



RYA START SAILING AND BASIC SKILLS - LEVELS 1 & 2

(Includes coastal endorsement)

SYLLABUS

On completion of this 4 day course, the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing without an instructor on board in all but extreme winds. It will be assumed that every student starting this course has absorbed the background knowledge which you will receive prior to the course.

Tuition will be given by RYA qualified instructors, with safety craft in attendance. Buoyancy aids are supplied and worn at all times on the water.

The student's knowledge and ability will be assessed on a continuous basis, though an oral interview or short written paper may be used as the basis for the theory assessment if required. Students will be informed of their individual progress throughout the course.

PRACTICAL

RIGGING Understands how to rig according to weather conditions. Knowledge of parts of the boats.

ROPEWORK Can tie a figure of 8 knot, round turn and two half hitches, a bowline, clove hitch, reef knot, rolling hitch and can tie off on a cleat.

SAILING TECHNIQUES AND MANOEUVRES Reaching, stopping, controlling speed, tacking, getting out of irons, sailing upwind, sailing downwind, gybing, aware of

lee shore dangers, man overboard recovery, application of the five essentials and basic rules of the road.

LAUNCH AND RECOVERY Has knowledge of boat storage ashore, recovery and launching and leaving and returning to moorings.

CAPSIZE RECOVERY Practical experience of one method of righting a boat and knowledge of at least one other method.

RACING Knowledge of how to take part in a simple race.

ANCHORING Knowledge of how to anchor in a tidal stream.

THEORY

SAILING THEORY AND BACKGROUND Has awareness of other sailors. Points of sailing and the no-go-zone, how a sail works. The effect of wind direction and tidal flow on sailing conditions, speed over the ground with/against tidal flow, hazards of sailing in estuaries and harbour mouths, sailing using transits, informing someone ashore and basic advice for inland sailing.

METEOROLOGY Knows sources of weather and shipping forecasts, when to reef. Understands Beaufort wind scale, awareness of on-shore and off-shore winds.

CLOTHING AND EQUIPMENT Knows importance of personal safety and the basic equipment.

EMERGENCY EQUIPMENT AND PRECAUTIONS Knows importance of first aid kit and flares including stowage. Visual methods of attracting attention, action to help those in distress.

HYPOTHERMIA Signs, symptoms and treatments.