

Rickmansworth Sailing Club

ADULT DINGHY

Level 2 - BASIC SKILLS

Student name:

Covered
At required standard

> Practical

Has a practical understanding of:

Rigging

How to rig according to weather conditions		
Reefing ashore		

Sailing techniques and manoeuvres

Leaving and returning to a beach, jetty or mooring		
Coming alongside a moored boat		
Sailing in close company		
Performing a man overboard recovery		
Is aware of lee shore dangers		
The Five Essentials		
Can tack while sailing upwind, showing refined skill, losing minimal ground		
Can gybe in a controlled manner while sailing downwind		
Shows good communication when manoeuvring (double-handers)		
Understands and shows awareness of other water users		
Can sail around a short course using all points of sail and crewing skills		

Ropework

Can tie a bowline, clove hitch and reef knot		
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Capsize recovery

Can right a capsized boat using one method of righting and has knowledge of at least one other		
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Racing

Understands the course and starting procedure (May be covered as onshore teaching)		
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> Sailing theory

Has theoretical understanding of:

Clothing and equipment

Knows the importance of personal safety, clothing basic personal and boat buoyancy		
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Launching and recovery

Boat storage ashore, launching and recovery		
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Sailing background

Has knowledge of:

Basic rules of the road - Avoid a collision at all costs, power/sail, port/starboard, overtaking boat, windward boat		
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Basic advice for independent sailing:

Self-reliance and basic equipment		
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Visual methods of attracting attention		
Has knowledge of:		
The points of sailing and the "No go Zone"		
How a sail works		
How a sailing boats moves (basic theory)		

Meteorology

Has knowledge of:		
Sources of relevant weather, inshore forecasts and their interpretation		
The Beaufort Wind Scale		
Understands when to reef		
Has knowledge of a simple synoptic chart		

> Coastal

Can apply the practical section in coastal waters		
Understands		
How to apply weather forecasts in coastal waters		
Tide tables, tidal sequence of springs and neaps, ebb and flow		
Speed over ground with/against tidal flow		
The effect of wind direction and tidal flow on sailing conditions		
The importance of informing someone ashore and the dangers of sailing alone		
Knows how to access local information and advice for sea sailing		

Other aspects

- Better sailing course
- Opportunities for regular activity (local club and centre activity and groups etc.)
- Purchasing your own equipment
- Basic racing

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.