

Salcombe Dinghy Sailing

RYA Level 1 - Start Sailing Session Plan

Aim of course:

This course provides a short introduction to sailing for novices. By the end of the course, you will have a basic understanding of dinghy-handling techniques and background knowledge. It is recommended that all participants consolidate this short introduction with the Basic Skills and Better Sailing courses.

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.

Salcombe Dinghy Sailing

Detailed session plan

Sailing areas:

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

Session 1

Sailing Theory

- Knows the importance of personal safety, clothing and buoyancy

Keelboat Sailors

- Use of, and correct fitting of lifejackets
- Use of a safety harness if fitted
- Potential hazards and risk of on – board fuel
- Stowage and use of fire extinguishers

Ropework

- Can tie a figure of eight knot
- Secure a rope to a cleat

Practical

- Basic rigging
- Parts of the sail
- Sail controls and foils
- Has wind awareness afloat

Sailing Techniques and Manoeuvres (EDITS)

- Familiarisation sail – Instructor to helm
- Reaching – sailing across the wind
- Stopping – lying – to
- Controlling speed
- Getting out of irons
- Tacking – turning the front of the boat through the wind (Demo, then students on the helm, coaching)
- Importance of good communication when manoeuvring (Double – Handers)
- Be towed by a power-driven vessel

Salcombe Dinghy Sailing

Ropework

- Can tie round turn and two half hitches

Launching and Recovery

- Secure a boat to a mooring
- How to leave the boat (De-rigged, stowed kit)

Keelboat Sailors

- Use of mooring lines

Session 2

Practical

- Basic rigging

Keelboat Sailors

- Actions to be taken to recover a man overboard

Sailing Techniques and Manoeuvres (EDITS)

- Tacking
- Sailing upwind
- The Five Essentials
- Importance of good communication when manoeuvring (Double – Handers)

Sailing Background

- An awareness of other water users
- Basic rules of the road - avoid collision, power/sail
- Visual method of attracting attention

Launching and Recovery

- Secure a boat to a mooring
- How to leave the boat (De-rigged, stowed kit)

Keelboat Sailors

- Use of mooring lines

Salcombe Dinghy Sailing

Session 3

Practical

- Basic rigging

Sailing Background

- Understands the 7 Common Senses

Sailing Techniques and Manoeuvres (EDITS)

- Sailing downwind
- Gybing – turning the back of the boat through the wind, from a training run
- Importance of good communication when manoeuvring (Double – Handers)

Launching and Recovery

- Secure a boat to a mooring
- How to leave the boat (De-rigged, stowed kit)

Keelboat Sailors

- Use of mooring lines

Session 4

Meteorology

- Has an awareness of onshore and offshore winds

Sources of weather information and their relevance

- Effects on sailing location
- Beaufort scale
- Conditions appropriate to ability and sailing location

Sailing Techniques and Manoeuvres (EDITS)

- Tacking
- Sailing upwind
- The Five Essentials
- Sailing downwind
- Gybing – turning the back of the boat through the wind, from a training run

Importance of good communication when manoeuvring (Double – Handers)

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Launching and Recovery

- Secure a boat to a mooring
- How to leave the boat (De-rigged, stowed kit)

Keelboat Sailors

- Use of mooring lines