

RYA Youth Start Sailing - Stage 3

Course type & Duration:	DINGHY - STAGE 3
Pre-course experience (min.):	Start Sailing Stages 1 and 2.
Assumed knowledge:	Up to and including Start Sailing Level 2
Course content:	Rigging, launching and recovery, sailing techniques, capsized recovery, sailing theory.
Ability after course:	Can launch and sail a dinghy around a triangle in moderate conditions.
Ratio	3 Students to 1 Instructor
Cost	£70 per person

COURSE SYLLABUS

PRACTICAL

Rigging Launching & Recovery

- Can rig, launch and recover in an onshore wind
- Can reef a dinghy ashore according to weather conditions
- Can store a dinghy ashore

Ropework

- Can tie a bowline, clove hitch and rolling

Sailing Techniques & Manoeuvres

- Can demonstrate the basic principles of the following:
 - The five essentials – sail setting, balance, trim, course made good and centreboard
 - Sailing on the points of sailing on a triangle course
 - Tacking upwind
 - Gybing from a training run
 - Righting a small capsized dinghy as helm/crew
 - Coming alongside a moored boat
 - Prepare for/take up tow from power craft
 - Picking up a mooring

Racing

- Understands the course and starting procedure

SAILING BACKGROUND

Manoeuvres

- Understands how to recover a man overboard
- Understands the points of sailing

General

- Understands how a sail works – basic aerodynamics
- Knows basic terminology for use afloat (windward, leeward, bear away, luff up)
- Understands the importance of clear communication board
- Understands lee shore dangers sailing in close company with other water users
- Understands advice to inland sailors for coastal sailing
- Knows the importance of personal safety and telling someone ashore
- Understands the dangers of hypothermia and the importance of first aid training

Rules of the Road

- Knows the basic rules of the road – port/starboard, windward boat and overtaking boat

Meteorology

- Knows how to obtain a weather forecast
- Understands Beaufort Wind Scale
- Knows when to reef

Clothing and Equipment

Understands the importance of:

- Personal safety equipment
- Boat buoyancy
- Basic safety equipment e.g. anchor, paddle, bailer