

RYA Start Yachting

A short introduction to sailing for complete beginners.

Course Objective:	This course provides a short introduction to sail cruising for novices.
Pre-course Experience:	None
Assumed Knowledge:	None
Course Content:	The yacht, ropework, underway, rules of the road, man overboard recovery, clothing and equipment, emergency equipment and precautions, meteorology
Ability after course:	By the end of the course participants will have experienced steering a yacht, sail handling, ropework and be aware of safety on board.
Next Steps:	Holders of a Start Yachting Certificate can obtain a Competent Crew certificate by completing a further 3 days or 2 weekends of a Competent Crew course.
Minimum Duration:	2 Days
Minimum Age:	None

Start Yachting - Syllabus

The Yacht

- ★ Basic knowledge of sea terms, parts of a boat, her rigging & sails

Ropework

- ★ Ability to tie the following knots: figure of eight, round turn & two half hitches, bowline
- ★ Securing a rope to a cleat
- ★ Use of winches and jamming cleats

Underway

- ★ Has experienced sailing a yacht on all points of sail
- ★ Can steer a yacht under sail or power

Rules of the Road

- ★ Can keep an efficient lookout at sea

Meteorology

- ★ Knows where to obtain a weather forecast

Man Overboard Recovery

- ★ Understands the action to be taken to recover a man overboard

Clothing & Equipment

- ★ Understands & complies with the rules for the wearing of safety harnesses, lifejackets & personal buoyancy aids

Emergency Equipment & Precautions

- ★ Is aware of hazards on board a yacht
- ★ Knows the action to be taken in the event of an emergency