

RYA Dinghy Sailing Level 2 – Basic Skills

Course Duration: 2 days (approximately 16 hours)

Pre-course requirements: RYA Level 1 – Start Sailing (or equivalent experience)

Minimum age: Centre dependent (usually 8+)

Assumed knowledge: Basic sailing skills and understanding of controls

Course ratio: 1 instructor to 3 students (maximum 6 per instructor in double-handers)

Course Aim

To consolidate basic sailing skills and develop the confidence to sail independently in light to moderate conditions. By the end of the course, participants should be capable of launching, sailing a triangular course, and returning to shore safely.

Course Outline / Programme

Day 1 – Refining Boat Handling & Improving Control

Morning Session

- **Course Introduction & Safety Recap**
 - Review of Level 1 knowledge and skills
 - Personal kit and equipment check
 - Weather, tides, and local conditions
 - Rigging review and fine-tuning sail controls
- **On-Water Session 1: Sail Setting & Boat Balance**
 - Review of tacking and gybing
 - Sail trim and centreboard use
 - Balance and trim for performance
 - Steering to wind and maintaining course
 - Wind awareness and points of sail refresher

Afternoon Session

- **On-Water Session 2: Manoeuvring with Precision**
 - Sailing upwind efficiently
 - Sailing downwind under control
 - Coming alongside and picking up a mooring
 - Heave-to and holding position
 - Introduction to sailing backwards
 - **Debrief & Discussion**
 - Review of the 5 Essentials
 - Feedback and improvement goals for Day 2
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Day 2 – Sailing Independently & Building Confidence

Morning Session

- **On-Water Session 3: Sailing a Triangular Course**
 - Upwind, reach, and downwind legs
 - Course planning and efficiency
 - Tack and gybe refinement
 - Collision avoidance and right of way rules
- **Capsize Recovery & Safety Drills**
 - Controlled capsize and recovery
 - Techniques for righting the boat safely
 - Crew coordination and communication

Afternoon Session

- **On-Water Session 4: Consolidation & Short Races**
 - Sailing independently around a set course
 - Decision making on the water
 - Introduction to basic racing techniques (optional)
 - Independent launching and recovery
 - **Course Completion & Next Steps**
 - Personal debrief and feedback
 - Overview of Level 3 (Better Sailing)
 - Certificate presentation
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Assessment

Continuous assessment by the instructor through practical performance and understanding. Competence must be demonstrated in:

- Rigging, launching, and recovery
 - Sailing efficiently on all points of sail
 - Capsize recovery and sailing theory fundamentals
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Outcome

By the end of the course, students will:

- Be capable of rigging, launching, and sailing a dinghy in light to moderate winds independently
- Understand and apply the 5 Essentials for efficient sailing
- Perform controlled tacks, gybes, and recover from a capsize
- Be ready to progress to **RYA Level 3 – Better Sailing**