

# RYA SAILING COURSE MOOR CRAG

## Level 2

### Friday Evening

Meet and greet course members  
Explain format for w/e  
Theory:  
Points of sailing  
Basic aerodynamic theory

### Saturday

09:00 Briefing  
09:15 Clothing, equipment  
09:30 Rigging boats  
09:45 Launching and recovery  
10:00 5 essentials of sailing  
11:00 Coffee break  
11:15 Paddle triangular course, rig afloat and sail on  
  
12:30 LUNCH  
  
13:15 Ropework - bowline, clove hitch and rolling hitch  
13:30 Land and Leave a Lee Shore  
14:30 Landing and returning to Jetty  
15:30 Coming alongside a moored boat  
16:30 Recovery - pack away and debrief

### Evening

Theory:  
  
IRPCS  
Meteorology  
Racing - Clubs and classes, course, starting, mark rounding

### Sunday

09:00 Briefing  
09:15 Rigging and reefing ashore  
09:45 M.O.B  
11:00 Coffee break  
11:15 5 Essentials - triangular course  
  
12:30 LUNCH  
  
13:15 Briefing - End of course race  
14:15 Capsize recovery - Water temp. permitting  
15:30 Pack away equipment  
16:15 Debrief.