

# RYA Start Yachting

## Course Syllabus

### 1. The Yacht

- Knowledge of: Sea terms; parts of a boat; her rigging and sails

### 2. Ropework

- Understands the bowline,
- Can tie figure-of-eight, round turn and two half hitches
- Can secure a rope to a cleat
- Can use winches and jamming cleats

### 3. Under Way

- Knowledge of sailing a yacht on all points of sail
- Can steer a yacht under sail or power

### 4. Rules of the Road

- Can keep an efficient lookout at sea

### 5. Meteorology

- Understands where to obtain a weather forecast

### 6. Man Overboard Recovery

- Understands the actions to be taken as crew to recover a man overboard
- The effects of cold-water shock on a casualty

### 7. Clothing and Equipment

- Understands good practice for the wearing of safety harnesses, life jackets and personal buoyancy aids

### 8. Emergency Equipment and Precautions

- Understands hazards on board a yacht
- Understands actions to be taken in the event of an emergency

This course provides a short introduction for novices to sail cruising. By the end of the course you will have experienced steering a yacht, sail handling, ropework, and be aware of safety on board.

