

RYA Youth Start Sailing - Stage 4

Course type & Duration:	DINGHY - STAGE 4
Pre-course experience (min):	Start Sailing Levels 1, 2 and 3.
Assumed knowledge:	Up to and including Start Sailing Stage 3
Course content:	Rigging, launching and recovery; sailing techniques and manoeuvres in crewed boats; recovering man overboard, solve problems afloat, basic meteorology & tides.
Ability after course:	Can launch and return to a beach, jetty or mooring. Can sail a crewed dinghy around a triangle in moderate conditions.
Ratio	3 Students to 1 Instructor
Cost	£70 per person

COURSE SYLLABUS

<p>PRACTICAL</p> <p>Rigging & Launching</p> <ul style="list-style-type: none"> • Can rig, launch and recover in any wind direction • Can set up a boat according to weather conditions using sail and rig controls, e.g. mast rake, reefing <p>Ropework</p> <ul style="list-style-type: none"> • Knows the uses of and can tie: • Figure of eight, round turn and two half hitches, reef knot, bowline, clove hitch, rolling hitch, sheet bend <p>Sailing Techniques and Manoeuvres</p> <ul style="list-style-type: none"> • Can demonstrate: • Sailing techniques and manoeuvres from Stage 3 in a crewed boat • Communicate effectively as helm and crew • Effective use of the 5 essentials by helm and crew afloat including use of tell-tales • Recovering a man overboard • Returning to a beach, jetty or mooring safely in any wind direction 	<p>SAILING BACKGROUND</p> <p>Has knowledge of:</p> <ul style="list-style-type: none"> • IRPCS • Beaufort Scale • Synoptic charts • Tidal ebb and flow • Spring and neap tides • Knows how to recover from total inversion <p>COASTAL</p> <ul style="list-style-type: none"> • Can apply practical sailing techniques and manoeuvres on tidal waters <p>Sailing background</p> <ul style="list-style-type: none"> • Can apply the IRPCS afloat • Has basic knowledge of IALA buoyage, how to use tide tables and how to find the direction of tidal streams
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