

RYA Start Yachting practical sailing course syllabus



Aim: To introduce the complete beginner to cruising experiencing steering the yacht, personal safety, ropework and sail handling. Holders of a Start Yachting certificate can obtain a Competent Crew certificate by completing a further three days or two weekends of the Competent Crew course.

The Yacht

- Basic knowledge of sea terms, parts of a boat, her rigging and sails

Ropework

- Ability to tie the following knots: figure of eight, round turn and two half hitches, bowline
- Securing a rope to a cleat
- Use of winches and jamming cleats

Underway

- Has experienced sailing a yacht on all points of sail
- Can steer a yacht under sail or power

Rules of the road

- Can keep an efficient lookout at sea

Meteorology

- Knows where to obtain a weather forecast

Man overboard recovery

- Understands the action to be taken to recover a man overboard

Clothing and equipment

- Understands and complies with the rules for the wearing of safety harnesses, lifejackets and personal buoyancy aids

Emergency equipment and precautions

- Is aware of hazards on board a yacht
- Knows the action to be taken in the event of an emergency