



Sail Birmingham



E-Learning Sailing Programme

Introduction



Ever wanted to get into sailing but didn't know where to start?

Then this Programme is designed for you.

It will give you the basic information you need on sailing before you venture out onto the water.

There is a mix of videos and worksheets that you will need to complete that takes you through the step by step stages of what you need to know before going afloat.

If you have any questions then there is a member of staff on hand to advise you if you need it.

Also here is the RYA Start Sailing book that you can buy to accompany this program -

<https://www.rya.org.uk/shop/Pages/products.aspx?product=rya-start-sailing---beginners-handbook-ebook>

Session 1 : What to bring



Any watersports requires some specialist equipment but do not be tempted to go out and buy a whole new wardrobe of expensive gear. This section will look at what you need and explain what each item is used for.

Watch this video- <https://www.youtube.com/watch?v=vzmPjHBZ--g>

Staying Warm - As a general rule, it is wise to wear one more layer than you think you need and controlling your heat by wearing several thin layers rather than one thick one is best. This is because each layer increases insulation by trapping air and then controlling it is as simple as taking off or adding a layer. Wool is the best natural material, but most effective of all are clothes made from synthetic pile, which are very light, warm and wick water away from the skin.

Headgear - One third of body heat is lost through the head, so a warm hat will make a significant difference on a cooler day. A hat will also help with containing long hair when sailing as well as protecting against sunburn.

Gloves - Wear gloves to protect your hands and keep them warm. Specialized sailing gloves are available and they have non-slip, reinforced palms and fingers to help grip the ropes when wet.

Footwear - Correct footwear will protect your feet and provide the grip you need to stay upright and on the boat. Shoes and boots for sailing should have flat, non-slip soles without a heel. Do not sail in bare feet as you risk injury from deck gear.

Personal Buoyancy - A buoyancy aid is designed to provide some support when you are in the water with the minimum amount of physical restriction. A life jacket provides total support and is designed to turn an unconscious person face upwards to facilitate breathing.

Wetsuits - Are made from neoprene which is composed of numerous small cells, each of which hold a small bubble of gas. These bubbles give the material its insulation properties. Thus making it difficult for the cold to penetrate, or for the heat to escape. There are many different styles and each has its pros & cons.

Drysuit - A drysuit is a type of waterproof suit that is designed to prevent any water entry, even when you are immersed in water. It does this by having wrist, ankle & neck seals made out of latex that fit tightly to your skin. There will be one large specialized zip that allows you to get in or out of it as well.

Session 2 : The Weather

The RYA have a great book on this subject, link below, also the videos below will give a great introduction into this again complicated area.

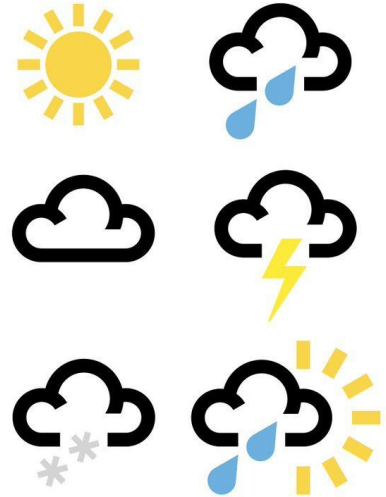
Watch these videos:

Weather Forecast - https://www.youtube.com/watch?v=mx6Wv_Aug24

Wind - <https://www.youtube.com/watch?v=6krlqC4Svfo>

Tides - <https://www.youtube.com/watch?v=A2yCy2YdejA>

The RYA book link - <https://www.rya.org.uk/shop/Pages/products.aspx?product=rya-weather-handbook>



