

Salcombe Dinghy Sailing

RYA Stage 4 Session Plan

Aim of course:

Learn to sail a double-handed boat as crew or helm, applying all the skills you have learnt up to and including Stage 3, as well as gaining a variety of exciting new skills 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

- Rig
- Launch
- Recover
- Set up boat according to weather conditions using sail and rig control

Sailing Techniques and Manoeuvres

- Sailing techniques and manoeuvres from Stage 3 in a crewed boat
- Effective communication as helm and crew
- Effective uses of five essentials

Ropework

- Can tie bowline
- Figure of eight
- Reef knot

Sailing Background

- IRPCS
- Beaufort scale

Session 2

Practical

- Rig
- Launch
- Recover
- Set up boat according to weather conditions using sail and rig control

Sailing Techniques and Manoeuvres

- Recover a MOB
- Effective communication as helm and crew
- Effective uses of five essentials

Salcombe Dinghy Sailing

Ropework

- Can tie round turn & two half hitches
- Clove hitch

Sailing Background

- Synoptic charts
- Tidal ebb and flow
- Springs and neap tides

Session 3

Practical

- Rig
- Launch
- Recover
- Set up boat according to weather conditions using sail and rig control

Sailing Techniques and Manoeuvres

- Sailing techniques and manoeuvres from Stage 3 in a crewed boat
- Righting a small capsized dinghy helm/crew
- Effective uses of five essentials

Ropework

- Can tie rolling hitch
- Sheet bend

Sailing Background

- How to recover from total inversion
- Considerations for coastal sailing

Session 4

Practical

- Rig
- Launch
- Recover
- Set up boat according to weather conditions using sail and rig control

Salcombe Dinghy Sailing

Sailing Techniques and Manoeuvres

- Returning to a beach, jetty or mooring safely in any wind direction
- Effective communication as helm and crew
- Effective uses of five essentials

Sailing Background

- Applying IRPCS afloat
- IALA buoyage, how to use tide tables and how to find the direction of tidal streams