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| Day | On the Water Activities (apart from 1&2) | Items covered | “Homework” |
| Day 1 | Session 1: Issue personal kit/buoyancy, get changedSession 2: Rig boatsSession 3: Revision of skills expected from a RYA level 2 sailorPack up: care in storing boat, sails and foils  | * Able to demonstrate all the sailing techniques and manoeuvres from RYA Adult Sailing Scheme Level 2
* Teamwork in the boat to be emphasised and developed over the week in every session
 | The ‘homework/theory’ tasks below may be delivered by the students themselves to each other in a series of mini ‘presentations’, spread over the week as appropriate. Some, eg Racing Rules, will require more time than othersHas a knowledge/understanding of: |
| Day 2 | Session 4: Effective use of 5 essentials in an Enterprise including the use of telltalesSession 5: Use of sail and rig controls: sheet, outhaul, cunningham, kickerSession 6: Practice starts | * Set up/adjust a boat effectively according to weather conditions and around the course
* Starting techniques and tactics, timing
 | * Food as fuel and keeping hydrated
* How stress affects sailing Stretching exercises to be used after sailing
* Starts, transits, bias, starting tactics
* Has good knowledge of Part 2 and definitions of the racing rules and understands how to sail by the racing rules

A ‘mock’ protest scenario will aid understanding as will situations in |
| Day 3 | Session 7: Mark roundingsSession 8: Follow my leader exercise | * Slow speed handling,
* Stopping,
* Sailing backwards
 | practice races on the water which should lead to rules discussion * Class tuning guides
 |
| Day 4 | Session 9: Starting revisited: application of day 3 skills to starting, transits, line bias.Session 10: Rudderless sailing | * Teamwork, dividing roles around the course
* Dividing jobs in the boat
 | * How a sail works and how to powerup/depower a rig
* Clean air, gusts and lulls
 |
| Day 5 | Revision and practice of all sessionsSession 11: Match racing and or team racing as appropriate |  | * Boat on boat tactics (lee bow, cover, break cover, clear air)
* Finishing
 |
| Day 6 | Concluding Regatta with coaching during racing as appropriate | * All aspects learnt put into practice in the regatta
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**Enterprise Dinghy Racing**

Outline Course Programme, based on RYA Adult Sailing Scheme, ‘Start Racing’ progressing to ‘Intermediate Racing’

This outline covers all aspects of the RYA courses but it is just a suggestion, butcher it as you see fit to work for you and your group!

Start Racing is suggested as a 2 day course (16 hours) and Intermediate as a 5 day course (40 hours). They can probably be achieved in a six day continuous course, or a series of weekends. Where there is overlap between the two courses the greater knowledge/skill is indicated below, be aware that for the ‘Start Racing’ certificate less may be required, check Adult Sailing Scheme Logbook G11 for detail.

Practice starts, races and other challenges/exercises will all help to hone the skills required for success.

Each teaching day might usefully be concluded with a practice race or two to enable the students to try out what they have just learned