

# Salcombe Dinghy Sailing

## **RYA Level 3 – Better Sailing Session Plan**

### **Aim of course:**

This improver's course seeks to bridge the gap between Start Sailing, Basic Skills, and the Advanced modules by offering an introduction to the different modules, allowing sailors to select more easily their preferred route within the sport. Better Sailing allows for the opportunity to practice and consolidate sailing techniques and experience some of the activities the Advanced modules have to offer, helping to build confidence and support development of good techniques and independent sailing.

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

##### Sailing Techniques and Manoeuvres

- Understands how to use rig and sail controls to prepare the boat according to different weather conditions and sea states
- Can check a spinnaker is rigged correctly (if fitted)
- Leave and return to a mooring (including windward and leeward shore in light conditions)
- Use the sail tell-tales effectively
- Tack – maintaining boat speed and balance
- Sail using efficient and skilful application of the Five Essentials
- Reef a sail when required
- Understand how to avoid inversion

##### Sailing Background

- The points of sailing
- The Five essentials

### Session 2

#### Practical

##### Sailing Techniques and Manoeuvres

- Gybe – maintaining boat speed and balance
- Sail using efficient and skilful application of the Five Essentials
- Understands when, and the importance of timing manoeuvres
- Shows good use of crew and to best effect

##### Sailing Background

- Basic meteorology terminology, including the Beaufort Scale
- How to obtain a weather forecast
- How to interpret a basic synoptic chart
- Awareness of changing weather conditions

# Salcombe Dinghy Sailing

## Session 3

### Practical

#### Sailing Techniques and Manoeuvres

- Tack – maintaining boat speed and balance
- Gybe – maintaining boat speed and balance
- Sail using efficient and skilful application of the Five Essentials
- Understands when, and the importance of timing manoeuvres
- Shows good use of crew and to best effect
- Recover a man overboard effectively

#### Sailing Background

- Basic meteorology terminology, including the Beaufort Scale
- How to obtain a weather forecast

## Session 4

#### Sailing Background

- The IRPCS, can apply them to
- Other sailing vessels
- Power-driven vessels
- Action by stand-on vessel
- Basic sail-control knowledge to change the sail shape and power