

Education Plan M32 MR License

Purpose

The purpose of the M32 MR License is to secure the quality of sailors competing on the WMRT in the M32 Catamaran.

Ambition

The ambition with the license is to ensure that a sailor or a team have the knowledge and skills in order to compete on the WMRT or a qualifier for the WMRT in the M32 catamaran.

Holding an M32 MR License shows that a sailor or team:

- Can prepare a boat for sailing and be responsible for a boat during an event on the WMRT.
- Has knowledge of the safety procedures when a boat capsizes or when other incidents occur while sailing the M32 catamaran.
- Can sail the M32 catamaran in a safe and sustainable way.
- Know the sailing rules and procedures that are required to compete on the WMRT.

Requirements

Following are required in order for a sailor to participate at an M32 MR License Clinic:

- Following the instructions of the clinic staff throughout the clinic.
- Attendance at all meetings during the clinic.
- Signing an M32 Disclaimer.

The M32 MR License

An M32 MR License will be issued to a sailor after they have fulfilled all the requirements on the M32 License Form to the satisfaction of the Clinic Instructor.

If less than four events are sailed, two years in succession then the sailor will need to re-take the M32 MR License

Certification

The M32 License Form will be used by the Clinic Instructor in order to certify a sailor. The license form contains all the items a sailor has to cover, in order to obtain an M32 MR License. The license form is a personal document that the instructor will complete during the clinic. Only when all items on the license form have been undertaken to the satisfaction of the instructor, will the sailor receive an M32 MR License.

Clinic Plan

Safety

Purpose

The aim is that a sailor should be able to handle a capsize or other situation that may occur while sailing the M32 catamaran in a safe and seamanlike way..

Implementation

Theory based workshop with the support of film and pictures from previous capsizes and incidents.

The sailor should have theoretical knowledge about:

- How to right a capsized boat with support from the safety RIB, using the tilt lines and the crews positioning on the boat.
- The procedure following a capsize:
 1. Head Count reported to the safety RIB.
 2. Take care of injured people.
 3. Secure the boat from nearby obstructions.
 4. Take care of any guests.
 5. Right the boat.
- What to do when the head count comes up short.
- What safety gear a sailor may be required to wear during a WMRT event.
- How a tow is undertaken.
- How a man over board situation is handled.

Rigging and preparation

Purpose

The aim is that a sailor is able to prepare and rig the boat in an effective and safe way.

Implementation

Practical session involving hoisting and reefing the mainsail a number of times.

The sailor should have practical knowledge of:

- How the boat is prepared for sailing.
- How the mainsail is hoisted and how to engage the halyard lock.
- How the gennaker is hoisted.
- How the mainsail is released from the halyard lock and lowered.
- How the boat can be towed and how the boat handles under tow.
- How to reef the mainsail within 5 minutes.

Sailing

Purpose

The aim is to sail the M32 catamaran in a safe and seamanlike way, without damaging or capsizing the boat.

Implementation

Practical session involving sailing the boat and watching other teams sailing the boat stationed in support vessel. The sailing will be on similar courses as those used for the WMRT.

The sailor should have practical knowledge about:

- How to accelerate and stop the M32 catamaran.
- How the M32 catamaran is sailed on an upwind leg without capsizing.
- How the M32 catamaran is sailed on a reach without capsizing.
- How the M32 catamaran is sailed on a downwind leg without capsizing.
- How to tack the M32 catamaran without capsizing.
- How to jibe the M32 catamaran without capsizing.
- How an upwind mark rounding is completed without capsizing.
- How a downwind mark rounding is completed without capsizing.
- How a person is taken on and off the M32 catamaran from a RIB.
- How to bear away the M32 catamaran in strong winds.

Racing

Purpose

The aim is that a sailor should know the racing rules and the race management procedures, in order to compete at a WMRT event in a safe and seamanlike way without harming themselves or any equipment.

Implementation

Theoretical and practical sessions. Theory session with a certified ISAF umpire. Practical session on similar race courses to those used on the WMRT, with a PRO and umpire on the water.

The sailor should have practical and theoretical knowledge about:

- The racing rules used on the WMRT, focusing on the Rules of Part 2 When Boats Meet and the safety implications.
- How a starting procedure is run on the WMRT.

Requirements for certification

- Being able to correctly give an account of the theoretical parts of the clinic.
- Complete all the practical elements of the clinic to the satisfaction of the clinic instructor.

What is not included in the M32 MR License Clinic

- Racing techniques.
- Launching, tuning and building the boat after transportation.
- Accommodation and food.
- Travel costs.