

MSS Syllabus English



Adults keelboat

Course material *RYA Learning to Sail*

Beginners' course

Prior knowledge: *Student must be able to swim a minimum of 200 meters*

Introduction

Parts of the boat/How to rig the boat/Knots

Basic sailing knowledge – The various points of sail - Sailing rules & right of way - Heading up/Bearing away – Accelerating/Braking/Reversing

Close haul/Close reach/Beam reach/Broad reach/Dead run

Tacking/Gybing/Beating

Mooring yacht in all points of sail

Safety awareness – Man overboard

Assessment

Advanced course

Prior knowledge: Beginners' course

Introduction

Repetition

Sailing theory – Stayed rigs

Sailing a course – All points of sail

Mooring

Running/Gybing/Spinnaker sailing

Broad reach/Gybing/Spinnaker sailing

Boat handling - Crew positions

Starting procedure - Sailing a basic race course

Safety awareness

Assessment

Racing Course

Prior knowledge: Advanced course

Introduction

Repetition

Boat handling – Sailing technique

Beam-broad reach/Gybing - Spinnaker handling

Running/Gybe – Spinnaker handling

Beating/Tacking – Optimal balance

Strategy and tactics

Practice starting procedure

Racing with essential rules

Assessment