



GOOD CAPTAIN

SAILING SCHOOL

STRUCTURE OF THE PROGRAM

COURSES AND MODULES

ISSA INSHORE SKIPPER



GGSAILING.COM

VARNA, BULGARIA

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ABOUT GOOD CAPTAIN

Good Captain Sailing School is More Than a Courses — It's a Lifestyle.

Founded in 2017, Good Captain Sailing School was created with a clear mission: to make sailing education accessible, enjoyable, and inspiring.

700+

SAILORS TRAINED

200+

LICENCES ISSUED

Our Mission

To provide accessible, empowering sailing education, combining international standards with personalized instruction in a modern, supportive environment.

We shape confident, safety-aware sailors and foster a lifelong love for the sea.

What Sets Us Apart

- **Certified Expertise**

Our instructors are internationally certified — skilled sailors and passionate teachers.

- **Global Standards**

We follow recognized international training frameworks for true global readiness.

- **Modern Training Yachts**

Training takes place aboard comfortable 10–12m yachts, like the Beneteau Oceanis 331 — the type widely used for charters worldwide.

- **Flexible Learning**

From one-day discovery sails to full skipper courses, we offer programs tailored to every student's pace and goals.

ABOUT INSHORE SKIPPER PROGRAM

Inshore Skipper Program – Take the Helm with Confidence

Step into the role of a true skipper with our Inshore Skipper program. This course builds on your foundational sailing knowledge and equips you with the skills needed to navigate and command a sailing yacht in inland and coastal waters.

Over the span of approximately 5-7 days, you'll receive theoretical instruction and practical on-water training, preparing you to make key decisions, manage a crew, and sail safely in varying weather and navigational conditions.

Whether you're progressing from Yacht Crew level or have some sailing experience already, this program is designed to help you become a confident, responsible, and certified inshore skipper.

- **No prior skipper certification required (Yacht Crew recommended)**
- **Minimum age: 16 years old**

This is a certified program, which qualifies you for an internationally recognized Inshore Skipper license upon successful completion.

INTERNATIONAL SKIPPER LICENSES

Recognized Worldwide – Trusted Everywhere You Sail

We proudly offer internationally recognized skipper certifications through leading authorities in recreational and professional boating:

Licensing Bodies We Work With:

- **ISSA (International Sailing Schools Association):**

Recognized globally, ISSA certificates open doors to chartering and skippering sailboats and motor yachts in countries across Europe and beyond.

- **NauticEd International Sailing Education:**

A modern, globally accredited platform offering advanced e-learning and practical skipper certification recognized by yacht charter companies worldwide.

- **Bulgarian Maritime Administration:**

Official government licensing for both sailing and motor vessels (up to 40GT), meeting EU and international standards.

We Offer Certification For:

- **Sailing Yachts** (monohull & catamaran)
- **Motorboats** (inshore & offshore, depending on level)

Graduates receive the International ISSA Inshore Skipper License or NauticEd, which **allows you to:**

- **Operate vessels up to 24 meters (78 feet)**
- **Sail up to 20 nautical miles from shore**
- **Command vessels in good weather and moderate conditions**

ABOUT ISSA

Recognized Worldwide – Trusted Everywhere You Sail

The International Sailing Schools Association (ISSA) is a globally recognized organization that brings together professional sailing instructors, sailing schools, and charter companies. Founded with the mission to make safe and accessible sailing education available worldwide, ISSA provides a standardized training and certification system for sailors of all levels.

How to get an ISSA certification

- **Enroll & Train**

Choose the right ISSA course for your experience level and complete the required training in Good Captain sailing academy - both theory and hands-on sailing practice—under the guidance of certified instructors.

- **Pass the Assessment**

Demonstrate your skills through practical evaluation and theory checks. Your instructor will guide you through everything you need to know.

- **Submit Your Documents**

Provide a copy of your ID, course completion form, and any additional documents (depending on the certification level) to the Good Captain administrative team.

