

Intermediate Cruising Courses - Lake Ontario

Monday, June 20 to Friday, June 24 or
Monday, July 25 to Friday, July 29.

This is a 5-day live-aboard course offered in partnership with SailTrillium on *Trillium*, a Catalina 34 MkII, sailing out of Ashbridge's Bay Yacht Club. There will be a maximum of 5 students per course.

(Note: Other courses will be running through SailTrillium in June, July, August and September, sailing out of Hamilton, Etobicoke and Toronto)

Cost: \$1000 + \$130 HST + cost of provisions.

Call Roxanne at the ABYC Office with questions or to register (416-698-4498 ext 221)

Desirable Pre-Requisites

CYA/Sail Canada Basic Cruising (BCC) level is desirable but not essential.

Potential students must be able to:

- Hold all points of sail, using the crew effectively without coaching; for 5 minutes without luffing or gybing unintentionally, depending upon the point of sail.
- Dock under power, using spring lines and prop walk.
- Trim sails (Genoa and main) most effectively for the prevailing conditions and sail shape, using telltales, traveller and sheets.
- State they have practiced anchoring and heaving to and are familiar with calculating scope required for a given condition.
- State they have basic knowledge of the following: (Note all of this, with the exception of practical First Aid, will be covered ahead of time in the case of meal planning and provisioning, and on the first night in the case of radio use, emergencies and navigation)
 - navigation (Coastal Navigation is best case) using paper charts as well as GPS;
 - cooking, meal planning;
 - shipboard emergencies and standard first aid.
- Have personal PFD, approved by Transport Canada, harness and tether.

Conditions/Expectations

- Students will meet via email, or in person, ahead of the course start date to plan meals and shopping lists for those meals. Students are responsible for provisioning and catering. Basic condiments are provided.
- Should there be less than 4 students enrolled by ABYC the remaining places shall be open to SailTrillium students. The individual student rate would then apply to all students.
- SailTrillium will be responsible for registering students through the Ontario Sailing process and paying the appropriate registration/seal fees.
- Alternative dates on Trillium planned courses may be available to ABYC members under the above conditions.

British Columbia adventure Intermediate Cruising Course

Depending upon interest, there may be two ICC courses based out of Sidney on Vancouver Island, among the beautiful Gulf Islands and Nanaimo area. This is a golden opportunity to enjoy spectacular scenery among the Orca and Eagles, learning about tides and currents that are usually only read about on courses. Destinations may include Ganges on Salt Spring Island, Nanaimo and Poet's Cove Resort in Bedwell Harbour, South Pender Island; all depending upon the wind and weather. This is a true Canadian adventure!

Cost: \$1600 +HST, including Charter of vessel, insurance and taxes, OSA registration, provisioning, fuel, pump out and marina fees. Airfare and ground transportation are additional. A minimum of four and maximum of 5 students is required, with 50% deposit upon registration.

Dates proposed: 30 May to 3 June and 4 June to 8 June. Planned vessel is a three cabin Dufour 385 or Bavaria 39. The vessel may change with availability and booking date.

Dates in September, and later, may also be arranged as these can be beautiful months weather wise for cruising, and after the Labour Day holiday marinas are much less crowded.

Call Roxanne at the ABYC Office with questions or to register (416-698-4498 ext 221)

SailTrillium's Principal Instructor

Nigel Spink is SailTrillium's principal instructor. Nigel qualified CYA Off Shore Cruising standard on BC's Pacific Coast, followed in 2004 qualifying as a Basic Cruising Instructor and teaching in the Straights of Georgia. Intermediate Instructor followed at Humber College, where he was employed as a sailing instructor. Nigel is a CCGA qualified SAR Instructor, covering Search and Rescue as well as basic seamanship and navigation. Included in the teaching portfolio is St John Ambulance First Aid and CPR, PCOC, ROC (M) - VHF and Cold Water Rescue/COB recovery.

Nigel holds Transport Canada's MED A3 and SVOP, St John Ambulance Advanced Marine First Aid and CPR HCP; CCGA SAR Instructor; Sail Canada's CYA/Sail Canada Basic Cruising /Power Instructor and Intermediate Cruising Instructor; St John Ambulance First Aid Instructor.