

National Sailing Scheme level 1

	Day 1	Day 2
0900	Intro, orientation, paperwork health&safety	Theory, knots, fig8, rtthh, cleat a rope. Rules of the road, collision avoidance, controlling speed, stopping.
	Theory, clothing, buoyancy, tacking, NGZ (in irons) Rig Land drill tacking. Launch	Tacking upwind, lying to
	Rig and Launch, afloat, tacking beam reach to beam reach fig 8	Theory, capsize recovery, gybing downwind
1300	Lunch	Lunch
1400	Theory points of sail, 5 essentials, meteorology, on shore/ off shore winds	Land drill gybing, Afloat gybe practice, triangular course
	Fig 8 reaching/tacking/upwind	capsize recovery
1600	Debrief, finish	Debrief, paperwork, finish

At the end of this course students should have a basic understanding of how to handle a dinghy and some background sailing knowledge. It is recommended that all participants take basic skills level 2 and level 3 better sailing to consolidate their knowledge and experience.