- **Receive Your ISSA Certificate**

Once your training is verified, you'll be issued an official ISSA certificate - recognized by charter companies and sailing institutions worldwide.

COURSE FORMAT & TIMING

Flexible Training to Match Your Schedule

Our skipper program is designed to adapt to your lifestyle — whether you prefer weekend sessions, weekday flexibility, or a more intensive format.

The **course includes 15 required courses, combining both theory and practical training.** You'll build your knowledge through online learning and develop real sailing skills on the water.

Flexible Scheduling Options:

- Learn and train on weekends or weekdays — whenever it fits your calendar
- Choose a weekend-based format, or complete the course intensively over consecutive days
- You have up to 2 years to complete all modules

Start Online – Learn at Your Own Pace

Begin with theory through our online platform, supported by quizzes to test your understanding.

Train on the Water – Small Groups, Big Impact

Practical sessions are designed to turn theory into real confidence at sea.

- **Group size: 2 to 4 students per boat**
- **Main language: English**
- Extra practice lessons can be added if needed

ABOUT OUR TRAINING YACHTS

Train on the Same Yachts You'll Sail Later

Your Floating Classroom: Safe. Comfortable. Capable.

Training Yacht Highlights:

- Size: 35–45 ft sailing yacht, monohull
- Capacity: Up to 10 people
- Modern navigation systems (GPS, chart plotter, AIS)
- Safety equipment compliant with international standards (life jackets, harnesses, VHF radio)
- Spacious cockpit and deck ideal for hands-on training
- Comfortable interior with galley, restroom, and berths
- Auxiliary engine for marina maneuvers and motorboat training if included in your program

We Don't Train on Sport Yachts

Sport yachts depend on a trained, coordinated team to handle sails and maneuvers. It's nearly impossible to operate one properly without a full crew—making them unsuitable for solo or beginner training.

Unrealistic Conditions for Beginners

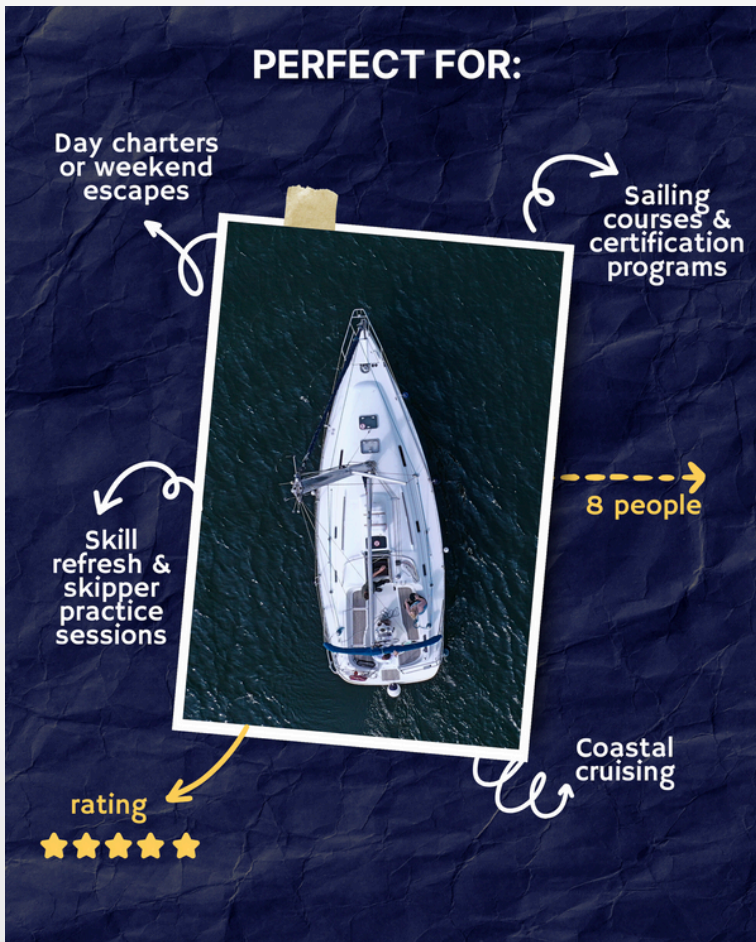
They're more technical and physically demanding, requiring quick reactions. Cruising yachts offer a safer, more stable environment to build core skills.