Session 3 : Parts of the Boat

There are many parts to a boat and these videos will give you the

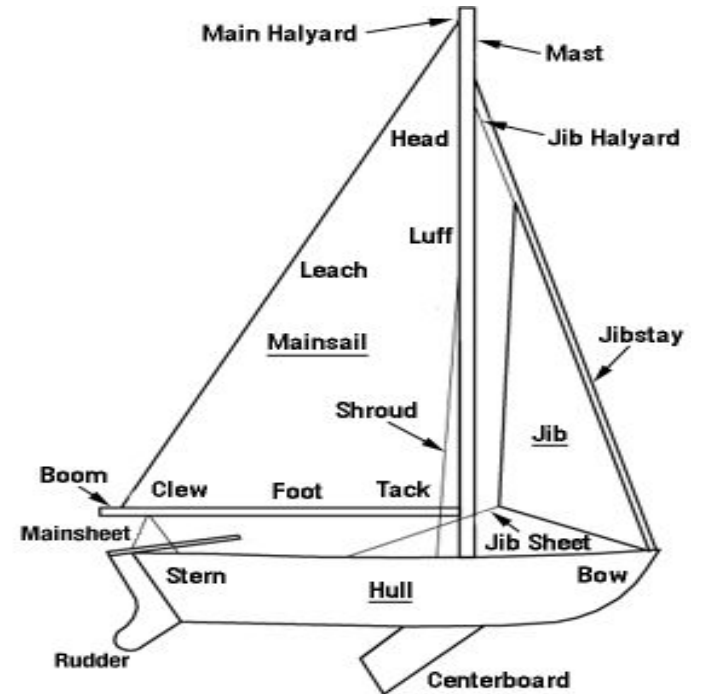
Main ones you will need to get started.

Watch these videos:

<https://www.youtube.com/watch?v=naK3o4hCsnM>

<https://www.youtube.com/watch?v=9jDtIJSi2e8>

<https://www.youtube.com/watch?v=S3AXHkt5X6I>



Session 4 : Rigging

Rigging can be different from boat to boat but the video below gives you the basic idea of how it works.

Watch this video: <https://www.youtube.com/watch?v=4Dj0pHoH4dg>



Session 4 : Going Afloat / Launching

Launching can be one of the most difficult things that you learn as there are a lot of different factors that you need to consider before going afloat. These videos will explain what to do in the 3 different wind directions you will face.

Watch this video:

<https://www.youtube.com/watch?v=NWzSgTpmu1A>

<https://www.youtube.com/watch?v=JBdvAG6Ham0>



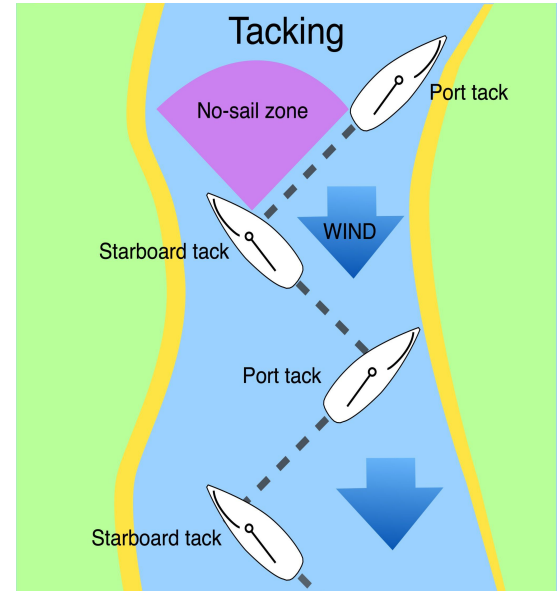
Session 5 : Tacking

At some point you are going to need to turn around and Tacking is turning the front of the boat through the wind in a safe and controlled manner.

Watch these videos:

Two person boat - <https://www.youtube.com/watch?v=dF4nThGIYRA&t=425s>

One person boat - <https://www.youtube.com/watch?v=gMEOex9GQWU&t=299s>



Session 6 : The 5 Essentials

There are 5 main Essential things that you can do that help make sailing easier and this video will explain more.

