



R.S.G.Y.C. Juniors Sailing Pathway

Start Sailing. A 2 weeklong course of half days, one from 10:00 – 13:00 and another one from 14:00 – 17:00. (age min 10 years)

This will be a sailor's first formal sailing course. Sailors will now start sailing their own boats and learning the ropes. They will learn how to be safe on and off the water, develop their water confidence, and learn to sail a simple course all with assistance from the instructor.

Basic Skills. A 2 weeklong course of half days, one from 09:30 – 12:30 and another one from 13:30 – 16:30.

This course will progress from start sailing. Now that they can sail a basic course, they will start to learn some Basic Skills. They will practice these manoeuvres and skills to further their confidence and develop their boat handling and wind awareness. They will further their abilities and learn to sail a windward/leeward with minimal assistance.

Improving Skills. A 2 weeklong course of half days, one from 09:00 – 12:00 and another one from 13:00 – 16:00. This course will progress from basic skills. Now that they have learned their basic skills, they can now start to improve these skills. Not only do they improve these skills, but they will develop new boat handling abilities. The main objective from this course is to become a fully independent sailor capable of sailing in a Force 4.

Advanced Boat Handling. A 2 weeklong course of half days, from 09:00 – 12:00.

After sailors have proved their independence with winter/ evening training they can move onto Advanced Boat Handling. This course is not for the summer sailor as the boat handling and manoeuvres require a high level of skill and regular practice. By the end of this course sailors will be fully capable of sailing flat out in a Force 5 and deal with incidents that arise.

Start Racing. A 2 weeklong course of half days, from 13:00 – 16:00.

This course is an introduction to racing skills! Here sailors will learn all the basic information and boat handling abilities they need to compete in races at club and inter club level. Start sequences, different classes, racing courses, strategies, and tactics will all be covered.

Adventure Skills. A 2 weeklong course of half days, from 13:00 – 16:00.

This course will teach sailors new skills they will need in order to undertake longer trips and sail in stronger winds. This course will also develop a sailor's sense of adventure and self-reliance. Sailors will learn the basics of chart work, pre-trip planning, equipment checks, and maintenance underway and ashore. Sailors will plan overnight trips with assistance from instructors.