

# Salcombe Dinghy Sailing

## RYA Stage 2 Session Plan

### Aim of course:

During this course you will continue to develop basic skills, as well as rope work and collision avoidance. You will be able to tack and control boat speeds, leaving you in a good position to progress to Stage 3.

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

- Can choose and correctly adjust a personal buoyancy aid
- Understands what to wear

#### Practical

- Can put a boat head to wind for rigging
- Can rig a dinghy

#### Sailing Techniques and Manoeuvres

- Can control speed, and stop by lying-to
- Can go about (close reach to close reach)

#### Ropework

- Can tie a round turn & two half hitches

#### Sailing Background

- Understand the No Go Zone
- Spares and rigging
- Parts of the sail
- Sail controls and foils

### Session 2

#### Sailing Techniques and Manoeuvres

- Can go about (close reach to close reach)
- Can get out of irons
- Can crew a boat effectively

#### Ropework

- Can tie a reef knot

#### Sailing Background

# Salcombe Dinghy Sailing

- Offshore and onshore winds
- Knows the importance of telling someone ashore you are going afloat
- Dangers of man-made hazards

## **Meteorology**

- Understands several ways of finding wind direction

## **Understands the principles of**

- The five essentials
- Returning to a safety boat

## **Session 3**

### **Sailing Techniques and Manoeuvres**

- Can go about (close reach to close reach)
- Can get out of irons
- Can sail a shallow triangle across the wind under supervision (gybing optional)

### **Sailing Background**

- Has knowledge of port/starboard rule

### **Capsize Recovery**

- Can be scooped in during capsize recovery

## **Session 4**

### **Sailing Techniques and Manoeuvres**

- Can go about (close reach to close reach)
- Can get out of irons
- Can sail a shallow triangle across the wind under supervision (gybing optional)

### **Sailing Background**

- Has knowledge of port/starboard rule

### **Capsize Recovery**

- Can right one type of dinghy