



Come and learn with the RYA

Welcome to RYA training – a programme of courses designed to help you progress through your chosen activity. The expert tuition and sound advice offered by our training centres is just what you need to make the most of your time afloat, whatever your age, ability or aspirations.

So, how do you start?

We offer courses for all types of windsurfers, dinghies, multihull sailing and small keelboats.

You don't have to start at the beginning – simply pick the course most suited to your ability and experience. Be realistic when choosing your course and don't expect to master advanced manoeuvres or techniques until you have cracked the basics. If in doubt, call your local training centre for advice.

Where do you want to learn?

Our courses are run all over the UK and at lots of locations around the world. They can only be run by RYA recognised training centres, which we inspect annually to check they are maintaining our high standards of instruction, safety and equipment. Only these centres are allowed to display the tick mark logo.



OnBoard clubs and centres have links with local schools and youth groups, making it easy for kids to get afloat and stay involved.

www.ruob.co.uk



RYA Sailability – making disability plain sailing. Sailability Foundation Sites offer opportunities and support in sailing and windsurfing for disabled children and adults.

www.rya.org.uk/sailability



Volvo Champion Clubs run regular junior and youth racing and race training to get children involved in competitive sailing.

www.rya.org.uk/vcc

What equipment do you need?

If you're just starting out you shouldn't need anything as your training centre will provide suitable clothing and buoyancy aids or harnesses.

If you're thinking of buying a boat or board but don't know which to choose, have a chat with your instructor. They can give you expert advice based on your experience, your budget and what you want to achieve.

What do you want to do next?

There are so many opportunities to make being on the water a part of your life. You may like to join a club and enjoy the social life that comes with it, or take part in competitions, or even work towards a career in the watersports industry.

Sailing and windsurfing are wonderfully diverse and fun sports, encompassing people from all walks of life. We're delighted you want to give it a go.

Our website www.rya.org.uk has full details of all our courses, where they are run, how to find your local club and careers advice.

The RYA National Sailing Scheme

Course	Recommended pre-course knowledge	Course content	Ability after the course	Minimum duration	Minimum age
Level 1 Start Sailing	None	How to sail in all directions, including an awareness of launching and recovering	Able to sail in light winds under supervision	2 days	16
Level 2 Basic Skills	Sailing skills to the standard of Level 1	Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge	Able to sail and make decisions in good conditions	2 days, but is often combined with the Level 1 course into a 4 or 5 day course	16
Level 3 Better Sailing	Sailing skills to the standard of Level 2	Coaching of Level 1 and 2 skills and taster sessions from the advanced modules	More confident in sailing skills and techniques, and ready to progress onto the advanced modules	2 days or equivalent	16

Recommended books:



RYA National Sailing Scheme syllabus and logbook (G4)



RYA Start Sailing Handbook (G3)

The RYA Youth Sailing Scheme

Course	Recommended pre-course knowledge	Course content	Ability after the course	Minimum duration	Minimum age
Stage 1	None	Launching and recovery, steering, parts of the boat, basic sailing	Able to steer and understand basic principles	2 days	None, but centres often take children from 8
Stage 2	Basic knowledge and steering ability to standard of Stage 1.	Basic sailing skills, ropework, collision avoidance	Able to tack and control boat speed, and understand basic principles	2 days	None, but centres often take children from 8
Stage 3	Up to and including the Stage 2 course	Rigging, launching and recovery, sailing techniques, capsizing recovery, sailing theory	Able to launch and sail a dinghy around a triangle in moderate conditions	2 days	None, but centres often take children from 8
Stage 4	Up to and including Stage 3	Launching and returning to a beach, jetty or mooring, and sailing a crewed dinghy around a triangle in moderate conditions	Able to launch and sail a dinghy around a triangle in moderate conditions	2 days	None, but centres often take children from 8

Recommended books:



RYA Youth Sailing Scheme (G11)

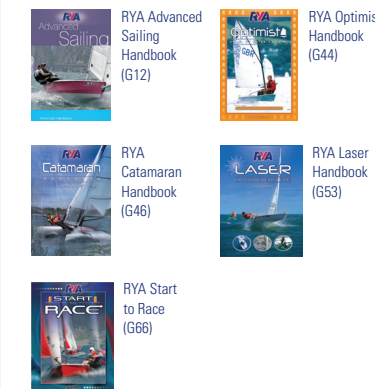


RYA Go Sailing! (G32)

