

# Rickmansworth Sailing Club

ADULT DINGHY

Level 1 - START SAILING

Student Name:

Covered

At required standard

## > Practical

Has a practical understanding of:

### Rigging

Spars & rigging parts of the sail sail controls and foils		
Has wind awareness ashore		

### Sailing techniques and manoeuvres

Wind awareness afloat		
Reaching - sailing across the wind		
Stopping - lying-to		
Controlling speed		
Getting out of irons		
Tacking - turning the front of the boat through the wind		
Sailing upwind		
The Five Essentials		
Sailing downwind		
Gybing - turning the back of the boat through the wind, from a training run.		
Importance of good communication when manoeuvring (double handers)		
Can perform a basic capsize recovery, understands the importance of staying with the boat. (Optional)		

### Launching and recovery

<b>Can:</b>		
Secure a boat on a trolley		
<b>Understands the principles of:</b>		
Wheeling a trolley clear of other boats & overhead cables		
Launching and leaving the shore		
Coming ashore and recovery of a boat		

### Ropework

Can tie a figure of eight, round turn and two half hitches, and secure a rope to a cleat.		
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## > Sailing theory

Has theoretical understanding of:

### Clothing and equipment

Knows the importance of personal safety, clothing and buoyancy		
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### Sailing background

An awareness of other water users		
Basic rules of the road - Avoid a collision at all costs, power/sail, port/starboard, overtaking boat, windward boat		
Visual methods of attracting attention		
<b>Meteorology</b>		
Awareness of onshore and offshore winds		
<b>Sources of weather information and their relevance:</b>		
Effects on sailing location		
Beaufort Scale		
Conditions appropriate to ability and sailing location		

**INSTRUCTORS:**

Tick the first column when you have covered the subject with the student.  
Tick the second column when the student has reached the required standard.

Revised: July 2016 - from 3rd edition RYA National Sailing Scheme Syllabus  
(Feb 2016 reprint)

Revised: July 2017 - changed form to use for single student (instead of 6) and  
altered column use.