

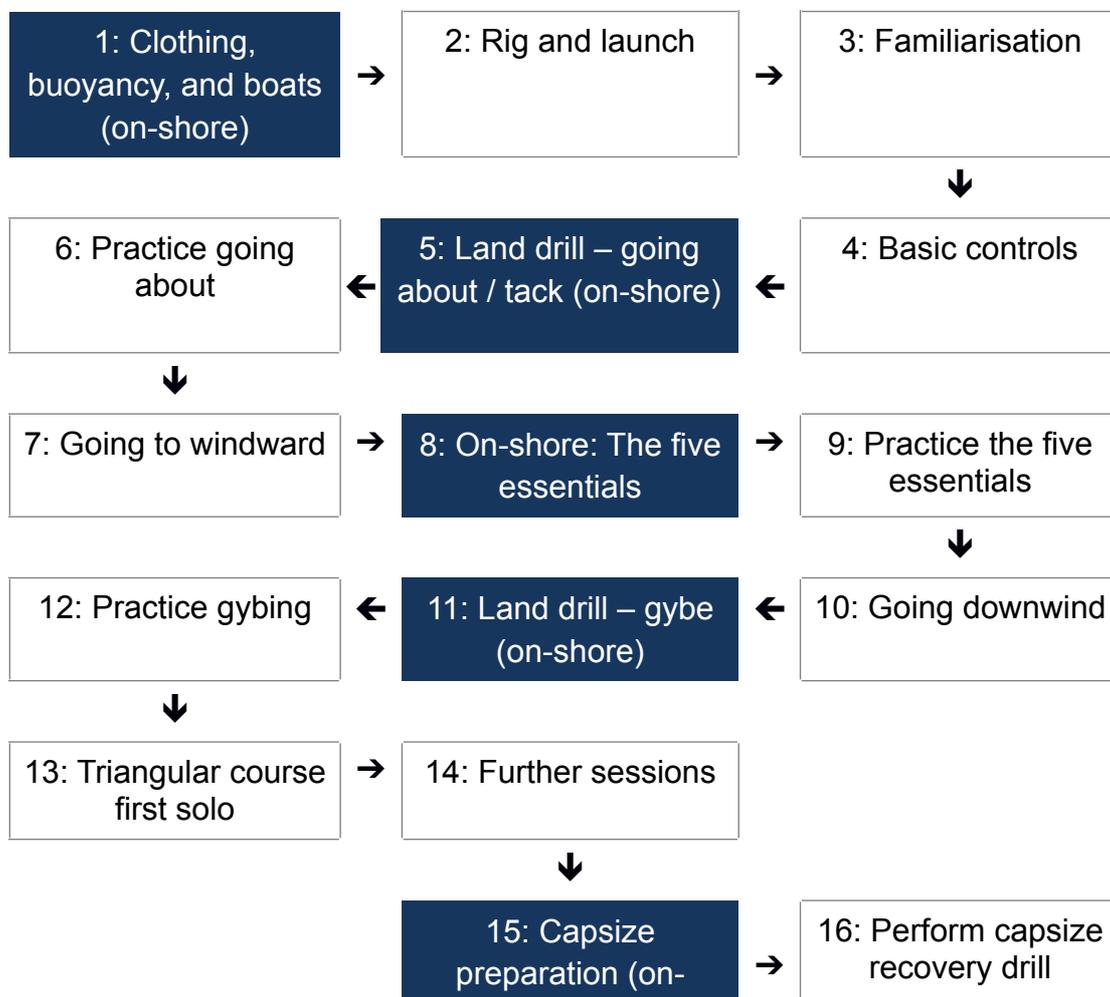
# Start sailing at NHEBSC

## Introduction

This document summarises the method for teaching the start sailing syllabus as contained in the RYA publication G14, “RYA National Sailing Scheme Instructor Handbook” (and copyright the RYA). This method applies to both single and double hand boats, with some modifications and detail as appropriate.

The next section presents an outline of the sessions. As skills are acquired they are to be reinforced by practice and repetition of sessions as the student and instructor feel desirable. The final section details the key learning points in each session, with space for the student to record when each session is performed.

