



RYA Level 3 Dinghy Sailing Syllabus

Better Sailing

Section A

- Practical
 - Rigging
 - Understands how to rig set up and sail controls to prepare the boat according to different weather conditions and sea states
 - Can check if a spinnaker is rigged correctly (if fitted)
 - Launching and Recovery
 - Can leave and return to a beach, jetty or mooring, including windward and leeward shore in simple conditions
 - Revision of Sailing Techniques and Manoeuvres
 - Practise and apply the following:
 - Adjusting the centre board according to point of sailing
 - Correct sail trim for different points of sailing
 - Using crew weight to influence the correct trim and balance of boat
 - Choosing the best route to sail depending on conditions
 - Development of Sailing Techniques and Manoeuvres
 - More efficient sailing developing a more skilful technique
 - Use of different classes of boat
 - Understands principle of 'dry capsizes' and how to avoid capsizes inversion
 - Use of tell tales
 - Leaving and returning to shore or to pontoons under different conditions
 - Further Sailing Techniques and Manoeuvres
 - Can recover a man overboard
 - Taster elements from the advanced modules that may be appropriate such as:
 - Has knowledge of basic spinnaker handling as crew or helm including hoist, drop
 - Can start and finish a simple race

Section B

- Sailing Background
 - Sailing Theory and Background
 - Understands points of sailing
 - Understands the five essentials
 - Knows and can apply the following International Rules for the Prevention of Collision at Sea (IRPCS):
 - Meeting other sailing vessels
 - Meeting power driven vessels
 - Following or crossing narrow channels
 - Action by stand-on vessel

- Understands the simplified ISAF racing rules
- Meteorology
 - Understands the Beaufort Wind Scale
 - Knows sources of information on weather for the day
 - Has an awareness of changing weather conditions

Section C

- Coastal
 - Navigation
 - Can use local tide tables
 - Basic chart orientation
 - Tidal heights – can read an internet tidal curve prediction
 - Understands the effect of tide and wind direction on sailing conditions