



RYA National Sailing Scheme: Level 1, Level 2

Two day adult courses

Welsh Harp Sailing Club

Birchen Grove, London, NW9 8SA

Timings - the course runs from 9am and we aim to finish at 4pm.

Venue – access to WHSC is either direct off Birchen Grove or from the bottom corner of the free car park at the end of Birchen Grove. WHSC is the end building, closest to the dam. There is a coded gate and the code will be issued closer the time.

Food and drinks – please bring your own snacks and lunch. There is a galley, including a microwave and toaster. There is tea and coffee, please help yourself and the water is drinkable.

Clothing - please dress according to the weather, layering so you can add more or take off according to how you feel. Winter weight wetsuits are good in the cold when coupled with a spray vest, rash vests and board shorts for hot weather. Closed toed shoes must be worn - either sailing shoes or a pair of old trainers. Please don't forget sunscreen in case of sunshine. You will be practicing capsize recovery – please bring a change of clothes and stuff for a shower both days.

Buoyancy aids – we have a range of sizes for you to borrow.

Course content – the courses are part of the RYA National Sailing Scheme and successful candidates receive the appropriate certificate on passing. There is a requirement to do a capsize recovery.

RYA Level 1 - this beginner-level course offers a safe and supportive environment for you to build your skills and confidence in the water. Our instructors will teach you how to control your boat and sail under their supervision. During the course you'll:

- learn to tack and gybe
- learn to sail in all directions
- gain an understanding of how to rig a boat
- gain experience in launching and recovering a boat
- discuss a variety of basic sailing theory

RYA Level 2 - this course is designed for people with basic sailing skills, who are now looking to progress further and learn more. During your time on the water, our instructors will help you to build your confidence, and introduce essential new skills such as:

- rigging
- launching
- sailing in all directions
- capsize recovery
- essential safety knowledge

Course contact – Dinghy Chief Instructor Yat Sing Yeung dci@welshharpsailingclub.org

Things you can have a look at before the course

Points of Sail videos 1- 5 <https://youtu.be/Ow-P45DpHj8?si=tnayjXht9gv1qebg>

Clothing - <https://youtu.be/vzmPjHBZ--g?si=5sYdxVdIV-VICa4>

Sailing Environment, including wind - <https://youtu.be/c19V88HFPgY?si=OyWSyHKKyfoTtik>

Intro to turning the boat, tacking - <https://www.youtube.com/watch?v=MjeaJq1tdoU>

Intro to gybing - <https://youtu.be/gQT1ioDsXfA?feature=shared>