

**RYA SAILING COURSE
MOOR CRAG**

START RACING

Friday Evening

Meet and greet course members
Explain format for w/e
Theory:
Insurance and measurement certificate
Choosing the right boat for you
Handicap and one design racing
Portsmouth Yardstick

Saturday

09:00 Briefing
09:15 Rigging boats
09:30 Launching
09:45 Sail Triangular course - recap 5 essentials, boat handling
Mark rounding etc
11:00 Coffee break
11:15 Course and starting sequence - practice starts

12:30 LUNCH

13:15 Rigging a racing dinghy - hull/foils, finish
Boat tuning - class guides
14:00 Starting - transits, right end, clear wind and use of crew
Slow speed - starting/stopping - sailing backwards
15:30 Sailing upwind - clear air, gusts, lulls, use of telltails
16:30 Recovery - pack away and debrief

Evening

Theory:

Racing Rules of Sailing - basic
Tactics - boat to boat

Sunday

09:00 Briefing
09:15 Rigging boats/launching
09:30 Sailing downwind - reaching and running choosing the
fastest course
10:30 Finishing - how to pick the right end of the line
11:00 Coffee break
11:15 Practical exercises - different courses - tactics etc

12:30 LUNCH

13:15 Briefing - End of course race
14:30 Short races - vary courses
15:30 Pack away equipment
16:15 Debrief.