

RYA SAILING COURSE MOOR CRAG

Level 1

Friday Evening

Meet and greet course members
Explain format for w/e
Theory:
Clothing and equipment
Parts of boat and sails
Capsize Drill - theory

Saturday

09:00 Briefing

12 sessions of learning to sail
(Debrief each session)

12:30 LUNCH

12 sessions continued
(Debrief each session)

16:30 Recovery - pack away and debrief

Evening

Theory:

IRPCS (Rules of the road)
Meteorology - awareness of onshore and offshore winds
Sources of weather information.

Sunday

09:00 Briefing

12 sessions continued
(Debrief each session)

12:30 LUNCH

13:15 Briefing

12 Sessions continued
1st solo around a triangular course

15:30 Pack away equipment

16:15 Debrief.