

Component Specification

Sailing Skills

NFQ Level 5

5N5385

1. Component Details

Title	Sailing Skills
Teideal as Gaeilge	Scileanna Seoltóireachta
Award Class	Minor
Code	5N5385
Level	5
Credit Value	10
Purpose	The purpose of this award is to equip the learner with the knowledge, skill and competence to safely and effectively sail an open sailing dinghy, keelboat or catamaran in moderate wind conditions without outside assistance.
Learning Outcomes	<p>Learners will be able to:</p> <ol style="list-style-type: none"> 1 Identify where to obtain relevant weather forecasts 2 Explain the commonly used term in marine weather forecast 3 Explain the significance of common weather conditions to sailors 4 Identify common weather patterns on a synoptic chart and their significance to sailors 5 Explain what causes tides demonstrating how to predict tidal heights and rates of flow for sailing area 6 Identify what caused “Spring” and “Neap” tides and their significance to sailors

- 7 Describe how the sails and foils work, how they interact and how they drive a sailing boat
- 8 Describe how to sail without a rudder
- 9 Describe what action to take when someone is caught under an inverted boat
- 10 Rig and de rig a sailing boat according to weather conditions including reefing if necessary
- 11 Demonstrate use of all of the boats equipment in order to optimise the boat and rig for a particular set of conditions including light, moderate and strong winds
- 12 Sail, as both helm and crew in moderate winds; across the wind (reach), up wind (beat), down wind (run) while demonstrating appropriate application of the "5 Essentials": Sail trim, Centreboard position, Boat balance, Boat trim, Course
- 13 Get the boat "out of irons" and Heave to
- 14 Sail under jib only and backwards for short distances
- 15 Tack effectively in all wind conditions
- 16 Demonstrate a basic roll tack in light winds
- 17 Gybe effectively in all wind conditions
- 18 Sail a beam reach without a rudder
- 19 Recover an inverted boat
- 20 Communicate with crew and other water users
- 21 Obtain information on predicted weather and tides and identifying the effect on sailing area
- 22 Prepare a boat and crew to go afloat in prevailing conditions
- 23 Choose appropriate launch, operating and recovery areas
- 24 Demonstrate a consistent awareness of other water users reacting appropriately when meeting other craft
- 25 Use the boat and rig controls to optimise the performance of the boat in a variety of conditions including light, medium and strong wind conditions

- 26 Manoeuvre the sailing boat safely and effectively on all points of sailing in moderate wind conditions to include:
 - bringing a sailing boat alongside
 - securing to and leaving a pier, pontoon and moored boat in moderate winds
 - pick up, secure to and leave a mooring buoy.
 - anchoring the sailing boat, weighing the anchor and leaving
 - recovery and care for a man-over-board
- 27 Sail onto a beach or slipway recovering a sailing boat using a launching trolley (except keelboats)
- 28 De rig the sailing boat and secure it.

Assessment

General Information

Details of FET assessment requirements are set out in [Assessment Guidelines for Providers](#).

All FET assessment is criterion referenced. Successful achievement of the award is based on learners attaining the required standards of knowledge, skill or competence.

The techniques set out below are considered the optimum approach to assessment for this component. In exceptional circumstances providers may identify alternative assessment techniques through the provider's application for programme validation which are **reliable** and **valid** but which are more appropriate to their context.

Assessment of a number of components may be integrated across programmes for delivery, provided that the learning outcomes of each minor award are assessed.

Group or team work may form part of the assessment, provided each learner's achievement is separately assessed.

All providers are required to submit an assessment plan as part of their application for programme validation. Assessment Plans will include information relating to scheduling and integration of assessment. See current FET validation guidelines at www.qqi.ie.

Assessment Techniques

In order to demonstrate that they have reached the standards of knowledge, skill and competence identified in all the learning

outcomes, learners are required to complete the assessment(s) below.

The assessor is responsible for devising assessment instruments (e.g. project and assignment briefs, examination papers), assessment criteria and mark sheets, consistent with the techniques identified below and FETAC's assessment requirements.

Programme validation will require providers to map each learning outcome to its associated assessment technique. See current FET validation guidelines at www.gqi.ie.

All learning outcomes **must** be assessed and achieved

Skills Demonstration 100%

Description

Skills Demonstration

A skills demonstration is used to assess a wide range of practical based learning outcomes including practical skills and knowledge. A skills demonstration will require the learner to complete a task or series of tasks that demonstrate a range of skills.

