

## RYA Youth Start Sailing - Stage 1

<b>Course type &amp; Duration:</b>	<b>DINGHY – STAGE 1 – 2 days</b>
<b>Pre-course experience (min):</b>	None – complete beginner
<b>Assumed knowledge:</b>	None – complete beginner
<b>Course content:</b>	Launching and recovery, steering, parts of the boat, basic sailing.
<b>Ability after course:</b>	Can steer and understands basic principles
<b>Ratio</b>	3 Students to 1 Instructor
<b>Cost</b>	£70 per person

### COURSE SYLLABUS

#### PRACTICAL

##### Rigging

- Can assist with rigging a boat

##### Launching & Recovery

- Can launch a dinghy and get under way with instruction
- Can secure boat to trolley
- Can assist with recovery and stowage of dinghy and gear

##### Ropework

- Can tie a figure of eight and cleat a halyard
- Sailing Techniques & Manoeuvres
- Can be a responsive crew under instruction
- Can steer when sailing and being towed
- Can steer on a reach and go about (reach to reach)
- Understands the effect of basic boat controls
- Understands the basic principles of stopping, controlling speed and getting out of irons
- Can paddle or row (with sprit, paddle or oars)
- Can call for assistance

#### Clothing & Equipment

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

#### Capsize Recovery

- Understands the importance of staying with the boat

#### SAILING BACKGROUND

- Can name basic parts of a boat (i.e. hull, mast, rudder, tiller, centreboard, sheets, etc.)
- Understands what action to take to help those in distress
- Understands local hazards
- Understands how to prepare for a tow

#### Clothing & Equipment

- Understands personal safety – and knows what to wear for sailing (including head and footwear)

#### Meteorology

- Has knowledge of wind direction