

Salcombe Dinghy Sailing

RYA Seamanship Skills Session Plan

Aim of course:

Seamanship skills will help you learn skills a short step beyond Stage 4. During this course you will polish and test your skills and learn to resolve problems afloat. The course will give you a solid foundation for the future and enable you to become much more confidence and self-sufficient afloat.

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

Practical

- Can tie a fisherman's bend
- Reefing

Launching & Recovery

- Can leave and return to a mooring
- Windward shore
- Lee-shore

Sailing Techniques and Manoeuvres

- Heave to
- Reef afloat
- Be towed

Sailing Background

- Terminology, windward, leeward, abeam, forward, aft, ahead, astern
- IRPCS

Coastal Option

- Can use local tide tables
- Understands Rule of Twelfths and is aware of tidal streams

Session 2

Sailing Techniques and Manoeuvres

- Recover MOB

Ropework

- Can tie a sheet bend

Salcombe Dinghy Sailing

Sailing Background

- Terminology, to weather, downwind, amidships, quarter, pinching, sailing by the lee
- The 7 Common Senses
- IRPCS

Capsize Recovery

- Knows how to recover from total inversion

Session 3

Sailing Techniques and Manoeuvres

- Sail backwards
- Sail in adverse circumstance

Sailing Background

- Terminology, luff, bear away, planning, sternway, broaching
- The 7 Common Senses
- IRPCS

Meteorology

- Knows sources of information on weather patterns for day
- Can interpret forecast and understand local effects
- Aware of Beaufort scale and changing weather condition

Session 4

Sailing Techniques and Manoeuvres

- Practice skills

Coastal Option

- Has a basic understanding of charts and important symbols