

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Single Hander	Single Hander	Single Hander/Introduction to Double Hander	Single Hander/Introduction to Double Hander	Single Hander/Introduction to Double Hander
The RYA sailing scheme	Personal Kit / Rigging	Rigging	Tacking land drill	Rigging
Personal Equipment (Buoyancy aid)	Sail setting, Points of sail	Triangular Course	Tacking land drill	Rigging games
Rigging	Practice Knots	Triangular Course	Capsize Drill	Launch
Tacking – Land drill	Games water based	Game based	Tacking demo	Sail away
Capsize demo	Sail upwind	Game based	Tacking Student	Sail away
Tacking – Water demo	Sail downwind	Game based	Progression upwind	Sail away
Turning towards the wind	Games	Intro to double hander	Games	Sail away
Figure of eight course	Gybe Land drill	Intro to double hander	Games	Clean up and review on the week
Basic controls on a boat	On the water demo of Gybe	Joy ride	Games	Clean up and review on the week
Sail a course	Catch and dispatch practice	Joy ride	Games	Clean up and review on the week
Meteorology	Sail a course	Recap and revise	Sail a course	Congratulations
Rules of the road	Sail a course	Intro to 5 essentials	Sail a course	Presentation
Conclusion	Free sail	Games	Sail a course	Look forward to
Wash up clean up	Free sail	Review the day	Review	Look forward to
Home	Home	Home	Home	Home

Non-Residential Sailing Course: Sample Programme