

THURSDAY CLUB

INTRODUCTION TO WATER

Aim –

to be comfortable both on and in the water in a buoyancy aid

Ref	Description	
I1	Aware of the wind direction	
I2	Able to put a buoyancy aid on	
I3	Confident in the water with a buoyancy aid	
I4	Know what to wear when going sailing	
I5	Know how to call for assistance	
I6	Have an awareness of tide. (knowledge of what tide is its strength and an understanding of what the "state" of the tide is at any time)	
I7	Able to balance on a paddleboard kneeling, then standing up	
I8	Able to paddle the board on a towrope	
I9	Able to paddle the board on their own	
I10	Row an Optimist without sails.	
I11	Star jumps and balance practising in an Optimist	
I12	Discover how many people does it take to sink an Optimist	
I13	Able to sail an Optimist out and back under supervision. (From one instructor on the beach to an instructor in a rib who turns them around and sends them back to the beach)	
I14	Assist in rigging and de-rigging an Optimist	
I15	Wash the boat or paddleboard and help put it away	

**THURSDAY CLUB
STAGE 1**

Aim –

A familiarisation with a single-handed boat to gain knowledge of basic controls and sailing in a double handed boat

Ref	Description	
S1/1	Induction refresher with Instructor	
S1/2	Know basic parts of boat	
S1/3	Knowledge of capsize land drill or waist deep in water	
S1/4	Know basic principles of controlling speed	
S1/5	Know different ways of finding wind direction	
S1/6	Assist in rigging and derigging a single and double handed boat	
S1/7	Able to cleat halyard	
S1/8	Able to secure boat to trolley	
S1/9	Able to do tacking land drill	
S1/10	Assist in launching allocated boat	
S1/11	Able to go about	
S1/12	Able to be towed alongside	
S1/13	Able to move boat on water without sail	
S1/14	Able to assist with recovery and stowage	
S1/15	Able to return to beach in controlled manner	
S1/16	Able to stow equipment and replace boat cover	
S1/17	Understand what is meant by the “no-go” zone	
S1/K1	Figure of eight knot	
S1/K2	Round turn and two half hitches	

**THURSDAY CLUB
STAGE 2**

Aim –

To sail a boat in any direction

Single handed with confidence and competence

Double handed familiarisation

Ref	Description	
S2/1	Stage 1 refresher with Instructor	
S2/2	Know what is meant by offshore and onshore winds	
S2/3	Know what is meant by windward and leeward	
S2/4	Know how to be towed behind	
S2/5	Know what is meant by “no-go” zone	
S2/6	Have knowledge of the “five essentials”	
S2/7	Have a basic knowledge of the “rules of the road”	
S2/8	Have a basic knowledge of the Beaufort wind scale	
S2/9	Able to rig allocated boat	
S2/10	Able to get under way and return to the shore in an offshore wind	
S2/11	Able to capsize and right allocated boat	
S2/12	Able to beat to windward	
S2/13	Able to get out of “irons”	
S2/14	Able to do gybing land drill	
S2/15	Able to gybe in light winds	
S2/16	Able to sail in any direction on a set course	
S2/17	Able to stop a dinghy by lying to	

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STAGE 3

Aim –

To be competent in single and double handed boat

Show ability to work as a team in a double handed boat

Ref	Description	
S3/1	S2 refresher with Instructor	
S3/2	Know how to prepare for a multiple tow – SH	
S3/3	Know how to prepare for a multiple tow – DHH	
S3/4	Know how to prepare for a multiple tow – DHC	
S3/5	Have a knowledge of racing starts	
S3/6	Know how to pick up a mooring	
S3/7	Know how to come along side	
S3/8	Know what to do in the event of man overboard	
S3/9	Know how to recover from an inverted boat	
S3/10	Able to reef dinghy ashore	
S3/11	Able to get under way and return to shore in an onshore wind - SH	
S3/12	Able to get under way and return to shore in an onshore wind - DHH	
S3/13	Able to get under way and return to shore in an onshore wind - DHC	
S3/14	Able to come alongside a RIB - SH	
S3/15	Able to come alongside a RIB - DHH	
S3/16	Able to come alongside a RIB - DHC	
S3/17	Able to lie-to and heave-to	
S3/18	Apply the “five essentials”	
S3/19	Apply the “rules of the road”	
S3/20	Able to perform spinnaker land drill - DHC	
S3/21	Able to launch a spinnaker - DHC	
S3/22	Able to fly a spinnaker - DHC	
S3/23	Able to recover a spinnaker - DHC	
S3/K1	Bowline	
S3/K2	Reef knot	
KEY	SH- Single Handed. DHH – Double Handed Helm. DHC – Double Handed Crew	

THURSDAY CLUB
STAGE 4

Aim –

To demonstrate seamanship and racing skills
RYA advance modules

Ref	Description	
S4/1	Stage 1-3 refresher with Instructor	
S4/2	Know the basics of beginners racing	
S4/3	Know how to obtain weather and tidal forecasts and plan accordingly	
S4/4	Know when to reef	
S4/5	Know what action to take to help those in distress	
S4/6	Know the signs and symptoms of hypothermia	
S4/7	Know the importance of boat, buoyancy, personal and basic safety equipment	
S4/8	Know the points of sailing	
S4/9	Know how to anchor	
S4/10	Know how to tune a sail	
S4/11	Able to pick up a mooring	
S4/12	Able to reef boat afloat	
S4/13	Able to rig and derig on a mooring	
S4/14	Able to participate safely in simple races	
S4/15	Able to right allocated boat after inversion	
S4/16	Able to throw a tow line	
S4/17	Able to sail backwards away from pontoon / shore in an offshore wind	
S4/18	Able to pick up a man overboard	
S4/19	Able to perform spinnaker land drill - DHH	
S4/20	Able to launch a spinnaker - DHH	
S4/21	Able to fly a spinnaker - DHH	
S4/22	Able to recover a spinnaker - DHH	
S4/K1	Clove hitch	
S4/K2	Single and double sheet bend	
S4/K3	Rolling hitch	
KEY	SH- Single Handed. DHH – Double Handed Helm. DHC – Double Handed Crew	

THURSDAY CLUB
STAGE 5

Aim –
Achieve Assistant Dinghy Instructor

	PART OF THE RYA METHOD	GROUP TO DO THIS WITH BASED ON 5 GROUPS	
S5/1	Clothing and Buoyancy aids. Checks and discussion with sailor	All groups but mainly with Venture/Zest sailors	
S5/2	Help rig/ launch boats	All boats but mainly Venture/Zest and Beginner Teras	
S5/3	Familiarisation sail	Venture/Zest	
S5/4	Basic controls	Venture/ Zest	
S5/5	Land drill- going about	Beginner Teras	
S5/6	Practice going about- supervise/teach whilst in the boat	Venture /Zest	
S5/7	Repeat S5/4	Beginner Teras	
S5/8	Repeat S5/6	Beginner Teras	
S5/9	Going to windward	Improver Teras	
S5/10	The five essentials	Improver Teras, Zest, Fevas	
S5/11	Practice the five essentials	Improver Teras, Zest, Fevas	
S5/12	Downwind	Improver Teras, Zest, Fevas	
S5/13	Gybing land drill	Improver Teras, Zest, Fevas	
S5/14	Practice gybing	Improver Teras, Zest, Fevas	
S5/15	Triangular course	Improver Teras, Zest, Fevas	
S5/16	Capsize drill	All	
S5/17	Stage 5 Test		