

	Start Sailing (Level 1)	Basic Skills (Level 2)	Seamanship Skills	Start Racing	Sailing with Spinnakers	Advanced Boat Handling	Day Sailing
Rigging	Wind awareness, rigging a training boat	Rigging a training dinghy or dayboat, reefing, parts of the boat and sails	As for Basic Skills	Rigging a boat as appropriate, boat tuning controls	Rig the boats including spinnaker and trapeze	Rig any dinghy, including spinnaker/trapeze	Boat preparation and equipment
Ropework	Figure of eight, round turn & two half hitches.	Bowline, Clove hitch, rolling hitch.	Fisherman's bend, Sheet bend, Sealing/whipping				Fisherman's bend Sheet bend Sealing/whipping
Launching/ Recovery	Wind awareness, use of trolley, launching, leaving the shore, coming ashore	Storage ashore, paddling.	Leaving and returning to beach, jetty, mooring inc W/W and L/W shore.		Boats with open transom/racks. De-powering the rig. Hoist prior to launch		Use of anchor to haul off
Sailing Techniques and Manoeuvres	Wind awareness, reaching, stopping, tacking, getting out of irons, sailing upwind & downwind.	The Five Essentials: Sail Setting, balance, trim, centreboard & course made good. Man overboard recovery	Anchoring, heaving to, reefing afloat, MOB, being towed, sailing in adverse circumstances: Rudderless, sailing without a centreboard.	Boat handling around the course.	Sailing to best advantage 5 essentials Spinnaker hoist - gybe - drop. VMG downwind	5 essentials using crew/equipment to best advantage, Including use of symmetric or asymmetric spinnaker. Spotting and using windshifts	As Basic Skills Sailing in difficult conditions
Capsize Recovery	Stay with the boat	Righting - scoop method, righting a single-hander.	Total inversion	As appropriate	With spinnaker	With spinnaker	Total inversion and bailing
Racing	Clubs and classes.	The course, starting procedure.		Starting, Strategy and tactics	Courses for asymmetric boats		
Sailing Theory & Background	Basic rules: Port/starboard, windward boat, overtaking boat.	Points of sailing, No Go Zone, basic aerodynamic theory, buoyage, sea/inland advice.	IRPCS Nautical terminology	Race organisation at club level. Class and handicap racing. Racing Rules	Hull shapes Rig setup Apparent wind	Understanding of hull and rig types and equipment fitted to modern boats	IRPCS Pilotage, passage planning/navigation Safety precautions First Aid
Meteorology	Onshore/Offshore winds.	Sources of forecasts, when to reef.	Obtaining and interpreting a forecast				Detailed forecast interpretation for a day's journey
Clothing & Equipment	Clothing, personal buoyancy.	Clothing, personal buoyancy.			Clothing appropriate to the boats		Flares, spare clothing
	"Start Sailing"	"Basic Skills"	"Sail Independently"	"Go Racing"	"Kites Course"	"Efficient sailing - get coached and sail better"	"Go cruising"

Available Modules at Moor Crag