

# Harp Sailing School 2014

## RYA Courses Stage 1, 2, 3 & 4



Children 7+ 15

### **RYA Stage 1**

Following the practical skills and background sailing knowledge outlined in the Youth Sailing Scheme, our beginners course is ideal for any young sailor wishing to start their sailing career and gain the confidence on the water. Using the practical and sailing background knowledge outlined in Stage 1, beginner sailors will be introduced to the water and have a basic understanding of how a boat sails, experience steering and handling a dinghy and will understand the principles of stopping, controlling speed and going about (tacking).

### **RYA Stage 2**

Following on from Stage 1, confident sailors will be able to demonstrate a full range of skills in a small dinghy and will have the background knowledge to launch and recover their boat, sail around a shallow triangular course, attempt gybing (under the supervision of their instructor), understand the five essentials and experience a capsize drill. Sailors will also have the knowledge of rigging their own boat, will be able to identify the various parts of their boat and sail, get themselves dressed in the correct clothing for the weather conditions and have a basic understand of the rules of the road whilst out sailing.

### **RYA Stage 3**

Following a more advanced set of skills, Stage 3 will give young sailors the confidence to rig and launch their own boat without direct assistance from their instructor, sail in any direction (demonstrating the use of the five essentials), sail around a triangular course, tack their boat upwind and demonstrate boat handling skills such as coming alongside a moored boat and picking up a mooring buoy. As well as demonstrating the skills outlined in the course, sailors will also have the knowledge and experience to solve any minor problems that may occur on the water and act in a seamanship like manner. It is recommended that young sailors spend as much time out on the water as possible to practice their sailing skills and knowledge as a confident sailor before embarking on their Stage 4.

### **RYA Stage 4**

For all young sailors ready to move up to an advanced level, the Stage 4 certificate means that you have the skill to sail a double-handed boat as a crew or helm, rig and launch in any wind direction, demonstrate the use of rig controls and reefing depending the wind conditions and can demonstrate the advanced sailing techniques and manoeuvres outlined in Stage 4. It is highly recommended that all sailors are able to sail to a confident standard and have spent plenty of time on the water developing and demonstrating their skills required in stages 1, 2 and 3.