

Dinghy Learn to Sail - Course Outlines

Start... Sailing!

- Safety first
- Getting to know your boat
- Capsizing
- Getting your boat in and out of the water
- On the land, get set.... go!
- Tacking
- Gybing
- Points of sail
- Rules and Meaning



Sailing... Fast!

- Learn more lingo
- Safety advanced
- Knot knowledge
- Weather, tides and currents
- Balance essentials
- Points of sail - advanced
- Launching and retrieving - more tips
- Tacking technique
- The art of gybing
- Boat handling



These two levels are often delivered together and take between 20 to 30 hours to complete.

Go... Racing!

- Learn the basics of racing
- Getting your boat balanced and fast
- How wind, water and weight affects your boat
- Learn how to start and finish like a pro
- How these affect you and how to use them to your advantage
- Thinking smart and planning ahead
- Learn good technique and positioning for clear mark roundings
- Learn how to read and understand the forecast and what this means for your race
- Preparing yourself for the regatta
- Two handed techniques and spinnakers
- Learn how to sail together as a team
- A look at the most common rules situations racers encounter

