



WESTMINSTER BOATING BASE

RYA Level 1 Dinghy Sailing Syllabus

Start Sailing

Section A

- Practical Skills
 - Rigging – has wind awareness, knowledge of spars and rigging, parts of the sail, controls and foils.
 - Ropework – can tie the following knots:
 - Figure of eight
 - Round turn and two half hitches
 - Secure a rope to a cleat
 - Sailing Techniques and Manoeuvres
 - Has wind awareness
 - Has a practical understanding of the following manoeuvres
 - Reaching – sailing across the wind
 - Stopping – lying to
 - Controlling speed
 - Tacking – turning the front of the boat through the wind
 - Getting out of irons
 - Sailing upwind
 - Sailing downwind
 - Gybing – turning the back of the boat through the wind
 - Launching and Recovery
 - Can secure a boat on a trolley
 - Understand the principals of:
 - Wheeling a trolley clear of other boats and overhead cables
 - Launching and leaving the shore
 - Coming ashore and recovery of boat
 - Wind awareness ashore

Section B

- Sailing Background
 - Sailing theory and background:
 - Has awareness of other water users
 - Has basic knowledge of the rules of the road:
 - Power vs sail
 - Port vs starboard
 - Overtaking boat
 - Windward boat
 - Clothing and Equipment
 - Knows importance of personal buoyancy
 - Meteorology

- Has awareness of onshore and offshore winds
- Knows source of weather information and relevance of information
- Capsize Recovery
 - Understands basic theory (dry land or waist deep water capsize)
 - Understands importance of staying with boat