



Sailing & the Duke of Edinburgh's Award Scheme



The aim of this leaflet is to outline the opportunities that exist for the sport of sailing to be applied to the Duke of Edinburgh's Award Scheme. It contains references to several brochures and publications that are available from the RYA.

The Scheme consists of three separate awards: *Bronze*, *Silver* and *Gold*. For each award, the participant has to fulfil the requirements of each of the four sections:

Section	Aim
Service	To encourage service to others
Physical Recreation	To encourage participation in physical recreation and improvement of performance
Skills	To encourage the discovery and development of personal interests and social and practical skills
Expeditions	To encourage a spirit of adventure and discovery

In addition, Gold Award participants have to complete a residential project. Full details of the conditions for the awards are given in the Award Scheme *Handbook*.

SERVICE

Participants are required to train for, and where possible to give, service to others. The length of time of involvement within this section varies according to which award you are working for. For example, at Bronze level, it could be as little as 3 months, or as much as 6 months – the Award is flexible towards the needs of its participants. For further information, see the Award *Handbook*.

An example at Bronze level is the RYA Safety Boat Course, when matched with an agreed period of service at a local sailing club. Similarly, an example at Silver level is the Safety Boat Course matched with service at open meetings or championships. Details of the National Powerboat Scheme, which includes the Safety Boat Course, are given in RYA booklet G20, whilst the G16 Safety Boat Handbook provides advice on rescue work. For information about suitable courses, please contact the RYA Training Division.

Examples of activities include helping RYA Sailability who provides sailing opportunities for disabled people. This could include working with a local Sailability group or attending one of the many organised sailing events. These could be at Bronze, Silver and Gold Award levels. For more details, contact RYA Sailability at Eastleigh.

PHYSICAL RECREATION

To qualify, participants choose an activity and participate in it for a minimum period of 3 months (Bronze Award), 3 months (Silver Award), and 6 months (Gold Award), although these timescales can be increased, depending on the participants other interests, showing improvement.

The period of involvement in this section is a minimum number of full months and participants should average at least an hour a week, over the total period of involvement. Each participant should negotiate their programme with their Instructor/Supervisor/Assessor, and agree the content and appropriate targets. Where appropriate, Governing Body Qualifications should be aimed for. The following RYA certificates would be acceptable:

RYA Scheme	Courses			
Yachtmaster Scheme		Competent Crew Practical	Day Skipper Practical	Coastal Skipper Practical
National Sailing Scheme (over 16s)	Level 1	Level 2	Seamanship Skills Start Racing Sailing with Spinnakers	Day Sailing Performance Sailing
Youth Sailing Scheme (under 16s)	Stage 1	Stage 2 and 3	Advanced Red and White badge, or Racing Red and White badge	Advanced Blue badge
Windsurfing	Level 1	Level 2	Level 3	Level 4 or 5
Powerboats	Level 1	Level 2	Safety Boat Course	Advanced Course

Brochures listing dinghy, cruising and windsurfing centres are available from the RYA.

SKILLS

The object of this section is to stimulate young people to take up and persevere at satisfying and purposeful pursuits, leading to a deeper knowledge of the subject. Coastal navigation is a popular subject that qualifies:

Coastal Navigation

Depending on your level of competence in this area, participants may follow the RYA Day Skipper shorebased course, or the RYA Coastal Skipper/Yachtmaster Offshore shorebased course.

Such courses are run at hundreds of RYA recognised shorebased schools and usually involve two terms of study at an evening institute. The list of centres known to be running courses is published each year by the RYA, ready for the normal enrolment time of September. Shorebased courses are excellent preparation for the expedition section.

EXPEDITIONS

The aim of this section of the award scheme is to encourage a spirit of adventure and discovery. This is achieved by means of a venture, conceived with a clearly defined purpose, which may vary from the successful completion of a demanding journey to the satisfactory conduct of a practical investigation. For complete details of expedition requirements, please consult the latest edition of the Award Scheme *Expedition Guide*.

