



## DRAFT Racing Syllabuses Version 1

| Old Youth Racing Scheme  | New scheme for Youth & Adult   |
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| <p><b>Red</b><br/> <b>Aims:</b> To introduce to novice sailors to racing at clubs.<br/>           Awarded by: Club Racing Coach or Racing Instructor run in training centre or RYA affiliated club.<br/> <b>Duration:</b> 5 days/ 3 weekends<br/>           Certificate from the RYA £<br/>           Syllabus: G11 sailor's handbook,</p> | <p><b>Start Racing</b><br/> <b>Aims:</b> To introduce to novice sailors to racing at clubs.<br/>           Awarded by: Club Racing Coach or Racing Instructor run in training centre or an RYA affiliated club.<br/> <b>Duration:</b> 2 days<br/>           Certificate from the RYA<br/> <b>Syllabus:</b> G11</p>   |
| <p><b>White</b><br/> <b>Aims:</b> To build on racing skills and prepare sailors for open meetings.<br/>           Awarded by Club Racing Coach at Training centre or RYA affiliated club<br/> <b>Duration:</b> 5 days/ 3 weekends<br/> <b>Syllabus:</b> RYA Coaching Resource pack</p>   | <p><b>Intermediate Racing</b><br/> <b>Aims:</b> To develop/improve the racing technique and knowledge for racing at club level.<br/>           Awarded by Club Racing Coach at an RYA affiliated Club or Training Centre.<br/> <b>Duration:</b> 5 Days or 3 weekends<br/>           Certificate from the website or by e mail<br/> <b>Syllabus:</b> Coaching workbook and RYA website</p>  |
| <p><b>Blue</b><br/> <b>Aims:</b> To develop the skills of the sailor prior to entering a National squad<br/>           Awarded by a Class Racing Coach at a training centre club<br/> <b>Duration:</b> 5 days/3 weekends<br/>           Certificate £ from the RYA<br/> <b>Syllabus:</b> RYA Coaching resource pack</p>                    | <p><b>Advanced Racing</b><br/> <b>Aims:</b> To develop racing skills and knowledge for racing at Open meetings<br/>           Awarded by any Racing Coach working within a class at an Affiliated Club or Training Centre.<br/> <b>Duration:</b> 5 Days or 3 weekends<br/>           Certificate from the website or by e mail<br/> <b>Syllabus:</b> Coaching workbook and RYA website</p> |

## **The 5 Essentials of Sailing**

- 1. Course Made Good**
- 2. Balance**
- 3. Trim**
- 4. Sail setting**
- 5. Centre board (dagger board)**

| <b>Subject</b>               | <b>Intermediate Racing (White)</b>   | <b>Advanced Racing (Blue)</b>  |
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| <b>Aims of the course:</b>   | <p>To provide techniques and knowledge to improve club racing ability.</p> <p><b>Course length should select 80% of the syllabus and include the key factors for racing at a specific club</b></p>   | <p>To provide techniques and knowledge of how to race at open meetings.</p> <p>This includes :</p> <ul style="list-style-type: none"> <li>• Higher level race training</li> <li>• Class specific racing tips/techniques/guides</li> </ul> <p><b>Course length should select 80% of the syllabus and include the key factors for racing for a specific class</b></p>  |
| <b>1. Mental preparation</b> | <p><b>Has a basic understanding of how stress affects sailing</b></p> <p><b>Understands how to:</b></p> <ul style="list-style-type: none"> <li>• set a goal each time the sailor goes out on the water.</li> </ul> <p><b>Can</b></p> <ul style="list-style-type: none"> <li>• recognise when they get excited, stressed, nervous around the course.</li> </ul> | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• visualisation</li> <li>• process and outcome goals</li> </ul> <p>Understands how to:-</p> <ul style="list-style-type: none"> <li>• control stress during a race</li> <li>• profile strengths and weaknesses.</li> <li>• the importance of concentration during a race</li> </ul> <p>Can :</p> <ul style="list-style-type: none"> <li>• set specific goals for training and racing</li> <li>• control excitement and nerves prior during a race.</li> <li>• use key words to help focus attention around the race course.</li> </ul> |

