Yachtmaster Exam

### Who is the RYA?

The RYA is the Royal Yachting Association. They are the governing body for recreational water sports in the U.K. They also set the course syllabus, issue certificates and guidelines for RYA Training Centres worldwide. RYA certificates are internationally recognized and can be commercially endorsed to allow work as a Yacht Skipper in the marine industry.

2,300 RYA recognised training centres in more than 41 countries

18,000 RYA instructors across the world

13,000 professionals working on commercial vessels using RYA Certificates of Competence

5,000 people completing RYA courses every year

The courses administered by the RYA are as follows:

Course	Minimum pre course experience	Assumed knowledge	Course content	Ability at the end of course	Minimum duration
Competent Crew Practical	None	None	Basic seamanship and helming	Useful member of the crew	5 days
Day Skipper Shorebased	Some practical experience	None	Basic seamanship and introduction to navigation and meteorology		40 hours
Day Skipper Practical	5 days, 100 miles, 4 night hours	Basic navigation and sailing ability	Basic pilotage, boat handling, seamanship and navigation.	Skipper a small yacht in familiar waters by day	5 days
Coastal Skipper/Yachtmaster Offshore Shorebased		Navigation to Day Skipper standard	Offshore and coastal navigation, pilotage and meteorology		40 hours
Coastal Skipper Practical	15 days (2 days as skipper) 300 miles, 8 night hours	Navigation to Coastal Skipper Shorebased standard. Sailing to Day Skipper practical standard	Skippering techniques for coastal and offshore navigation	Skipper a yacht on coastal passages by night or day	5 days
Yachtmaster Ocean Shorebased	Coastal and offshore sailing	Navigation to Coastal Skipper/Yachtmaster offshore standard	Astro-navigation, ocean meteorology and passage planning	Understand the theory of astro-navigation and passage planning	

## Yachtmaster Fastrack program

We are running 2 Courses this coming season

**Fastrack One      24 Oct 2010-26 Feb 2011**

**Fastrack Two      02 Jan-23 Apr 2011**

<b>Module One (Training Module)</b>	<b>Fastrack One</b>	<b>Fastrack Two</b>
Week 1 Practical Sailing to Competent crew Standard	24-30 Oct 2010	02-08 Jan 2011
Week 2 Experience Sail and Mile Builder	31-06 Nov 2010	09-15 Jan 2011
4 day Break	06-09 Nov 2010	15-18 Jan 2011
Week 3 Day Skipper Shorebased Course	10-14 Nov 2010	19-23 Jan 2011
Week 4 Day Skipper Practical Course	14-20 Nov 2010	23-29 Jan 2011
Week 5 Experience Sail and Mile Builder	21-27 Nov 2010	30-05 Feb 2011
4 Day Break	27-30 Nov 2010	05-08 Feb 2011
Week 6 Coastal Skipper/Yachtmaster Shorebased Course	01-05 Dec 2010	09-13 Feb 2011
Week 7 Experience Sail and Mile Builder	05-11 Dec 2010	13-19 Feb 2011
Week 8 Coastal Skipper Practical Course	12-18 Dec 2010	20-26 Mar 2011

## Module Two (Experience and Mile building)

Week 9-15	Passage making and mile building	02 Jan-19 Feb	27 Mar-16 Apr
Week 16	Yachtmaster prep followed by Exam	20-26 Feb	17-23 Apr

## Time off

Being at sea and participating in the Course can be tiring and it is important to have some time away to rest consolidate what you have learnt.

Each weeks training starts on Sunday and finishes the following Saturday. From Midday on Saturday until Sunday afternoon is time off. Our students usually leave the boat during this time and get a room ashore for the night.

There are also 2 four day breaks before each classroom Course. Those that need to do the VHF and First Aid one Day Courses will do them during this time. Cost per Course is 120.00 Euros.

There is a 2 week break over Christmas and New Year between Module One and Two. During this time we will be arranging some adventure sailing which is available to Fastrack Student at a discounted rate.

## Cost

8 week Coastal Skipper Fastrack      4495.00 Euros

16 week Yachtmaster Fastrack      7995.00 Euros

Not included; RYA Exam Fees payable direct to the RYA, One Day Courses, Food and accommodation during classroom courses.

## **Food and Accommodation**

You will live onboard during the practical training (14 weeks). The yachts are re-supplied with fresh food every Sunday and this is topped up as necessary during visits to Ports.

We provide bedding and a berth for the whole Course except the two 8 day periods when the classroom training takes place. During this time you will need a room and transport and will eat ashore. Rooms ashore are easy to get and good value starting at around 10.00 Euros per night.

Rooms are available in the Pantai Cenang area of Langkawi, there is a great variety of restaurants and Cafes to suit all tastes and budgets. Transport is normally motor scooter (from 5 Euros per day, or car hire. Our students sometimes get together and car share.

## **Equipment and Publications**

All the specialist equipment you need for the Course is provided onboard. You will need an RYA Log Book G15 and plotters and dividers for the classroom Course. These are available to purchase from the School on your arrival.

## **Payment**

The Course needs to be paid for 6 weeks before the start date. To secure a place a 25% deposit is required. The Balance can be paid in installments provided it is completed before the 6 week deadline.

## **Summary**

We at Langkawi Sailing School realize the commitment required to sign up to a fastrack course. We are proud of the fact that all our fastrack students become part of the Langkawi Sailing School extended family. Our courses are a life changing experience for many reasons. Feedback from some of our fastrack students can be seen on our website testimonial page. This information package is continually updated. If there are questions that are not covered here let us know. Your feedback is appreciated. Please see our FAQ page on the site for more info.

## **Links**

<http://www.langkawisailingschool.com/testomonal.htm>

<http://www.langkawisailingschool.com/FAQ.htm>

<http://www.rya.org.uk/coursestraining/courses/Pages/default.aspx>



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