



RYA Level 1 syllabus – Start Sailing (Adult syllabus)

- 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
- 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

RYA Stage 2 syllabus – Basic Skills (Adult syllabus)

- Practical
 - Rigging:
 - Understands how to rig according to weather conditions
 - Able to reef ashore
 - Ropework – can tie the following:
 - Bowline
 - Clove Hitch
 - Reef Knot
 - Sailing Techniques and Manoeuvres
 - Has basic practical understanding of the following:
 - The Five Essentials:
 - Sail Setting
 - Balance
 - Trim
 - Course Made Good
 - Centreboard
 - Can sail around a short course using all points of sail
 - Leaving and returning to a beach, jetty or mooring

- Coming alongside a moored boat
 - Knows basic rules of the road:
 - Power/sail
 - Port/starboard
 - Windward boat
 - Overtaking boat
 - Aware of lee shore dangers
 - Sailing in close company with others
 - Man overboard recovery
 - Launching and Recovery
 - Has knowledge of boat storage ashore, launching and recovery
 - Able to paddle a sailing dinghy and/or row a boat around a short course, come alongside and make fast
 - Can launch and recover a boat
 - Capsize Recovery
 - Can right a capsized boat using one method of righting and has knowledge of at least one other method
 - Racing
 - Understands the course and starting procedure
- Sailing Background
 - Sailing Theory and Background
 - Has knowledge of:
 - Points of sailing and 'no go zone'
 - How a sail works and sailing boat moves
 - Sea sailing – local knowledge and advice
 - Tide tables, tidal sequence of springs and neaps, ebbs and flow
 - The effect of wind direction and tidal flow on sailing conditions
 - Speed over the ground with/against tidal flow
 - Estuaries and harbour mouths – conditions and hazards
 - Informing someone ashore/dangers of sailing alone

- Inland sailing – basic advice including local bylaws, permits, overhead power lines, locks and weirs
 - Advice for independent sailing – self reliance
 - The dangers of hypothermia and the importance of first aid training, particularly cardio pulmonary resuscitation
- Meteorology
 - Knows sources of relevant weather, inshore forecasts, when to reef
 - Understands Beaufort Wind Scale
- Clothing and Equipment
 - Knows importance of personal safety, clothing and buoyancy, boat buoyancy and basic equipment depending on type of boat (may include anchor, paddle, bucket, bilge pump)
- Emergency Equipment and Precautions
 - Knows importance of first aid kit and flares including stowage
 - Visual methods of attracting attention
 - Action to help those in distress
- Coastal
 - Capable of practical application of Section A in coastal waters
 - Able to anchor
 - Understands how to apply weather forecasts in coastal waters

RYA Stage 3 syllabus – Better Sailing (Adult syllabus)

- Practical
 - Rigging
 - Understands how to rig set up and sail controls to prepare the boat according to different weather conditions and sea states
 - Can check if a spinnaker is rigged correctly (if fitted)

- Launching and Recovery
 - Can leave and return to a beach, jetty or mooring, including windward and leeward shore in simple conditions
- Revision of Sailing Techniques and Manoeuvres
 - Practise and apply the following:
 - Adjusting the centre board according to point of sailing
 - Correct sail trim for different points of sailing
 - Using crew weight to influence the correct trim and balance of boat
 - Choosing the best route to sail depending on conditions
- Development of Sailing Techniques and Manoeuvres
 - More efficient sailing developing a more skilful technique
 - Use of different classes of boat
 - Understands principle of 'dry capsize' and how to avoid capsize inversion
 - Use of tell tales
 - Leaving and returning to shore or to pontoons under different conditions
- Further Sailing Techniques and Manoeuvres
 - Can recover a man overboard
 - Taster elements from the advanced modules that may be appropriate such as:
 - Has knowledge of basic spinnaker handling as crew or helm including hoist, drop
 - Can start and finish a simple race
- Sailing Background
 - Sailing Theory and Background
 - Understands points of sailing
 - Understands the five essentials
 - Knows and can apply the following International Rules for the Prevention of Collision at Sea (IRPCS):
 - Meeting other sailing vessels
 - Meeting power driven vessels

- Following or crossing narrow channels
 - Action by stand-on vessel
 - Understands the simplified ISAF racing rules
- Meteorology
 - Understands the Beaufort Wind Scale
 - Knows sources of information on weather for the day
 - Has an awareness of changing weather conditions
- Coastal
 - Navigation
 - Can use local tide tables
 - Basic chart orientation
 - Tidal heights – can read an internet tidal curve prediction
 - Understands the effect of tide and wind direction on sailing conditions