FLAGSHIP YACHT

Ideal for both beginner sailors and seasoned skippers, this 10-meter cruiser is designed for comfort, safety, and performance.

Beneteau Oceanis 331 (10m)

- Year: 2005
- Length: 10.35 m | Beam: 3.45 m
- Cabins: 3 | Berths: 6
- Engine: Yanmar 29HP
- Sail Area: 56 m² (Main + Genoa)



SAILING FROM VARNA

Train on the Black Sea – Where Coastal Beauty Meets Real-World Experience

Our base is located in Varna, Bulgaria, one of the most vibrant maritime cities on the Black Sea. From here, we set sail along the coast, combining practical navigation with the natural beauty of bays, marinas, and open water.

Training routes typically include:

- Varna Bay – ideal for docking, anchoring, and sail drills
- Cape Galata – for coastal navigation and wind awareness
- Practice docking at nearby ports and marinas for real skipper experience

A Typical Training Day (10:00 am - 6:00 pm)

- Morning: Safety briefing, weather check, planning the route
- Midday: Sailing practice – tacking, gybing, anchoring, navigation
- Lunch: Onboard or in a coastal town (weather permitting)
- Afternoon: Advanced drills, docking, and debrief

CONTACTS

Right in the city center – the main dock and passenger terminal of Varna

- Yacht address: Port of Varna, Pristanishten Kompleks
Odesos: LZ – Yacht Marina, Varna, Bulgaria, 9000
- Mobile: +359 89 5721917 (WhatsApp available 24/7)
- Office Hours: 10:00 – 18:00 (Sofia Time)
- E-mail: ahoy@ggsailing.com
- Web: ggsailing.com

To book your spot, simply **call us or send an email** with the course you're interested in, your preferred dates, and the number of participants. We'll check availability and send you a link to complete the **online registration form**.

GOT QUESTIONS? WE'RE HERE TO HELP

FREQUENTLY ASKED QUESTIONS (FAQ)



JOIN OUR JOURNEY ON SOCIAL MEDIA



- <https://www.facebook.com/GoodCaptainMax>



- <https://www.instagram.com/goodcaptainmax/>



- <https://www.youtube.com/@GoodCaptainMax>



STRUCTURE OF THE PROGRAM COURSES AND MODULES

COURSE #1: YACHT CONSTRUCTION AND SYSTEMS OPERATION

Module #1: Understanding Basic Yacht Parts and Their Functions

Trainees will be able to identify the following parts of a yacht and explain their purpose:

- Cockpit – main control and crew area
- Bilge – the lowest part of the hull, where excess water collects
- Heads – onboard toilet facilities
- Galley – kitchen area on the yacht
- Bow – the forward part of the vessel
- Stern / Aft – the rear of the vessel
- Boom – horizontal spar supporting the foot of the mainsail
- Mast – vertical pole supporting sails
- Rigging – lines and wires used to support the mast and operate the sails
- Halyards – ropes used to hoist sails

Module #2: Operating Elementary Yacht Systems

The student can operate basic onboard systems:

- Toilet (Heads) – Understanding flushing mechanisms and best practices.
- Gas Oven – Safe operation and ignition procedures.
- Sink – Proper use of the water supply system.
- Shower – Managing limited freshwater use effectively.

Module #3: Managing Yacht Supplies

The student can:

- Refill freshwater tanks.
- Refill diesel tanks safely and correctly.