The RYA Advanced Modules for youths and adults

Course	Recommended pre-course knowledge	Course content	Ability after the course	Minimum duration
Seamanship Skills	Sailing skills to the standard of the Level 2 course	Launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard, anchoring	Able to handle a wide range of situations afloat	2 days
Day Sailing	Skills and background knowledge to at least the standard of the Level 2 course	Preparing and planning for a day cruise, pilotage and decision making including adverse conditions	Able to plan and execute a cruise, depending on conditions	2 days
Sailing with Spinnakers	Sailing and background knowledge to the standard of the Level 2 course	How to rig the boat, gybe and recover one type of spinnaker, either conventional or asymmetric. How to sail the best possible course downwind	Able to use a spinnaker either conventional or asymmetric	2 days
Start, Intermediate and Advanced Racing	For Start Racing you need sailing and knowledge to at least the standard of the Level 2 course (Stage 3 for under 16s)	From fun racing to regattas – all you need to know to get off the start line and round the course	If you go all the way through to Advanced Racing you will have developed your techniques and skills to enable you to confidently take part on higher level competition	2 to 5 days
Performance Sailing	Competent boat handling - probably at least one full season after completing Level 2	Coaching to improve your sailing, primarily in two person boats with spinnakers	Able to sail faster and more efficiently in all conditions	2 days

Recommended books:



The RYA National Windsurfing Scheme

Course	Recommended pre-course knowledge	Course content	Ability after the course	Minimum duration	Minimum age
Start Windsurfing	None	Teaches you the basics of windsurfing using the right equipment	Sail to a chosen point on the water and return to where you started from in light winds	8-10 hours	16
Intermediate (non planing)	The Start Windsurfing course. Able to sail on all points of sailing in light winds	New techniques such as the beachstart and harness work will get you ready for the excitement of blasting control. Beachstarting and gybing are taught either as a separate clinic or within the course, tailored to an individual's needs and the teaching environment	Sail on all points of sailing in stronger winds, using beachstarts and faster tacking and gybing	8-10 hours	16
Intermediate (planing)	Competent with skills and knowledge to the standard of the Intermediate non-planing course	Harness and footstrap techniques combined with our Fastfwd coaching improve your stance and get the board planing, giving you the exhilaration of speed and improved theory knoweldge. Beachstarting and gybing are taught either as a separate clinic or within the course, tailored to an individual's needs and the teaching environment	Sail on all points of sailing in stronger winds, using harness and footstraps and getting planing.	8-10 hours	16

Recommended books:



RYA
Windsurfing
Syllabus
& Logbook
(G47)

The RYA Youth Windsurfing Scheme

Course	Recommended pre-course knowledge	Course content	Ability after the course	Minimum duration	Minimum age
Stage 1	None	All fun no theory. Get on the water and discover windsurfing. We'll get you up and sailing around in no time	Sail to a chosen point on the water and return to where you started in light winds	8-10 hours	None, but centres often take children from 8
Stage 2	Level 1 standard. Be able to sail across the wind and back	Learn to tack and gybe, helping you make progress towards and away from the wind	Sail on all points of sailing in light winds, tacking and gybing	8-10 hours	None, but centres often take children from 8
Stage 3	Competent Stage 2 sailor	A mixture of theory and practical, introducing beachstarting and harness technique, with time spent improving tacking and gybing in stronger winds	Sail on all points of sailing in a variety of conditions, knowing when to tack and gybe, use the harness and beachstart	8-10 hours	None, but centres often take children from 8
Stage 4	Competent Stage 3 sailor	Hook in and hang on! This stage builds on a confident ability to tack, gybe and sail in the harness with an introduction to basic footstrap technique	Sail around using the harness, knowing when to tack and gybe, showing a basic ability to use the footstraps	8-10 hours	None, but centres often take children from 8

Recommended books:



Youth
Windsurfing
Scheme
Syllabus &
Logbook (W1)



The RYA Advanced Windsurfing Modules for youths and adults

Course	Recommended pre-course knowledge	Course content	Ability after the course	Minimum age
Advanced	Competent Intermediate level with the ability to sail in footstraps and harness in planing conditions	Dynamic transitions, advanced planing techniques and waterstarts are broken down and simplified, backed up with relevant theory. Waterstarting, carve gybing and other advanced skills such as advanced carving and bump and jump, can be taught as part of a course or clinic, or as an ongoing learning experience	Improved blasting control to aid early planing, tacking on a variety of boards in varying conditions. Additional clinics help you master the waterstart and infamous planing gybe	None, but training centres often take children from the age of 8
Start, Intermediate and Advanced Racing	For Start Racing you need no prior racing knowledge, but students must hold a Stage 1 certificate from the youth windsurfing scheme or Start Windsurfing from the National Windsurfing Scheme	Building general racing knowledge: racing information (courses, rules, starting, tactics and strategy), pre-race preparation (equipment, health and fitness) and racing techniques (starting, developing speed, turning and tactic strategy)	If you go all the way through to Advanced Racing you will have developed your techniques and skills to enable you to confidently take part on higher level competition	None, but training centres often take children from the age of 8

Recommended books:



RYA Start
Windsurfing
Handbook
(G49)



RYA Intermediate
Windsurfing
Handbook
(G51)



RYA
Advanced
Windsurfing
(G52)



SAILING & WINDSURFING COURSES