



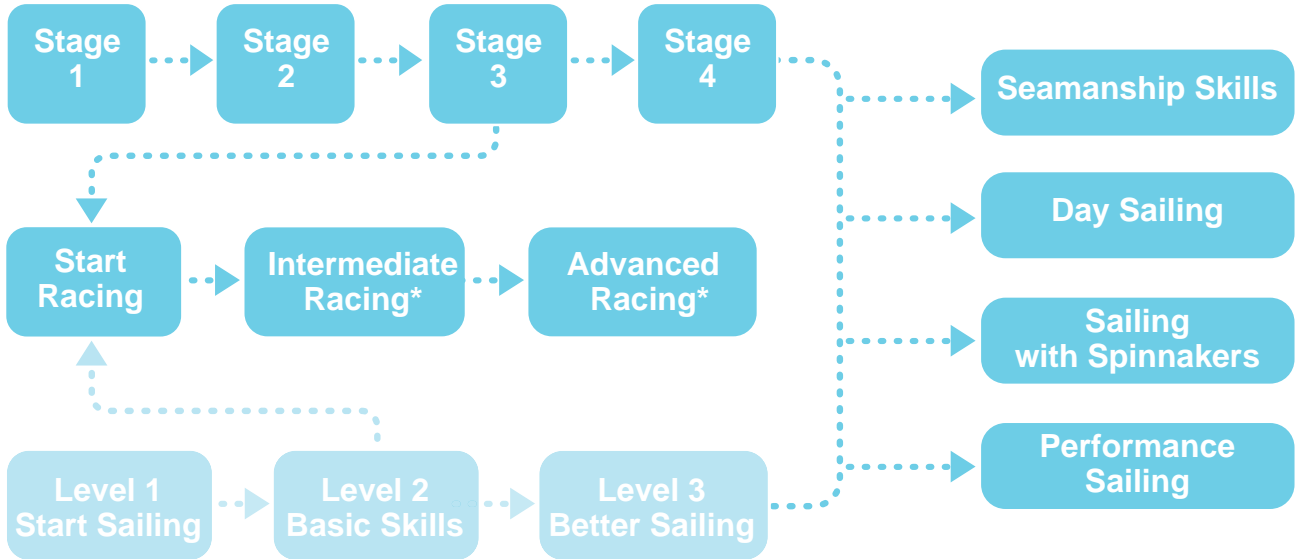
DINGHY, KEELBOAT, MULTIHULL

YOUTH COURSES



Start your training with a course appropriate to your experience - you don't have to start at the beginning. Our recommended path through the courses is shown below.

Youth Courses Afloat



Refer to the Adult Courses leaflet for details

KEY Recommended progression.

**Please note: The RYA Racing Scheme course are being updated to: Start, Club, Regional and Championship. Throughout 2021 centres/clubs will be transitioning to the revised courses, however the current courses and logbook are still applicable.*

RYA training is also available for:





DINGHY KEELBOAT & MULTIHULL YOUTH COURSES



Dinghies, multihulls and small keelboats provide an exciting and cost effective way for the whole family to get afloat. With courses preparing you for all varieties of sailing including the thrill of performance boats, racing and using spinnakers. Probably the quickest and easiest way to learn to sail. Many centres run introductory sessions to give you a taste of the sport first.

| Course | Assumed knowledge | Course content | Ability after the course | Min duration |
|----------------|--|---|---|--|
| Stage 1 | None | Launching and recovery, steering, parts of the boat, basic sailing | Able to steer and understand basic principles | ↑ 2 days or an equivalent number of sessions ↓ |
| Stage 2 | Basic knowledge and steering ability to Stage 1 standard | Basic sailing skills, ropework, collision avoidance | Able to tack and control boat speed, and understand basic principles | |
| Stage 3 | Up to and including Stage 2 standard | Rigging, launching and recovery, sailing techniques, capsizes recovery, sailing theory | Able to launch & sail a dinghy around a triangle in moderate conditions | |
| Stage 4 | Up to and including Stage 3 standard | Launching and returning to a beach, jetty or mooring, and sailing a crewed dinghy around a triangle in moderate | Able to launch & sail a dinghy around a triangle in moderate conditions | |

RYA advanced modules for youths and adults

| Course | Assumed knowledge | Course content | Ability after the course | Min duration |
|--|--|---|---|--|
| Seamanship Skills | Sailing skills to Stage 4 standard | Launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard, anchoring | Able to handle a wide range of situations afloat | ↑ 2 days or an equivalent number of sessions ↓ |
| Day Sailing | Skills and background knowledge to at least Stage 4 | Preparing and planning for a day cruise, pilotage and decision making including adverse conditions | Able to plan and execute a cruise, depending on conditions | |
| Sailing with Spinnakers | Sailing and background knowledge to Stage 4 standard | How to rig the boat, gybe and recover one type of spinnaker, either conventional or asymmetric. How to sail the best possible course downwind | Able to use a spinnaker either conventional or asymmetric | |
| Start, Intermediate* and Advanced* Racing | For Start Racing you need sailing and knowledge to at least Stage 3 standard | From fun racing to regattas – all you need to know to get off the start line and round the course | If you go all the way through to Advanced Racing* you will have developed your techniques and skills to enable you to confidently take part in higher level competition | |
| Performance Sailing | Skills and background knowledge to at least Stage 4 standard | Coaching to improve your sailing, primarily in two person boats with spinnakers | Able to sail faster and more efficiently in all conditions | |



Recommended books



Start Sailing Beginners Handbook



Dinghy Sailing Advanced Handbook



Go Sailing!