## Outline of the RYA teaching method.



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**Key learning points and progress log.**

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Session	Comments
<p><b>1: Clothing / footwear / buoyancy aids / boats</b></p> <ul style="list-style-type: none"><li>• Appropriate clothing, wet suit, dry suit, waterproofs</li><li>• Footwear, wet boots, trainers.</li><li>• Buoyancy aid: 50 Newtons, correct size, secure fastening. 150 Newton life jackets for non-swimmers.</li><li>• Boat components: identify each item briefly, e.g. hull, mast, boom, sails, halliards, sheets, centre or dagger board, rudder with tiller and extension.</li></ul>	
<p><b>2: Rigging / Launching.</b></p> <ul style="list-style-type: none"><li>• Rig boat head to wind, involving students and explaining briefly.</li><li>• Avoid sails flogging, reef if necessary.</li><li>• Keep students dry!</li></ul>	
<p><b>3: Familiarisation</b></p> <p>The student experience the sensation of being in a sailing boat, perhaps for the first time.</p> <ul style="list-style-type: none"><li>• Interesting and enjoyable, fully controlled, staying dry.</li><li>• Instructor on helm, allocating tasks to student.</li><li>• Student to be looking around and outside of boat, not inside.</li><li>• Student balances boat and gains awareness of wind direction and general orientation.</li></ul>	
<p><b>4: Basic controls</b></p> <p>Boat is launched and student takes helm.</p> <ul style="list-style-type: none"><li>• Starting from lying-to with sails flapping, pull in sails to move off, let out to slow down.</li><li>• Sail figure of 8 course, with instructor assisting with advice and balance.</li><li>• Balance of boat and effect of fore/main sails in turning relative to wind.</li><li>• Effect of centre board.</li><li>• Observe no-go zone while tacking through 180 degrees.</li></ul>	

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Session	Comments
<p><b>5: Land drill – going about</b></p> <p>Turning the boat with front passing through the wind. Instructor demonstrates whole, explains parts, repeats demonstration of whole. Student practices on boat ashore or at jetty.</p> <ul style="list-style-type: none"> <li>• Prepare with feet positioned under body, visual check of upwind area.</li> <li>• Communicate intention to crew – “ready about”.</li> <li>• Execute by pushing tiller leeward, wait, observe boom passing overhead, move across to new side, balance boat throughout.</li> <li>• Pass tiller and mainsheet to correct hands before tack for rear-main, after tack for centre-main.</li> </ul>	
<p><b>6: Practice going about</b></p> <p>Student practices with the aim of sailing a shallow figure of 8 course without assistance from instructor.</p> <ul style="list-style-type: none"> <li>• Go about from reach to reach, lots of practice.</li> <li>• Ensure boat speed is sufficient to carry through 180 degrees.</li> </ul>	
<p><b>7: Going to windward</b></p> <p>Develop tacking through narrowing angle until 90 degrees between close hauled is achieved.</p> <p>Initial exercise may be the move of one end only of figure of 8 course to windward.</p> <ul style="list-style-type: none"> <li>• Understand when sails flap and observe sails as indicator of direction of boat relative to wind.</li> <li>• Ensure the boat is balanced flat at this stage.</li> </ul>	
<p><b>8: The five essentials</b></p> <p>These are the five skills essential to sail a boat efficiently.</p> <ul style="list-style-type: none"> <li>• Sail setting for angle relative to wind.</li> <li>• Balance to be flat and minimise drag, heeling steers boat.</li> <li>• Trim fore and aft for different points of sail.</li> <li>• Centreboard down enough to control leeway.</li> <li>• Course made good - concerns options for sailing to</li> </ul>	
<p><b>9: Practice the five essentials</b></p> <p>Practice with correct settings, experiment with inappropriate settings.</p>	

