



YNZ LEARN TO SAIL (DINGHY)

(YNZ Site Link: <http://www.yachtingnz.org.nz/learn-to-sail/ynz-learn-to-sail/dinghy-learn-to-sail>)

Many of Yachting New Zealand's affiliated Yacht Clubs offer three Dinghy Learn to Sail courses. These courses are designed to be used as a guide to help instructors plan their sessions.

Start... Sailing! and **Sailing... Fast!** are commonly offered together. This will take approximately 20-30 hours.

Once sailors have completed the first two levels they can move on to **Go... Racing!**

The three books are available for affiliated clubs and members to buy from the Yachting New Zealand Online Store.

Start... Sailing!



The course content includes:

- Safety first
- Getting to know your boat
- Capsizing
- Getting your boat in and out of the water
- On the land, get set.... go!
- Tacking
- Gybing
- Points of sail
- Rules and Meanings



Sailing... Fast!



This programme is a progression from Start... Sailing! The course content includes:

- Learn more lingo
- Safety advanced
- Knot knowledge
- Weather, tides and currents
- Balance essentials
- Points of sail - advanced
- Launching and retrieving
- Tacking technique
- The art of gybing
- Boat handling

Go... Racing!

Topics covered include:

- Learn the basics of racing
- Getting your boat balanced and fast
- How wind, water and weight affects your boat
- Learn how to start and finish like a pro
- How these affect you and how to use them to your advantage
- Thinking smart and planning ahead
- Learn good technique and positioning for clear mark roundings



- Learn how to read and understand the forecast and what this means for your race
- Preparing yourself for the regatta
- Two handed techniques and spinnakers
- Learn how to sail together as a team
- A look at the most common rules situations racers encounter



All courses are to be delivered by YNZ qualified coaches.