| Subject                        | <ul style="list-style-type: none"> <li>Intermediate Racing (White)</li> </ul>   | Advanced Racing (Blue)  |
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| <b>2. Physical Preparation</b> | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>warm up exercises on the water</li> <li>stretching exercises to be used after sailing</li> <li>the importance of hydration and nutrition during racing.</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>the importance of keeping fit</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>select the right clothing for the right conditions.</li> </ul> <p>carry water food and spare clothing for a race</p>   | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>how to design a physical fitness training programme.</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>the importance of hydration and nutrition – pre, during and post race.</li> <li>the effects of alcohol and sleep deprivation</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>demonstrate warm up exercises on the water</li> <li>demonstrate stretching exercises after sailing.</li> </ul> |
| <b>3. Boat Preparation</b>     | <p><b>Has knowledge of:</b></p> <p><b>Understands how to:</b></p> <ul style="list-style-type: none"> <li><b>Prepare a boat for club racing: To include: hull,, spars, sails, foils, fittings, rigging, control lines.</b></li> </ul> <p><b>Can:</b></p> <ul style="list-style-type: none"> <li><b>conduct a boat check checking the condition of: hull,, spars, sails, foils, fittings, rigging, control lines.</b></li> <li><b>Store a boat and equipment in between racing.</b></li> <li><b>demonstrate fig of 8, bowline, thumb knot and understand their uses.</b></li> </ul> | <p>Understand how to:-</p> <ul style="list-style-type: none"> <li>Improve foil finish</li> <li>Optimise boat to class rules</li> <li>Use a tuning guide</li> <li>check trailers - wheel bearings, legality and safety prior to travelling.</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>complete routine boat maintenance</li> <li>make class specific modifications</li> </ul>   |

| Subject   | Intermediate Racing (White)  | Advanced Racing (Blue)   |
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| <p><b>4. Boat handling</b></p> <p><b>(boat speed when changing direction)</b></p> | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• how to steer the boat without a rudder.</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>• the principles involved in slow speed handling including stopping, accelerating and sailing backwards.</li> <li>• A range of exercises that will allow the sailor to train by themselves.</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>• apply the 5 Essentials around the course</li> <li>• roll tack and gybe in light/med winds</li> <li>• round windward and leeward marks efficiently in light to moderate winds</li> <li>• demonstrate various methods of spinnaker hoists and drops (if appropriate).</li> <li>• Sail upwind and down wind in gusty conditions.</li> <li>•</li> </ul>                                       | <p>Understands:-</p> <ul style="list-style-type: none"> <li>• the importance of teamwork and coordination.</li> <li>• how to race train with another boat and by oneself</li> <li>• the principles of steering with sails and balance and can demonstrate these principles in taking penalty turns</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>• demonstrate slow speed boat handling around the course including stopping, accelerating, sailing backwards, hovering</li> <li>• demonstrate good tacks and gybes in all wind strengths and when relevant, roll tacks and gybes.</li> <li>• sail with tethered rudder around the course (max F3)</li> </ul> |
| <p><b>5. Boat speed</b></p> <p><b>(boat speed in a straight line)</b></p>         | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• <b>Basic aerodynamics i.e. how a sail works</b></li> <li>• <b>how to “power up” or “de power” the rig</b></li> <li>• <b>weather and lea helm</b></li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>• <b>how to measure mast rake and rig tension</b></li> <li>• <b>how to calibrate controls</b></li> <li>• <b>how to use controls in a variety of conditions i.e. - c/board, kicker, outhaul, cunningham, halyard tension, sheet angle and tension, pole height and angle (when appropriate)</b></li> <li>• <b>what is meant by the ‘slot’</b></li> </ul> <p>Can:</p> <ul style="list-style-type: none"> <li>• <b>set up the boat for a range of conditions</b></li> <li>• <b>set a sail by using tell tales or shape(spinnaker)</b></li> </ul> | <p>Understands:-</p> <ul style="list-style-type: none"> <li>• the relevance of tall sail controls and their effects on the sail.</li> <li>• how to change ‘gears’ in different conditions while on the water.</li> <li>• vary the tuning guide for different conditions</li> <li>• how to create own tuning guide and post race analysis sheet.</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>• fine tune using the “feel” of the boat</li> <li>• how to 2 boat tune</li> <li>• how to use a tuning guide to set the rig up</li> <li>• footing/ stuffing</li> <li>• set the boat up for all conditions</li> </ul>   |

| Subject                                     | Intermediate Racing (White)  | Advanced Racing (Blue)   |
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| <p><b>6. Teamwork (two person boat)</b></p> | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• encouraging or calming down other members of the crew</li> <li>• how to analyse your race performance</li> </ul> <p>Understand how to:-</p> <ul style="list-style-type: none"> <li>• divide up the roles around the course.</li> <li>• divide up the jobs in the boat</li> <li>• pass relevant information during the race</li> </ul> <p>Can:</p> <ul style="list-style-type: none"> <li>• conduct a debrief between helm and crew after a race training session,</li> </ul>  | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• Crew Profile Pro-forma</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>• effective race analysis and race and training goals</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>• communicate effectively and can react to changing circumstances</li> <li>• Create key words for communicating jobs and information around the course.</li> <li>• demonstrate calming and encouragement techniques</li> <li>• involve crew's feedback of the helm in the debrief.</li> </ul>                  |
| <p><b>7. Strategy &amp; Metrology</b></p>   | <p><b>Has knowledge of:</b></p> <ul style="list-style-type: none"> <li>• <b>Weather systems in the UK</b></li> </ul> <p><b>Understands:-</b></p> <ul style="list-style-type: none"> <li>• <b>clear air,</b></li> <li>• <b>gusts and lulls</b></li> <li>• <b>use of telltales</b></li> <li>• <b>the effect of topographical features around the course</b></li> <li>• <b>the effect of tidal flow</b></li> <li>• <b>how to assess laylines</b></li> <li>• <b>how to use a compass to identify lifts and headers.</b></li> <li>• <b>how to pick the right end of the finishing line</b></li> </ul> <p><b>Can:-</b></p> <ul style="list-style-type: none"> <li>• <b>identify a header and lift.</b></li> <li>• <b>choose a simple race strategy considering key factors around the course.</b></li> </ul> | <p>Understands:-</p> <p>Can:-</p> <ul style="list-style-type: none"> <li>• can create a race strategy for wind and tide prior to going afloat based on weather forecast, tide tables, etc.</li> <li>• can create an race strategy during pre-start.</li> <li>• can prioritise 3 key factors for race strategy.</li> <li>• can review progress throughout the race.</li> <li>• use headers and lifts to good advantage</li> <li>• use tidal flow to good advantage</li> <li>• select and judge a lay line the majority of the time</li> <li>• choose the correct end of the finishing line</li> </ul> |