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Session	Comments
<p><b>10: Downwind</b></p> <p>Practice sailing away from the wind. Avoid gybing at this stage.</p> <ul style="list-style-type: none"><li>• Bear away with combination of slight windward heel, let out mainsheet. Avoid over-steering.</li><li>• Observe jib as indicator of training run versus dead run.</li><li>• Practice five essentials while turning from beam reach to run, then back to reach or close-hauled.</li></ul>	
<p><b>11: Land drill – Gybe</b></p> <p>Turning the boat with back passing through the wind. Instructor demonstrates whole, explains parts, repeats demonstration of whole. Student practices.</p> <ul style="list-style-type: none"><li>• Prepare by moving aft, visual check of downwind area obscured by sails, make smooth and deliberate actions.</li><li>• Communicate intention to crew – “standby to gybe”.</li><li>• Execute by pulling tiller to windward, sheet in to reduce angle for boom to swing, centralise tiller as boom crosses, balance boat throughout.</li><li>• Pass tiller and mainsheet between hands before gybe for rear-main, after gybe for centre-main.</li></ul>	
<p><b>12: Practice the gybe</b></p> <ul style="list-style-type: none"><li>• Ensure good observation of the area being sailed into.</li><li>• Make minimal steering movements but be positive initiating gybe.</li></ul>	
<p><b>13: First solo on triangular course</b></p> <p>Sail a simple triangular course with an achievable windward</p>	
<p><b>14: Further sessions</b></p> <p>Practice, have fun improving, and try exercises from the development section of the instructors handbook and race training exercises.</p> <ul style="list-style-type: none"><li>• Practice leaving the shore or jetty and returning. Understand and practice for both on-shore and off-shore winds.</li><li>• Practice on racing marks before approaching fixed hazards and shallow water. Plan an approach that is feasible for control of speed, plus an escape route to go around again.</li><li>• Ropework – know when to use and how to tie a bowline, figure of eight, round turn and two half hitches.</li></ul>	

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Session	Comments
<p data-bbox="252 264 1070 302"><b>15: Shore based preparation for capsize recovery</b></p> <p data-bbox="252 313 1038 421">This exercise should fit into the program at the earliest practical opportunity taking into account weather, water temperature and any other factors.</p> <ul data-bbox="300 443 1145 846" style="list-style-type: none"><li data-bbox="300 443 1054 510">• On-shore briefing for method for single or double-handers.</li><li data-bbox="300 517 1145 622">• Capsize can be caused simply by a brisk tack keeping main sheeting in and remaining on old windward side of boat.</li><li data-bbox="300 629 927 663">• Communication between helm and crew.</li><li data-bbox="300 669 740 703">• Swim under the mainsheet.</li><li data-bbox="300 710 1129 777">• When crew is throwing sheets to helm, face away from boat to throw overhead.</li><li data-bbox="300 784 1145 846">• Several variations of methods and technique for classes of boat.</li></ul>	
<p data-bbox="252 869 815 907"><b>16: Practice capsize recovery drill</b></p> <ul data-bbox="300 918 1150 1108" style="list-style-type: none"><li data-bbox="300 918 1054 985">• Students to check for loose items (contact lenses, glasses, watches, hearing aids, false teeth).</li><li data-bbox="300 992 1150 1059">• Controlled exercise in a location close to base and away from hazards. Practice calmly and smoothly.</li><li data-bbox="300 1066 991 1108">• Instructor prepared to go into water, and may</li></ul>	

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## Sailing log book

Sailor's name: \_\_\_\_\_

Session	Date
<b>1: Clothing / footwear / buoyancy aids / boats</b>	
<b>2: Rigging / Launching.</b>	
<b>3: Familiarisation</b>	
<b>4: Basic controls</b>	
<b>5: Land drill – going about</b>	
<b>6: Practice going about</b>	
<b>7: Going to windward</b>	
<b>8: The five essentials</b>	
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<b>10: Downwind</b>	
<b>11: Land drill – Gybe</b>	
<b>12: Practice the gybe</b>	
<b>13: First solo on triangular course</b>	
<b>14: Further sessions</b>	
<b>15: Shore based preparation for capsized recovery</b>	
<b>16: Practice capsized recovery drill</b>	