

# Salcombe Dinghy Sailing

## **RYA Seamanship Skills Lesson 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

#### Practical

##### Ropework

- Can tie a fisherman's bend, rolling hitch and sheet bend

##### Launching and Recovery

- Can leave and return to a mooring, including windward and leeward shore

##### Sailing Techniques and Manoeuvres

- Heave to
- Reef afloat
- Be towed by a power-driven vessel

##### Sailing Theory and Background

- Understands the following terminology
- Windward
- Leeward
- Abeam
- Forward
- Aft

### Session 2

##### Sailing Techniques and Manoeuvres

- Recover a man overboard
- Sail in adverse circumstances (no rudder, no centreboard)

# Salcombe Dinghy Sailing

## Sailing Theory and Background

- Understand the following terminology
- Ahead
- Astern
- To weather
- Downwind
- Amidships

## Session 3

### Sailing Techniques and Manoeuvres

- Sail backwards
- Knows how to recover from total inversion

### Meteorology

- Knows sources of information on weather patterns for the day
- Can interpret forecasts and understand local effects
- Is aware of Beaufort Wind Scale and changing weather conditions, including fog
- Can use local tide table
- Understands rate of rise and fall – Twelfths Rule
- Is aware of tidal streams
- Has a basic understanding of charts and important symbols

## Session 4

### Sailing Techniques and Manoeuvres

- Anchor, including understanding principles and techniques for different circumstances
- Knows how to recover from total inversion

### Sailing Theory and Background

- Understands the following terminology
- Quarter
- Pinching
- Sailing by the lee
- Luff
- Bear away
- Plaining
- Sternway
- Broaching

# Salcombe Dinghy Sailing

Knows and can apply the following International Regulations for the Prevention of Collisions at Sea (IRPCS)

- Meeting other sailing vessels
- Meeting power-driven vessels
- Following or crossing narrow channels
- Action by stand-on vessel