Ventures, which must present participants with an appropriate challenge, can be expeditions, explorations or other adventurous projects. The need to encourage more water-based rather than land-based ventures has been identified within the scheme. Such ventures may be made in dinghies, open keelboats or cruising yachts as detailed below, the important distinction being that dinghies and keelboats provide transport only, whilst cruising yachts provide both transport and accommodation.

Ventures in dinghies must involve two or three craft and 4-7 people. In larger boats, crew numbers should be appropriate to the craft used. If the crew exceeds 7 people, plans must be submitted as an Other Adventurous Project (see Award *Handbook*).

All boats must be seaworthy, suitable for the venture and fitted out for the area of operation. Safety and emergency equipment to the scale recommended by the RYA must be carried.

Prior to the venture, participants must have completed preliminary training relevant to the type of boat in which the venture is planned. This training should be to the standard of the awards listed below, except for ventures in open sea areas, when the awards are mandatory pre-requisites.

The requirements for sailing ventures are:

Bronze	
Type of boat	Sailing dinghy or keelboat
Preliminary training	RYA National Sailing Seamanship Skills Certificate
Duration	Two days including 12 hours planned activity
Area	Inland waters or estuaries

Silver	
Type of boat	Sailing dinghy or keelboat
Preliminary training	RYA National Sailing Seamanship Skills Certificate
Duration	Three days including 21 hours planned activity
Area	Inland waters, estuaries or sheltered coastal waters unfamiliar to participants

Gold	
Type of boat	Sailing dinghy, keelboat or cruising yacht
Preliminary training	RYA National Sailing Seamanship Skills and Day Sailing Certificates or RYA Day Skipper Shorebased and Practical Certificates <i>(NB for expeditions in cruising yachts involving overnight passages in open sea areas, at least one crew member must hold the RYA/MCA Coastal Skipper Certificate)</i>
Duration	Four days including 32 hours planned activity
Area	Estuaries, sheltered coastal waters or in cruising yachts only, open sea areas. The area must be unfamiliar to participants and should be more demanding than those used at Bronze and Silver levels

For the purpose of ventures at Silver and Gold level, the Norfolk Broads are classified as estuarine if a major proportion of the venture takes place in the lower tidal portions of the area. Dinghy or open keelboat ventures made in coastal areas should only be made in waters classified as Category C or D in Merchant Shipping Notice No 1719(M). The RYA has a list of these areas.

All ventures have to be planned with a supervisor. For ventures in dinghies or open keelboats, the supervisor will normally 'shadow' the group in a powered safety boat. For some cruising yacht ventures in estuaries, coastal waters and open sea areas it may be necessary, for reasons of safety, for the supervisor or assessor to cruise in company in a separate craft. Exceptionally, in open sea areas the supervisor or assessor may be on board for the qualifying (or practice) voyage.

Assessors for ventures made in dinghies or open keelboats should be dinghy sailors or yachtsmen having considerable experience of the proposed area, preferably RYA Senior Instructors. Assessors for ventures in cruising yachts should hold the RYA/MCA Yachtmaster Offshore certificate.

Explorations

The marine environment lends itself to explorations at Silver and Gold levels, some suitable ideas being given in the D of E *Exploration Resource Pack*. When the venture is an exploration, it should include at least 10 hours under sail.

RESIDENTIAL PROJECT

For the Gold Award, participants have to complete a residential project of at least five days.

Examples could include:

- Working at a sailing school or residential centre
- Working with one of the disabled groups outlined above
- Crewing aboard a sail training vessel

The Association of Sea Training Organisations (ASTO) brings together the many independent organisations that own and operate sea training vessels, range from the Jubilee barques to the Ocean Youth Club ketches. All provide opportunities for residential projects, whilst some also provide facilities for expeditions or explorations. ASTO members are detailed in a brochure available from the RYA.