

# HPYC : RYA LEVEL 2 (BASIC SKILLS) SAILING SYLLABUS

## *Section A - Practical Skills*

### Rigging

- Understands how to rig according to weather conditions
- Able to reef ashore

### Ropework - can tie the following knots:

- Bowline
- Clove Hitch
- Reef Knot

### Sailing Techniques and Manoeuvres

- Has basic practical understanding of the following FIVE ESSENTIALS:
  - Sail Setting
  - Balance
  - Trim
  - Course Made Good
  - Centreboard
- Can sail around a short course using all points of sailing and crewing skills
- Leaving and returning to a beach, jetty or mooring
- Coming alongside a moored boat
- Knows basic rules of the road:
  - Power/sail
  - Port/Starboard
  - Windward boat
  - Overtaking boat
- Aware of lee shore dangers
- Sailing in close company with others
- Man overboard recovery

### Launching and Recovery

- Has knowledge of boat storage ashore, launching and recovery
- Able to paddle a sailing dinghy and come alongside and make fast
- Can launch and recover a boat

### Capsize Recovery

- Can right a capsized boat using one method of righting and has knowledge of at least one other method

### Racing

- Understands the course and starting procedure

## **Section B - Sailing Background**

- Sailing Theory and Background. Has knowledge of:
  - Points of sailing and 'no go zone'
  - How a sail works and sailing boat moves
  - Sea sailing - local knowledge and advice
  - Tide tables, tidal sequence of springs and neaps, ebbs and flow
  - The effect of wind direction and tidal flow on sailing conditions
  - Speed over the ground with/against tidal flow
  - Estuaries and harbour mouths - conditions and hazards
  - Informing someone ashore/dangers of sailing alone
  - Advice for independent sailing - self reliance
  - The dangers of hypothermia and the importance of first aid training, particularly Cardio Pulmonary Resuscitation (CPR)
- Meteorology
  - Knows sources of relevant weather, inshore forecasts, when to reef
  - Understands the Beaufort Wind Scale
- Clothing and equipment
  - Knows importance of personal safety, clothing, buoyancy, boat buoyancy and basic equipment depending on type of boat (buoyancy aid, anchor and paddle are minimum essential at HPYC)
- Emergency Equipment and Precautions
  - Knows importance of first aid kit (patrol boats only)
  - Visual methods of attracting attention
  - Action to help those in distress

## **Section C - Coastal**

- Able to anchor
- Understands how to apply weather forecasts in coastal waters