

Salcombe Dinghy Sailing

RYA Stage 3 Session Plan

Aim of course:

In Stage 3 you will continue to develop rigging and sailing techniques, capsize recovery and sailing theory, as well as launching and recovery skills. On completion of the course, you will be able to launch and sail a dinghy around a triangle in moderate conditions.

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

- Personal safety equipment
- Boat buoyancy
- Basic safety equipment

Practical

- Can rig, launch and recover in a variety of wind
- Can reef a dinghy according to weather conditions

Sailing Techniques and Manoeuvres

- Tack upwind
- Sailing on all points of sail on a triangle course
- Five essentials

Ropework

- Can tie a bowline

Sailing Background

- Understand the points of sail
- Understands how a sail works – basic aerodynamics
- Terminology, windward

Session 2

Sailing Techniques and Manoeuvres

- Gybe from a training run
- Five essentials
- Coming alongside a moored boat

Ropework

- Can tie a clove hitch

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Sailing Background

- Terminology, leeward
- Understands the importance of clear communication aboard
- Understands lee-shore dangers and sailing in close company with other water users
- Understands advice to inland sailors for coastal sailing

Meteorology

- Understands Beaufort wind scale
- Knows how to obtain a weather forecast
- Knows when to reef

Session 3

Sailing Techniques and Manoeuvres

- Five essentials
- Picking up a mooring
- Preparing for/taking up tow from power craft

Sailing Background

- Knows the importance of personnel safety and telling someone ashore
- Understands the dangers of hypothermia and the use of correct clothing for protection

Rules of the Road

- Port/starboard, windward and overtaking boat

Session 4

Sailing Techniques and Manoeuvres

- Five essentials
- Righting a small capsized dinghy a helm/crew
- Understands how to and can recover a MOB

Sailing Background

- The 7 Common Senses

Racing

- Understands the course and starting procedure