Start your training with a course appropriate to your experience - you don’t have to start at the beginning. Our recommended path through the courses is shown below.

**Practical Skills Courses**
- Level 1: Start Sailing
- Level 2: Basic Skills

**Cruising Courses**
- Start Yachting
- Competent Crew
- Day Skipper
- Coastal Skipper

**Navigation Courses**
- Essential Navigation & Seamanship
- Day Skipper
- Coastal Skipper/Yachtmaster™ Offshore
- Yachtmaster™ Ocean

**Certificates of Competence**
- RYA Yachtmaster™ Coastal
- RYA Yachtmaster™ Offshore
- RYA Yachtmaster™ Ocean

Refer to the Certificates of Competence leaflet for details.

**KEY**
- AfLOAT
- Ashore
- Online
- Necessary completion of preceding course.
- Recommended progression.
- Practical exam afloat.
- Oral exam ashore.

[www.rya.org.uk](http://www.rya.org.uk)
RYA sail cruising courses prepare you for anything from taking your first trip out of the marina to living on board, cruising along the coast or venturing further offshore. They also equip professional skippers for the exams needed to gain an RYA/MCA Certificate of Competence.

<table>
<thead>
<tr>
<th>Course</th>
<th>Assumed knowledge</th>
<th>Course content</th>
<th>Ability after the course</th>
<th>Min duration</th>
<th>Min age</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start Sailing</td>
<td>None</td>
<td>Sailing skills and manoeuvres</td>
<td>Basic understanding of yacht handling under sail and relevant background knowledge</td>
<td>16 hours</td>
<td>12</td>
</tr>
<tr>
<td><strong>Level 2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Skills</td>
<td>Sailing skills to Start Sailing standard</td>
<td>Sailing techniques and manoeuvres as crew and helm, slipping and coming alongside under sail, salling theory, safety, sailing in tide or current</td>
<td>Able to sail a yacht as crew and helm with a skipper on board in light winds</td>
<td>16 hours</td>
<td>12</td>
</tr>
<tr>
<td><strong>Start Yachting</strong></td>
<td></td>
<td>Introduction to sailing and seamanship</td>
<td>Basic knowledge of yachting</td>
<td>2 days</td>
<td>8</td>
</tr>
<tr>
<td><strong>Competent Crew</strong></td>
<td></td>
<td>Basic seamanship and helmsmanship, navigation and meteorology</td>
<td>Able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day routines</td>
<td>5 days</td>
<td>12</td>
</tr>
<tr>
<td><strong>Day Skipper</strong></td>
<td>5 days, 100 miles, 4 night hours. Navigation to Day Skipper Shorebased standard and basic sailing ability</td>
<td>Basic pilotage, boat handling, watch organisation</td>
<td>Able to skipper a small yacht in familiar waters by day</td>
<td>5 days</td>
<td>16</td>
</tr>
<tr>
<td><strong>Coastal Skipper</strong></td>
<td>15 days, 2 days as skipper, 300 miles, 8 night hours. Navigation to Coastal Skipper shorebased standard. Sailing to Day Skipper standard</td>
<td>Skippering techniques for coastal and offshore passages</td>
<td>Able to skipper a yacht on coastal passages by day and night</td>
<td>5 days</td>
<td>17</td>
</tr>
</tbody>
</table>

RYA training is also available for: [www.rya.org.uk](http://www.rya.org.uk)