Recognition of Prior Learning (RPL)

Learners may be assessed on the basis of their prior knowledge and experience. Providers must be specifically quality assured to assess learners by this means. To do so they must complete B10, see Provider's Quality Assurance Guidelines and be included on the Register of RPL approved providers. See RPL Guidelines at www.fetac.ie for further information and registration details.

Grading

Pass	50% - 64%
Merit	65% - 79%
Distinction	80% - 100%

Specific Validation Requirements

The Provider must confirm they have approval of the National Governing Body, Irish Sailing Association (ISA) to offer programmes leading to this award.

Supporting Documentation

1. Supporting documentation is available from the National Governing Body, Irish Sailing Association - www.sailing.ie

Access

To access programmes leading to this award the learner should have reached the standards of knowledge, skill and competence associated with the preceding level of the National Framework of

Qualifications. This may have been achieved through a formal qualification or through relevant life and work experience.

Transfer

Successful completion of this component award enables the learner to transfer to programmes leading to other certificates where this component is a mandatory or an elective requirement.

2. FET Award Standards

QQI award standards are determined within the National Framework of Qualifications (NFQ), <http://www.nfq-qqi.com>. QQI determines standards for the education and training awards that it makes itself and that are made by providers to whom it has delegated authority to make an award. Providers offering programmes leading to QQI awards **must** have their programme(s) validated in accordance with current validation policy (see www.qqi.ie).

Award standards are designed to be consistent with the NFQ's award classes i.e. major, special purpose, supplemental and minor awards. They are expressed in terms of **learning outcomes** i.e. concise statements of what the learner is expected to know or be able to do in order to achieve a particular award. Learning outcomes for FET awards are contained within the associated specifications:

AWARD CLASS	STANDARDS	AWARDS
Major Award	Certificate Specification	Certificate (Levels 1 to 5) Advanced Certificate (Level 6)
Supplemental Award	Supplemental Specification	Supplemental Certificate (Level 3 to 6)
Special Purpose	Specific Purpose Specification	Specific Purpose Certificate (Levels 3 to 6)
Minor Award	Component Specification	Component Certificate (Levels 1 to 6)

Award standards are thresholds, they describe standards of knowledge, skill or competence to be acquired, and where appropriate, demonstrated, by a learner before an award may be made.

Award standards will be reviewed from time to time as necessary. Minor changes may be made by the QQI executive outside the review cycle where necessary. Changes to standards are published on QQI's website. Providers with validated programmes and providers with delegated authority to make awards are responsible for monitoring relevant standards and making necessary responses to changes.

3. FET Credit

Every FET certificate and component specification includes an FET credit value (Table 1). FET credit is quantified in multiples of 5 FET credits (up to 50 hours of learner effort). Learner effort is based on the time taken by typical learners at the level of the award to achieve the learning outcomes for the award. It includes all learning time involved including: guided learning hours, self-directed learning and assessment.

Table 1: FET Credit Values

NFQ Level	Major Awards Credit Values	Default Credit Values Minor Awards	Other Permitted Minor Award Credit Values	Special Purpose and Supplemental Award Credit Value Ranges
1	20	5	10	
2	30	5	10	
3	60	10	5,20	>5 and <60
4	90	10	5,15,20	>5 and <90
5	120	15	5,10,30	>5 and <120
6	120	15	5,10,30	>5 and <120

Guide to Level

Learning outcomes at this level include a broad range of skills that require some theoretical understanding. The outcomes may relate to engaging in a specific activity, with the capacity to use the instruments and techniques relating to an occupation. They are associated with work being undertaken independently, subject to general direction.

Strand	Sub-strand	Nature of learning
Knowledge	Breadth	Broad range of knowledge
	Kind	Some theoretical concepts and abstract thinking, with significant depth in some areas.
Know How & Skill	Range	Demonstrate a broad range of specialised skills and tools
	Selectivity	Evaluate and use information to plan and develop investigative strategies and to determine solutions to varied unfamiliar problems
Competence	Context	Act in a range of varied and specific contexts, taking responsibility for the nature and quality of outputs; identify and apply skill and knowledge to a wide variety of contexts
	Role	Exercise some initiative and independence in carrying out defined activities; join and function within multiple, complex and heterogeneous groups
	Learning to Learn	Learn to take responsibility for own learning within a managed environment
	Insight	Assume full responsibility for consistency of self- understanding and behaviour

Extract from 'Determinations for the Outline National Framework of Qualifications': NQAI