

Salcombe Dinghy Sailing

RYA Stage 1 Session Plan

Aim of course:

During this course you will learn the basic of sailing, parts of the boat and how to launch, recover, and steer. After completing Stage1, you will understand the basic principles of sailing in order to move on to Stage 2. No prior knowledge or experience of sailing is needed to take up this course.

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 & Equipment

- Can put on personal buoyancy correctly
- Is confident in the water wearing personal buoyancy

Practical

- Can assist with rigging a boat

Launching & Recovery

- Can launch a dinghy and get under way with instructions
- Can assist with recovery and stowage of dinghy and gear

Sailing Techniques and Manoeuvres

- Can be a responsive crew under supervision
- Can steer when sailing and being towed
- Can steer on a reach and go about (reach to reach)

Ropework

- Can tie a figure of eight knot

Sailing background

- Name parts of a boat
- Understands what action to take assist those needing help
- Understand how to prepare for a tow

Session 2

Sailing Techniques and Manoeuvres

- Understands the basic principles of stopping, controlling speed and getting out of irons
- Can steer on a reach and go about
- Understands the effect of basic boat controls

Salcombe Dinghy Sailing

Ropework

- Can cleat a halyard

Meteorology

- Has knowledge of wind direction

Session 3

Sailing Techniques and Manoeuvres

- Can paddle or row
- Can call for assistance
- Importance of good communication when manoeuvring (Double – Handers)

Capsize Recovery

- Understands the importance of staying with the boat

Session 4

Sailing Techniques and Manoeuvres

- Understands the basic principles of stopping, controlling speed and getting out of irons
- Can steer on a reach and go about
- Understands the effect of basic boat controls