Module #4: Operating the Inboard Engine

The student is able to:

- Start and stop the engine
- Perform a pre-start inspection
- Check engine cooling system function
- Top up engine oil
- Check and top up cooling fluid
- Inspect and adjust the V-belt tension
- Identify and inspect seacocks (bottom valves)
- Detect impeller failure in the cooling system and replace if needed
- Verify if the alternator is charging batteries when engine is running

Module #5: Recognizing Essential Yacht Equipment

Students will be familiar with:

- Boom and mast, including reefing systems
- Rigging and halyards
- Echosounder – location, use, and common errors
- Log – instrument for speed and distance
- Steering system – mechanical or hydraulic operation
- Keel – provides stability and prevents sideways drift

Module #6: Points of Sail

Trainees will be able to name and identify points of sail relative to wind direction, such as:

- Close-hauled
- Beam reach
- Broad reach
- Running
- No-go zone

COURSE #2: OPERATING SAIL SHEETS & HALYARDS

Trainees will develop the ability to confidently operate and manage sails using sheets and halyards. Upon completion, they will be able to:

Sail Handling & Crew Management

- a. Lead the crew in setting and lowering the sails
- b. Manage reefing operations – reefing and shaking out reefs as needed
- c. Adjust sails according to the point of sail (e.g., close-hauled, beam reach, broad reach, run)
- d. Execute a tack – changing direction with the bow through the wind
- e. Execute a gybe – changing direction with the stern through the wind

COURSE #3: LINE & SPRING HANDLING

Module #1: Line Management & Knots

- Combine two lines of the same or different diameter securely
- Tie essential nautical knots:
 - Bowline – for creating a secure loop
 - Fisherman's Bend – for fastening to rings or anchors
 - Fasten a line on a cleat correctly
 - Coil and stow mooring lines neatly and safely

Module #2: Mooring Line Handling

Trainees will be able to:

- Pass, receive, fasten, and release mooring lines from cleats
- Throw mooring lines accurately and safely
- Describe and apply various mooring techniques, including:
 - Alongside mooring
 - Stern-to or bow-to (Med mooring)
 - Using springs to control movement

COURSE #4: HANDLING FENDERS

The student can:

- Properly fix fenders using appropriate knots.
- Effectively operate and position a maneuvering fender during docking or close-quarters handling.

COURSE #5: OPERATING THE ANCHOR

Trainees will be able to:

- Prepare the anchor for weighing, including activating switches and controls
- Operate the windlass, controlling both deployment and retrieval of the chain
- Choose a safe anchoring location, considering depth, seabed type, and shelter
- Apply standard anchoring practices, such as:
 - Calculating correct scope (e.g., 4× depth of water)
 - Setting anchor alarms or watches for safety
- Identify different anchor types (e.g., Danforth, Bruce, CQR, Plow) and understand their specific characteristics and best-use scenarios

COURSE #6: OPERATING THE DINGHY

Participants will be able to:

- Launch and recover the dinghy – taking it off the deck and securing it back onboard
- Secure the dinghy to the yacht while towing or at anchor
- Paddle the dinghy effectively using oars
- Secure the dinghy to the yacht deck for storage and passage
- Install the outboard engine, both:
 - On the yacht (for storage)
 - On the dinghy (for use)
- Connect the outboard fuel system properly
- Start and shut off the outboard engine safely and confidently

COURSE #7: SAFETY PROCEDURES

Module #1: Below Deck Safety Briefing

Trainees will be able to explain and demonstrate:

- Gas system operation and safety precautions
- Toilet (head) usage and rules to avoid damage or clogging
- Location and use of fire extinguishers and fire blankets
- Water supply system, including tanks and pumps
- Electrical system basics, including 12V and shore power setup

