

Salcombe Dinghy Sailing

RYA Day Sailing Session Plan

Aim of course:

The course will include the planning and execution of a day sail, and, on successful completion, you will have a confident, safe approach to planning and executing a short day sail in a dinghy/keelboat.

On starting this course, you should have already mastered the practical skills and absorbed the background knowledge required for the previous levels. In addition, sailors wishing to cruise independently should ensure that they understand and can carry out the manoeuvres in Seamanship Skill.

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 cruising
- Safety and navigation equipment
- Clothing and food
- Stowing gear correctly

Sailing Techniques and Manoeuvres

- Can use the anchor to effect lee-shore landing and departure
- Can plan and undertake a day sail including a consideration of pilotage/navigation and collision avoidance

Adverse Conditions

- Is able to self-rescue following total inversion
- Understand how to improvise in the event of gear failure

Navigation

- Can plan a day's cruise in coastal waters, including knowledge of
- Publications available, particularly charts, tide tables, tidal stream atlases

Session 2

Sailing Techniques and Manoeuvres

- Can plan and undertake a day sail including a consideration of pilotage/navigation and collision avoidance
- Has knowledge of boat handling in strong winds and difficult conditions

Navigation

- Navigational instruments and their limitations afloat
- Use of GPS, including waypoint navigation
- Confirming position by another source

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Session 3

Sailing Techniques and Manoeuvres

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

Navigation

- Tidal heights and tidal streams (12 rule), probable changes in the weather, and the interaction of weather and tidal streams
- Decision-making in adverse circumstances, including planning alternatives and refuges
- Magnetic compass: variation and deviation

Meteorology

- Knows sources of information on weather patterns for the day
- Has awareness of changing weather conditions

Session 4

Meteorology

- Understands main characteristics of high and low pressure systems and simple interpretations of synoptic charts

Sailing Techniques and Manoeuvres

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

Navigation

- Interpretation of charts
- Use of transits and bearings to steer course and fix position
- Recording positions and principles of dead reckoning