

# Salcombe Dinghy Sailing

## RYA Day Sailing Session Plan

### Aim of course:

If you sail at a coastal location, you can explore the local sailing area, as well as developing your passage-planning and decision-making skills to go on a day sail or short journey. Basic pilotage and dealing with windy conditions are also covered.

Duration: Two full days or spread over four sessions.

### Sailing Dinghies

Wayfarer

Hawk 20

RS Q'ba

Laser Pico

### Instructor ratio

Wayfarer

1:3

Hawk 20

1:4

RS Q'ba/Laser Pico

1:6 (Instructor teaching from a safety boat)

### Course delivery

Sessions will be led by an RYA Dinghy Instructor in accordance with the relevant method. Land drills will take place on the water with the boat set up without sails hoisted. Theory will be conducted on board as the session's progress and at the beginning and end of each session.

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## Detailed session plan

### Sailing areas:

The course will operate in sailing areas dependent upon wind direction and tide.

### Session 1

#### Practical

- Can prepare and equip a boat for a day sail or short journey including safety and navigation equipment, clothing, and food.
- Can stow gear correctly

#### Sailing Techniques and Manoeuvres

- Can plan and undertake a day sail including a consideration of pilotage/navigation and collision avoidance

#### Sailing Background

- Has knowledge of boat handling in strong winds and difficult conditions
- Can plan a day sail or short journey in coastal water, including knowledge of
- Publication
- Navigation instrument
- Uses of GPS

#### Meteorology

- Knows sources of information on weather patterns
- Understands high and low pressure systems

### Session 2

#### Sailing Techniques and Manoeuvres

- Can plan and undertake a day sail including a consideration of pilotage/navigation and collision avoidance

#### Sailing Background

- Has knowledge of boat handling in strong winds and difficult conditions
- Tidal heights and streams
- Rule of twelfth
- Decision making including planning alternatives

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## Meteorology

- Has awareness of changing weather conditions
- Understands simple synoptic charts

## Session 3

### Sailing Techniques and Manoeuvres

- Can plan and undertake a day sail including a consideration of pilotage/navigation and collision avoidance

### Sailing Background

- Magnetic compass, variation/deviation
- Chart work
- Use of transits and bearings to steer and position fix
- Record position and dead reckoning

## Session 4

### Sailing Techniques and Manoeuvres

- Can plan and undertake a day sail including a consideration of pilotage/navigation and collision avoidance