



Training Plan – Dinghy Level 2

Day 1

0930 Assemble / outline plan / safety briefing / change to go afloat / preparation & clothing

1000 Preparing the boat & Launch – note paddles, bailer etc.

1030 Afloat session 1 – crewing techniques – balance & trim – short session on the helm – assess sailing competencies – identify weaknesses

1115 Land Drill / tacking & gybing – concentrate on identified weaknesses.

1145 Afloat session 2 – practice - tiller & mainsheet, centreboard balance & trim

1230 Lunch break (practical knot tying session – bowline, clove hitch reef knot)

1330 Emergency actions – calling for help, first aid & flares

1400 Afloat stopping, getting out of irons Review basic controls

1430 Afloat – Consolidate basic skills - Triangular course – coming alongside - beach landings etc.

1530 Break

1600 Capsize recovery – practical – if possible in single hander as well as crewed dinghy

1700 Rules of the road

1730 Finish

Day 2

0930 Assemble / safety briefing / review passage plan / change to go afloat

1000 Prepare boats & Launch – demonstrate reefing ashore if possible

1030 Afloat – triangular course – coming alongside - anchoring

1200 Lunch break –

1230 Tides & weather

1330 Afloat – Man Overboard recovery

1500 Break – racing

1530 The race

1630 Recover boats

1700 Debrief – certificates – the next step

1730 finish

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