DINGHY KEELBOAT & MULTIHULL

ADULT 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	Min age
Level 1 Start Sailing	None	How to sail in all directions, including an awareness of launching and recovering	Able to sail in light winds under supervision	↑ 2 days or an equivalent number of sessions ↓	Recommended 16
Level 2 Basic Skills	Sailing skills to Level 1 standard	Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge	Able to sail and make decisions in good conditions		
Level 3 Better Sailing	Sailing skills to Level 2 standard	Enhance your skills and develop techniques with a range of tasters from the advanced modules	More confident in sailing skills and techniques, and ready to progress onto the advanced modules		

RYA advanced modules for youths and adults

Course	Assumed knowledge	Course content	Ability after the course	Min duration
Seamanship Skills	Sailing skills to Level 3 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 Level 3 standard	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 Level 3 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 Level 2 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 Level 3 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

National Sailing Scheme Syllabus & logbook

www.rya.org.uk

DINGHY, KEELBOAT, MULTIHULL

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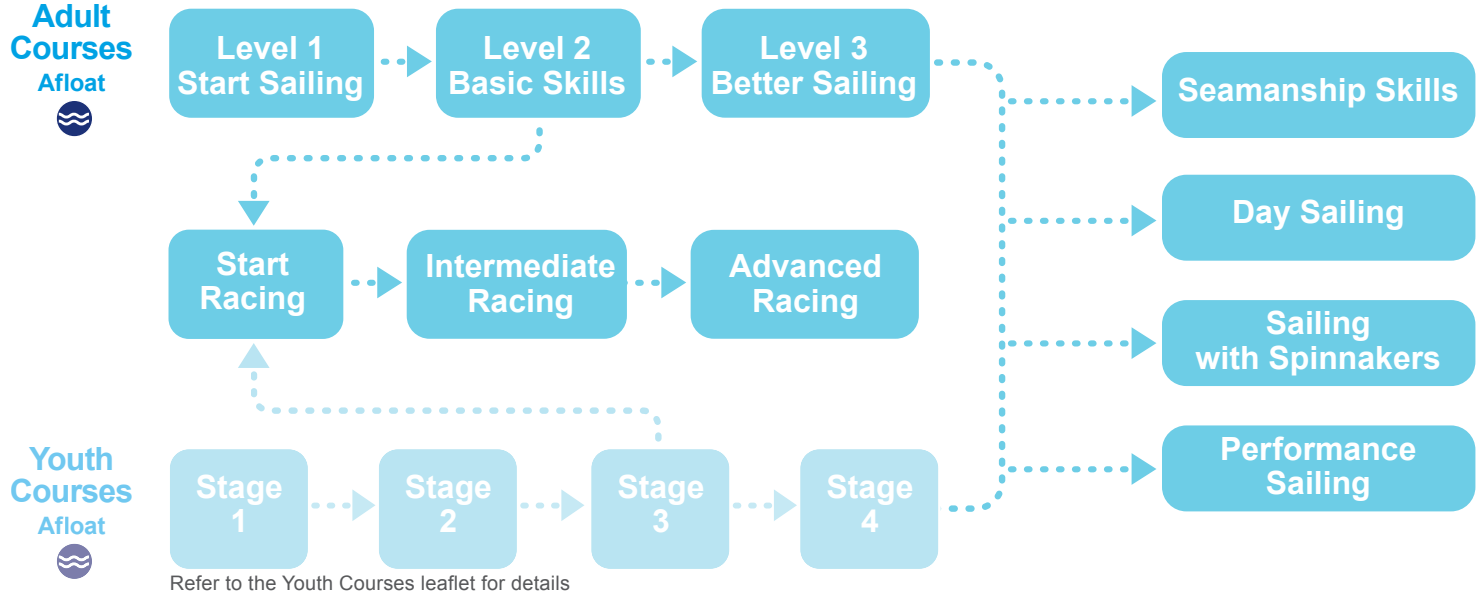
Start your training with a course appropriate to your experience - you don't have to start at the beginning.
Our recommended path through the courses is shown below.



Refer to the Youth Courses leaflet for details

KEY
afloat
Recommended progression.

RYA training is also available for: Powerboat, Motor Cruising, Sail Cruising, Personal Watercraft, Inland Waterways, Windsurfing, Navigation, Specialist

www.rya.org.uk