



Course Plan – Dinghy Level 1

Day 1

- 0930 Assemble / outline plan / safety briefing / change to go afloat
- 1000 Preparing the boat & Launch
- 1030 Afloat session 1 – crewing techniques – balance & trim – short session on the helm
- 1115 Land Drill / tacking – getting controls under control
- 1145 Afloat session 2 – practice - tiller & mainsheet
- 1230 Lunch break (practical knot tying session – figure of 8, round turn & 2 half hitches, using a cleat)
- 1330 Review basic controls – revise land drill
- 1400 Afloat – Consolidate tiller & mainsheet - Centreboard – recover boats - aftercare
- 1500 Break
- 1530 Capsize recovery – video, demonstration, or practical (practical is NOT a requirement for level 1)
- 1630 Rules of the road
- 1700 Weather
- 1730 Finish

Day 2

- 0930 Assemble / safety briefing / review passage plan / change to go afloat
- 1000 Prepare boats & Launch
- 1030 Revise / consolidate going about. – stopping – getting out of irons
- 1200 Lunch break – revise knots, rules of the road & weather
- 1330 Land drill – Gybing
- 1400 Practice gybing
- 1500 Break
- 1530 Triangular course
- 1630 Recover boats – aftercare
- 1700 Debrief – certificates – the next steps

Plan will be subject to modification to suit conditions on the day!