YNZ LEARN TO SAIL (DINGHY)

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

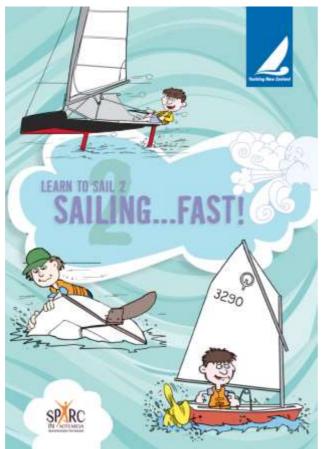
Start... Sailing!



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

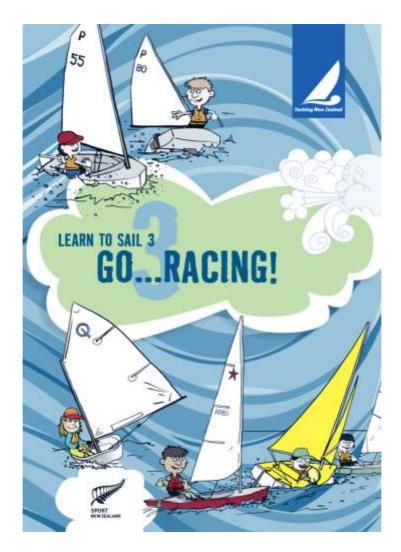
Go... Racing!

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.