



## **RYA Youth Sailing Scheme overview**

### **RYA STAGE 1**

#### Aim

For the complete novice to enjoy basic skills under relaxed tuition.

#### Course Content

Includes rigging, launching and recovery, rope work, basic sailing techniques and manoeuvres, clothing and equipment, capsized recovery.

#### Outcome

Following the course, the participant will have a basic understanding of how a boat sails and have some experience of steering and handling a boat.

### **RYA STAGE 2**

#### Aim

To sail the dinghy after tuition without additional input from the instructor.

#### Course Content

Rig and launch the dinghy. Sail a triangular course, pick up a mooring/MOB, come alongside and return safely to shore. Show an awareness of the five essentials

#### Outcome

Following the course, the participant will have a range of sailing skills and background knowledge and be well on the way to being a confident small-boat sailor.



### **RYA STAGE 3**

For participants who have passed their RYA Stage 2 or who have some experience of dinghy sailing.

#### **Course Content**

Includes rigging, launching and recovery, rope work, sailing techniques and manoeuvres, racing, sailing theory, rules of the road, meteorology, clothing and equipment. All topics are covered in greater detail than in Stage 2.

#### **Outcome**

Following the course participants will be able to sail in any direction and rig and launch their own boat. Participants may now call themselves sailors and not beginners.

### **RYA STAGE 4**

For competent dinghy sailors who have passed their Stage 3 or have the relevant experience.

#### **Course Content**

Includes rigging and launching, rope work, sailing techniques and manoeuvres, sailing theory, tidal ebb and flow, synoptic charts, spring and neap tides, IALA buoyage, tidal streams and how to recover from a complete inversion. This stage also involves sailing in a double-handed dinghy.

#### **Outcome**

Following the course, the participant will have the skills to sail double-handed boats as a crew or helm and solve a variety of problems afloat. Passing this course is the natural entry point for the advanced courses.



## **ADVANCED MODULES (on completion of RYA Stage 4)**

**Start Racing** - to be confident to sail in club races.

**Seamanship skills** - speed control - coming alongside jetty/vessel, MOB, anchoring, lee shore landing, heaving to, reefing afloat, sailing backwards.

**Sailing with spinnakers** - preparation and rigging, hoist/drop techniques, gybing, trimming while underway, capsize recovery with spinnaker.

**Day sailing** - plan & embark on a short day cruise.

**Performance sailing** - how to sail performance boats to best advantage at all times (not yet at YSC).