Watch this video: <https://www.youtube.com/watch?v=I52Ta6kA6a4>

COURSE
SAILED

CENTREBOARD

BALANCE

TRIM
SAIL
SETTINGS

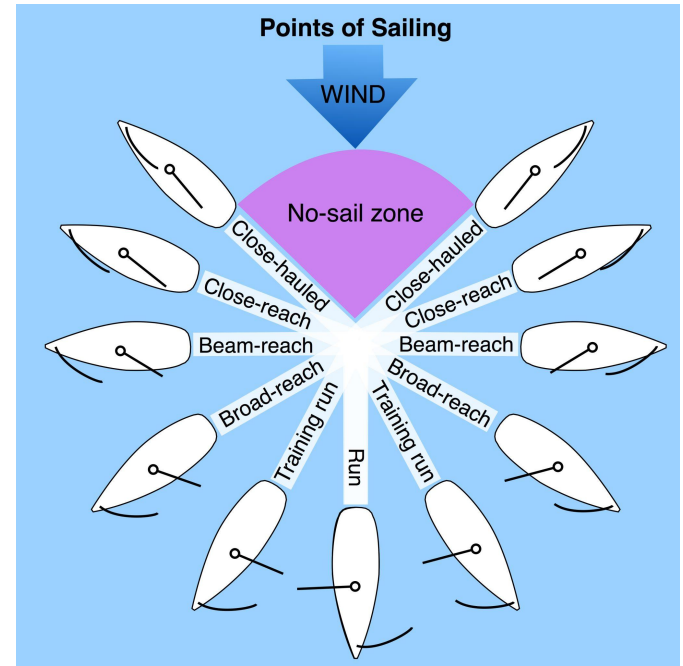
Session 7 : Points of Sail

There are many different ways to sail your boat in relation to the wind and this short video shows you the basics of this.

You will also need to think about the 5 essential of sailing, which we have already covered, when you are choosing how to set your boat up.

Watch this video:

<https://www.youtube.com/watch?v=-Pe2XyM-Mss&t=3s>



Session 8 : Rules of the Road

This section can be very in depth and there are many books that go into much more detail than this program will do.

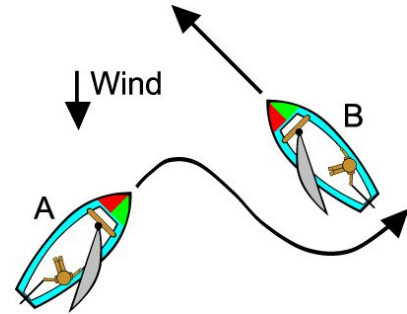
The video below will go through the basics of being safe on the water and the most important rules to get you started.

Watch this video: <https://www.youtube.com/watch?v=h1BjqJNQyNs>

RYA books to support this section -

<https://www.rya.org.uk/shop/Pages/products.aspx?product=rya-handy-guide-to-the-racing-rules-2017-2020-ebook>

<https://www.rya.org.uk/shop/Pages/products.aspx?product=rya-the-racing-rules-explained-2017---2020-ebook>



Session 9 : Knots

There are many knots that can be used in sailing but below are the main one that you will need to get you started. Here is the links to the RYA Knot books if required -

<https://www.rya.org.uk/shop/Pages/products.aspx?product=rya-pocket-guide-to-boating-knots>

<https://www.rya.org.uk/shop/Pages/products.aspx?product=rya-knots-splices-and-ropework-handbook>

Rope maintenance - <https://www.youtube.com/watch?v=5Jpjl4248BQ>

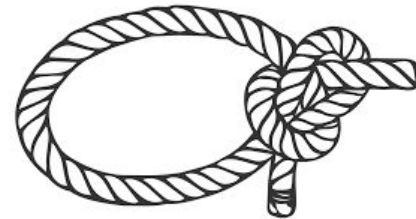
Figure of 8: <https://www.youtube.com/watch?v=NrJ0tI0bzKk>

Reef Knot: <https://www.youtube.com/watch?v=rR76doh0E2E>

Clove hitch: <https://www.youtube.com/watch?v=JY9PJFIHbV4>

Rolling hitch: <https://www.youtube.com/watch?v=75QjL52MVo0>

Bowline: <https://www.youtube.com/watch?v=BymJPUNhXTk>



Session 10 : Buoyage

This is a great section and again there are lots and lots of different Marks in the water that tell you different things. We are only going to work on the most common when sailing around the coast.

Information: <https://www.youtube.com/watch?v=SrTB53EGuAQ>

Worksheet: <https://www.rya.org.uk/SiteCollectionDocuments/OnBoard/BUOYAGE%20CUT%20AND%20STICK.pdf>

Lateral Buoyage IALA 'A'

Keep buoy to **Port** or **Starboard**

Direction of Buoyage
Marks can be buoys, posts or towers

<p>R Port Hand Mark Any FI R except (2 + 1)</p>	<p>G Starboard Hand Mark Any FI G except (2 + 1)</p>
<p>RGR Preferred Channel is to Starboard FI (2 + 1)R</p>	<p>GRG Preferred Channel is to Port FI (2 + 1)G</p>
<p>BRB Isolated Danger Mark FI (2)</p>	<p>RW Safe Water Mark Iso, Oc L FI 10s or Mo(A)</p>
<p>Y Special Marks Yellow, rhythm not used for white lights</p>	<p>Bu Y Emergency Wreck Buoy Alt FI Bu Y</p>

