

Salcombe Dinghy Sailing

RYA Start Racing Session Plan

Aim of course:

The first course in the racing syllabus, Start Racing, will develop and provide you with the basic skills needed to enter a race and understand the simple techniques, sequences, and rules. To take this course every student should have mastered the practical skills to Level 2/Stage 3 or above.

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.

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Detailed session plan

Sailing areas:

The course will operate in sailing areas dependent upon wind direction and tide.

Session 1

Starts

- Understands a basic start sequence
- Can identify a start line and start from the correct side

Boat Handling

- Can tack and gybe in a range of conditions
- Understands the use of heel and trim to aid steering

Speed

- Can use the five essentials effectively
- Can keep the boat upright using the toe straps to sit out and can trim the sail to aid this

Tactics

- IRPCS

Session 2

Starts

- Can slow the boat and accelerate to cross the line within 10 seconds after the start signal

Boat Handling

- Understands an appropriate technique to approach and land when coming ashore, on lee shore, weather shores or slipways

Speed

- Can use the five essentials effectively
- Can hold an effective close-hauled course upwind

Tactics

- RRS

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Strategy

- Can source and use an appropriate weather forecast

Session 3

Starts

- Understands the procedure if over the line at the start

Boat Handling

- Can recover from a capsize with little assistance

Speed

- Can hold an effective close-hauled course

Tactics

- Understand how to round a mark
- RRS

Strategy

- Understands what a suitable wind strength is to race in

Session 4

Starts

- Understands the significance of port/starboard and windward/leeward

Boat Handling

- Can perform an MOB recovery to Level 2 standard

Speed

- Can use the five essentials effectively

Tactics

- Can recognise headers and lift