| Subject  | Intermediate Racing (White)  | Advanced Racing (Blue)   |
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| <b>8. Racing rules</b>   | <p>Has a knowledge of:-</p> <ul style="list-style-type: none"> <li>• fair sailing (part 1 of the racing rules)</li> <li>• the difference in rules pre-start</li> <li>• what to do at an obstruction</li> </ul> <p>Understands key definitions:-</p> <ul style="list-style-type: none"> <li>• keeping clear</li> <li>• the importance of avoiding a collision</li> <li>• proper course</li> <li>• giving room</li> <li>•</li> </ul> <p>Understand the basic interpretation of rules:</p> <ul style="list-style-type: none"> <li>• 10 (port and starboard)</li> <li>• 11 (windward leeward)</li> <li>• 18.2 (mark roundings)</li> <li>• 13 (keeping clear while tacking)</li> <li>• how to initiate a penalty</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>• complete a race complying with the basic rules</li> <li>• complete a penalty turn(s)</li> </ul> | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• protest hearings and procedures (Part 5 of racing rules)</li> <li>• All key sections in the rule book.</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>• all part 2 rules around the race course</li> <li>• how to use the basic rules to his/her advantage</li> </ul> <p>Can:-</p> <ul style="list-style-type: none"> <li>• complete a race demonstrating knowledge of the rules in Part 2</li> <li>• initiate a protest hearing</li> <li>•</li> </ul>  |
| <b>9. Tactics (Route around the course avoiding other boats)</b> | <p><b>Aim is to be able to decide a route around the course focusing on clear air and avoiding crowded situations</b></p> <p><b>Understands</b></p> <ul style="list-style-type: none"> <li>• <b>boat on boat tactics</b></li> <li>• <b>lee bow situation</b></li> <li>• <b>how to cover and break cover</b></li> <li>• <b>the importance of clear air</b></li> </ul> <p><b>Can:-</b></p> <ul style="list-style-type: none"> <li>• <b>demonstrate both port and starboard approach to a windward mark</b></li> </ul>  | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• holding a lane upwind</li> <li>• Boat on fleet tactics</li> <li>• attacking and defending</li> <li>• controlling situations</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>• boat on group tactics</li> <li>• over taking and defending tactics.</li> <li>• Covering</li> <li>• Different approaches to marks</li> <li>• when to do a gybe or bear away set</li> </ul> <p>Can demonstrate:-</p> <ul style="list-style-type: none"> <li>• boat on boat tactics</li> <li>• lee bow situation</li> <li>• How to cover and break cover</li> </ul> |

| <b>Subject</b>           | <b>Intermediate Racing (White)</b>  | <b>Advanced Racing (Blue)</b>  |
|--------------------------|---|--|
| <b>10. Starts</b>        | <p>Has knowledge of:-</p> <ul style="list-style-type: none"> <li>• protecting a gap to leeward</li> <li>• holding boat on line (hovering)</li> <li>• how to accelerate off the start line</li> <li>• pre start rules</li> </ul> <p>Understands:-</p> <ul style="list-style-type: none"> <li>• line bias and how to assess it</li> <li>• how to use transits</li> <li>• start sequence, recall signals and starting penalties</li> </ul> | <p>Understands:-</p> <ul style="list-style-type: none"> <li>• pre start rules</li> </ul> <p>Can demonstrate:-</p> <ul style="list-style-type: none"> <li>• how to protect a gap to leeward</li> <li>• how to hold the boat on the line (hovering)</li> <li>• how to accelerate off the start line</li> <li>• different methods of how to assess line bias</li> <li>• how to use transits</li> <li>• knowledge of various start sequences, recall signals and starting penalties</li> <li>• Lane holding up wind</li> </ul> |
| <b>11. Miscellaneous</b> | <p>Understands:</p> <ul style="list-style-type: none"> <li>• Legality of insurance and measurement certificate</li> <li>• Safety equipment required when racing</li> <li>• Safety considerations when racing</li> </ul>   |  |