



Better Sailing – Level 3

The 2008 National Conference looked at the possibility of bridging the gap between the existing National Sailing Scheme Level 1 & 2 and the five advanced modules. The rationale for this was that relatively few adult beginners were progressing further than Basic Skills course with regular participation as the ultimate objective. The following was agreed:

- Have a syllabus which provided an interesting, enjoyable, useful course.
- To provide opportunities and opportunities to practice and be coached on techniques and skills from their level 1 and 2 courses.
- To be introduced to taster sessions from some of the advanced modules. Examples might be sailing with spinnakers, racing or seamanship.
- To build confidence and skill so that students are better prepared and motivated to either sail independently or to continue with their training and take one of the advanced module courses.

Key points:

1. Consolidation of Level 1 & 2 techniques and skills

- a. Mainly practical recap and on-water coaching using plenty of exercises to frame the techniques and skills. Don't just go round that triangular course for the umpteenth time! (Adapting some of the race training exercises which are on the RYA website could be useful.)

2. Development of technique and skill

- a. This area can be flexible but might include more efficient sailing, sailing with a purpose, use of double hander or single hander as an option, "dry" capsizing recovery, use of tell tales, sailing theory etc

3. Taster skills- (as crew or helm)

- a. Basic spinnaker use, seamanship skills, basic chart work, basic racing skills, trapezing.
- b. Where staffing ratio's permit why not have one to one onboard coaching or joyride experiences in faster boats?

Try to maximise time on water actually sailing with useful coaching input from the instructor. If possible, instructor to get in and out of boats to provide hints and tips, also helps student feel more confident.

Summary

Some pilots have now been run with very positive feedback. The taster sections are only suggestions and centres are encouraged to experiment with the content.

You may wish to develop a *menu* of choices from which a certain number of options are selected. i.e. choose 5 topics from ten available.