



RYA Stage 1 Syllabus (Youth syllabus)

- Practical
 - Rigging, Launching and Recovery
 - Can assist with rigging a dinghy
 - Can launch a dinghy and get under way with instruction
 - Can secure boat to trolley
 - Can assist with recovery and stowage of dinghy and gear
 - Ropework - can tie the following knots:
 - Figure of eight
 - Cleat a halyard
 - Sailing techniques and Manoeuvres
 - Can be a responsive crew under instruction
 - Can steer when sailing and being towed
 - Can steer on a reach and go about (reach to reach)
 - Understands the effect of basic boat controls
 - Understands the basic principles of stopping, controlling speed and getting out of irons
 - Can paddle or row round a short triangle
 - Can call for assistance
 - Clothing and Equipment
 - Can put on personal buoyancy correctly
 - Is confident in the water wearing personal buoyancy
 - Understands personal safety – and knows what to wear
 - Capsize
 - Understands the importance of staying with the boat
- Background
 - General
 - Can name basic parts of a boat
 - Understands what action to take to help those in distress
 - Understands local hazards

- Knows how to prepare for a tow
- Meteorology
 - Has knowledge of wind direction

RYA Stage 2 Syllabus (Youth syllabus)

- Practical
 - Rigging, Launching and Recovery
 - Can put a boat head to wind for rigging
 - Can rig a dinghy
 - Understands how to manoeuvre a trolley clear of other boats and overhead cables
 - Can launch and recover a small dinghy in an offshore wind
 - Ropework – can tie the following knots:
 - Figure of eight
 - Cleat a halyard
 - Round turn and two half hitches
 - Reef knot
 - Sailing Techniques and Manoeuvres
 - Can control speed and stop by lying-to
 - Can get out of irons
 - Can go about (close reach to close reach)
 - Can crew a boat effectively
 - Can sail a shallow triangle across the wind under supervision (gybing optional)
 - Understands the principles of:
 - The five essentials
 - Returning to a beach or pontoon (offshore wind)
 - Clothing and equipment
 - Can choose and correctly adjust a personal buoyancy aid
 - Understands what to wear
 - Capsize
 - Can be scooped in during capsize recovery
 - Or
 - Can right a single-handed dinghy
- Background
 - General

- Understands the No Go Zone
- Knows what is meant by windward, leeward, gybe
- Has knowledge of:
 - Spears and rigging
 - Parts of the sail
 - Sail controls and foils
 - Offshore and onshore winds
 - Telling someone ashore
 - The dangers of man made hazards
- Meteorology:
 - Understands several ways of finding wind direction
- Rules of the Road
 - Port and Starboard rule

RYA Stage 3 Syllabus (Youth syllabus)

- Practical
 - Rigging, Launching and Recovery
 - Can rig, launch and recover in an onshore wind
 - Can reef a dinghy ashore according to weather conditions
 - Can store a dinghy ashore
 - Ropework – can tie the following knots:
 - Figure of eight
 - Cleat a halyard
 - Round turn and two half hitches
 - Reef knot
 - Bowline
 - Clove hitch
 - Rolling hitch
 - Sailing Techniques and Manoeuvres
 - Can demonstrate the basic principles of the following:
 - The five essentials
 - Sailing on a triangular course
 - Tacking upwind
 - Gybing from a training run
 - Coming alongside a moored boat
 - Prepare for and take up tow from powered craft

- Picking up a mooring
 - Understands race starting procedure and course
 - Clothing and Equipment
 - Knows the importance of:
 - Personal safety equipment
 - Boat buoyancy
 - Basic safety equipment e.g. anchor, paddle, bailer
 - Capsize
 - Right a dinghy as helm/crew
- Background
 - General
 - Understands how to recover a man overboard
 - Understands the points of sailing
 - Understands how a sail works
 - Knows basic terminology
 - Understands the importance of clear communication
 - Understands lee shore dangers and sailing in close company
 - Understands advice to inland sailors for coastal sailing
 - Knows the importance of personal safety/telling someone ashore
 - Understands hypothermia first aid training
 - Meteorology
 - How to obtain a weather forecast
 - Understands Beaufort Wind Scale
 - Knows when to reef
 - Rules of the Road
 - Knows Port/Starboard, windward boat, overtaking boat

RYA Stage 4 Syllabus (Youth syllabus)

- Practical
 - Rigging, Launching and Recovery
 - Can rig, launch and recover in any wind direction
 - Can set up a dinghy according to weather conditions using sail and rig controls e.g. mast rake, reefing
 - Ropework
 - Figure of eight

- Cleat a halyard
 - Round turn and two half hitches
 - Reef knot
 - Bowline
 - Clove hitch
 - Rolling hitch
 - Sheet bend
- Sailing Techniques and Manoeuvres
 - Stage 3 sailing manoeuvres in crewed boat
 - Communicate effectively as helm or crew
 - Effective 5 essentials including tell-tales as helm or crew
 - Recover a man overboard
 - Return to a beach jetty or mooring safely in any wind direction
 - Coastal:
 - Practical sailing on tidal waters
- Capsize
 - Knows how to recover from total inversion
- Background
 - General
 - Has knowledge of:
 - Synoptic charts
 - Tidal ebb and flow
 - Spring and neap tides
 - Has basic knowledge of (coastal):
 - How to use tide tables
 - How to find the direction of tidal streams
 - Meteorology
 - Has knowledge of:
 - Beaufort Scale
 - Rules of the Road
 - Has knowledge of IRPCS
 - Coastal:
 - Can apply the IRPCS
 - Has basic knowledge of IALA buoyage