Module #2: On Deck Safety Briefing

- Safe movement on deck, especially in rough conditions
- Use of personal safety equipment (harnesses, life jackets, jackstays, lifelines)
- Use of distress signalling equipment:
- Pyrotechnics (flares), Signal flags, Sound signals
- Liferaft location and deployment procedure
- Methods to send a distress signal, both visual and electronic
- Making a distress call via VHF radio, including Mayday procedures
- Safety procedures in restricted visibility (sound signals, lookout, navigation lights)
- Basic understanding of SAR (Search and Rescue):
- Use of RIB (Rigid Inflatable Boat)
- Helicopter winching procedure
- Location and contents of the First Aid Kit

COURSE #8: HANDLING THE YACHT UNDER POWER

- Maneuver a yacht under power in various conditions, including low-speed handling in marinas
- Approach and recover a Man Overboard (MOB) under engine
- Take and leave a berth using standard mooring techniques:
- Alongside (longside)
- Stern-to (Med mooring)
- Bow-to
- Weigh anchor using the windlass and appropriate communication/signaling with crew

COURSE #9: YACHT HANDLING UNDER SAILS

Trainees will be able to:

- Heave-to – bring the yacht to a controlled stop under sail for rest or emergencies
- Approach a Man Overboard (MOB) under sail – using appropriate emergency sailing techniques
- Approach a buoy or weigh anchor under sail – practicing emergency maneuvers when engine use is not possible

COURSE #10: INTERNATIONAL RULES FOR PREVENTING COLLISIONS AT SEA (COLREGS)

Module #1: Navigation Shapes and Lights

Trainees will be able to recognize and interpret the navigation lights and day shapes used by the following vessels:

- Vessel not under command
- Vessel restricted in ability to maneuver
- Vessel engaged in fishing
- Vessel aground
- Pilot vessel
- Towing arrangement (tug and tow)
- Sailing yacht
- Power-driven vessel

Module #2: Right of Way (Vessel Priority)

Understands the priority rules between different types of vessels, including power vs. sail, overtaking, and crossing scenarios.

Module #3: Close Encounter Procedures

Knows how to assess and safely respond to a close-quarters situation, applying appropriate rules to avoid collision.

Module #4: Constant Lookout

Is familiar with the requirement for maintaining a continuous, effective lookout by sight, hearing, and all available means (as per Rule 5 of COLREGs).

Module #5: Legal Responsibilities

Understands the duties and legal obligations of the skipper and crew regarding safe navigation, avoidance of collision, and conduct after an incident.

Module #6: Post-Collision Conduct

Is aware of the required actions and reporting responsibilities following a collision or incident at sea, in accordance with international maritime regulations.

COURSE #11: NAVIGATIONAL AIDS

Module #1: Lateral and Channel Marks (IALA A & B)

- Understands and can recognize lateral and secondary channel marks in daylight conditions.
- Differentiates between IALA System A and B, including their shapes, colors, and meanings.

Module #2: Cardinal and Special Marks

- Identifies and understands the purpose of:
- Cardinal marks (North, South, East, West)
- Safe water marks
- Isolated danger marks
- Special and emergency marks

Module #3: Chart Symbols and Mark Listings

Can use Chart 5011 (or equivalent) to interpret symbols and abbreviations found on nautical charts

Module #4: Use of Navigational Publications

Applies pilot books, almanacs, and port entry guides to plan safe and efficient approaches to harbors and marinas

Module #5: ULight Characteristics

Knows how to identify and interpret light characteristics of lighthouses and navigational marks, including:

- Flashing patterns
- Color
- Sector lights
- Occulting, isophase, and Morse lights

COURSE #12: TERRESTRIAL NAVIGATION

This course provides trainees with the foundational knowledge and skills required for safe coastal and inshore navigation using charts, bearings, and compass-based techniques.

