

# Salcombe Dinghy Sailing

## **RYA Level 2 - Basic Skills Session Plan**

### **Aim of course:**

On completion of this course, you will have a basic knowledge of sailing in light winds without an instructor on board. It will be assumed that every student starting this course has already mastered the practical skills and absorbed the background knowledge required for Start Sailing. Both courses can be combined. Dinghy capsize recovery will be conducted in a controlled manner, with a suitable rescue boat in attendance.

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

#### Clothing and Equipment

- Knows the importance of personal safety, clothing, basic personal and boat buoyancy

#### Practical

- How to rig according to weather conditions
- Reefing

#### Keelboat Sailors

- Can reef afloat
- Can use winches

#### Sailing Techniques and Manoeuvres

- Leaving and returning to a mooring or beach
- Coming alongside a moored boat
- Sailing in close company
- The Five Essentials
- Can tack while sailing upwind, showing refined skill, losing minimal ground
- Shows good communication when manoeuvring (Double – Handers)

#### Ropework

- Can tie bowline

#### Meteorology

- Sources of relevant weather, inshore forecasts, and their interpretation
- The Beaufort wind scale
- When to reef
- How to understand a simple synoptic chart

# Salcombe Dinghy Sailing

## Session 2

### Keelboat Sailors

- Has knowledge of engine checks, starting, stopping and running procedures
- Can come alongside and pick up a mooring

### Sailing Techniques and Manoeuvres

- Can gybe in a controlled manner while sailing downwind
- The Five Essentials
- Importance of good communication when manoeuvring (Double – Handers)
- Understands and shows awareness of other water users
- Performing a man-overboard recovery

### Ropework

- Can tie a clove hitch

### Basic Advice for Independent Sailing

- Self-reliance and basic equipment
- Visual methods of attracting attention

### Sailing Background

- Basic rules of the road - avoid collision, power/sail, port/starboard, windward boat, overtaking boat

### Launching and Recovery

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

### Keelboat Sailors

- Use of mooring lines
- Knows the importance of first aid kits and flares, including stowage

## Session 3

### Sailing Background

- How to apply weather forecast in coastal waters
- Tide tables, tidal sequences of spring and neaps, ebb and flow
- Speed over ground with/against tidal flow

# Salcombe Dinghy Sailing

- The effects of wind direction and tidal flow on sailing conditions
- The importance of informing someone ashore, and dangers of sailing alone
- How to access local information and advice for sea sailing

## **Sailing Techniques and Manoeuvres**

- Can sail around a short course using all points of sail and crewing skills
- Is aware of lee-shore dangers

## **Keelboat Sailors**

- Anchor
- Sail using transits

## **Session 4**

### **Ropework**

- Can tie a reef knot

## **Sailing Techniques and Manoeuvres**

- Can right a capsized boat using one method of righting, and has knowledge of at least one other
- Understands the course and starting procedure
- The points of sail and 'No-go Zone'
- How a sail works
- How a sailing boat moves (basic theory)