Module #1: Fundamentals of Geography & Earth's Magnetism

Trainees will understand key geographic and navigational terms:

- Latitude and longitude
- Magnetic vs. geographic poles
- Earth's magnetic field and its influence on navigation

Module #2: Sea Charts & Their Use

Understands the types and purposes of nautical charts:

- Mercator projection (construction principles, parallel spacing, limitations)
- Passage charts, coastal charts, and detailed plans
- Can read and interpret depth contours, distances, hazards, and navigational marks

Module #3: Practical Chartwork

Trainees will be able to:

- Read and plot latitude and longitude on a chart
- Use a marine compass confidently
- Understand magnetic variation and deviation
- Set, read, and plot courses, correcting for:
 - Variation
 - Deviation
 - Leeway (wind drift)

Module #4: Position Fixing Techniques

Plot yacht's position using:

- Compass bearings to known objects
- Course, distance run, and estimated leeway
- Cross bearings and resection (using two or more lines of position)
- Make use of various bearing techniques for situational awareness and safety

Module #5: Tides and Tidal Awareness

Has general knowledge of:

- Tidal movements
- Dangers related to tidal zones, such as grounding risk and strong currents

COURSE #13: ELECTRONIC-BASED NAVIGATION

This course introduces trainees to modern electronic navigation systems and how to integrate them effectively with traditional navigation methods.

Module #1: Understanding GPS

Knows how the Global Positioning System (GPS) works, including satellite positioning and accuracy principles

Module #2: Using GPS and Plotters

- Can enable and configure basic GPS and chart plotter settings (units, datum, display mode)
- Can set, follow, and read courses on GPS
- Can identify latitude and longitude from GPS and accurately plot the position on a paper chart

Module #3: Electronic Navigation Tools Overview

Understands the purpose and function of:

- AIS (Automatic Identification System) – for vessel tracking and collision avoidance
- ARPA (Automatic Radar Plotting Aid) – for target tracking via radar
- VTS (Vessel Traffic Services) – for monitoring and assisting vessel movement in controlled waters

COURSE #14: METEOROLOGY

This course provides essential weather knowledge for safe and informed decision-making at sea, especially in coastal and nearshore navigation.

Module #1: Wind & Sea State Awareness

Knows the Beaufort scale and understands its practical implications for small craft operations

Module #2: Weather Information Sources

- Identifies reliable meteorological sources (apps, websites, radio coastal stations)
- Understands how to interpret and apply forecasts for safe voyage planning

Module #3: Understanding Weather Systems

Possesses basic knowledge of:

- High- and low-pressure systems
- Weather fronts and their typical effects on wind and precipitation
- The formation and significance of cumulonimbus clouds (storm indicators)

Module #4: Using Forecasts in Planning

- Can interpret meteo broadcasts and bulletins, including coastal radio station formats
- Can factor in weather risks when planning passages in coastal zones
- Understands the importance of checking updated forecasts before departure and develops the habit of never leaving port without one

COURSE #15: ETHICS, ENVIRONMENT & ETIQUETTE

This course fosters responsible behavior at sea, promoting care for the environment and respect for fellow sailors and harbor communities.

Module #1: Environmental Responsibility

- Demonstrates an environmentally friendly attitude onboard and at sea
- Knows and follows basic pro-environmental practices, such as:
 - Minimizing waste and avoiding plastic discharge
 - Proper handling of fuel, oil, and black water
 - Respect for marine life and ecosystems

Module #2: Social Conduct at Sea and in Harbor

- Understands and applies a courteous, community-minded approach among other yachtsmen
- Respects harbor rules, quiet hours, space at anchorages, and common courtesy
- Promotes a spirit of cooperation, safety, and shared responsibility

**SEAMANSHIP IS NOT ONLY ABOUT SKILLS —
IT'S ABOUT HOW WE TREAT THE SEA AND
THOSE WHO SHARE IT WITH US.**



REFERENCES

Inshore Skipper Course:

<https://ggsailing.com/products/inshore-skipper-course/>

Our Yachts:

<https://ggsailing.com/yachts/>

About the International Sailing Schools Association (ISSA):

<https://ggsailing.com/issa/>

Frequently Asked Questions (FAQ):

<https://ggsailing.com/faq/>

Thank You!

