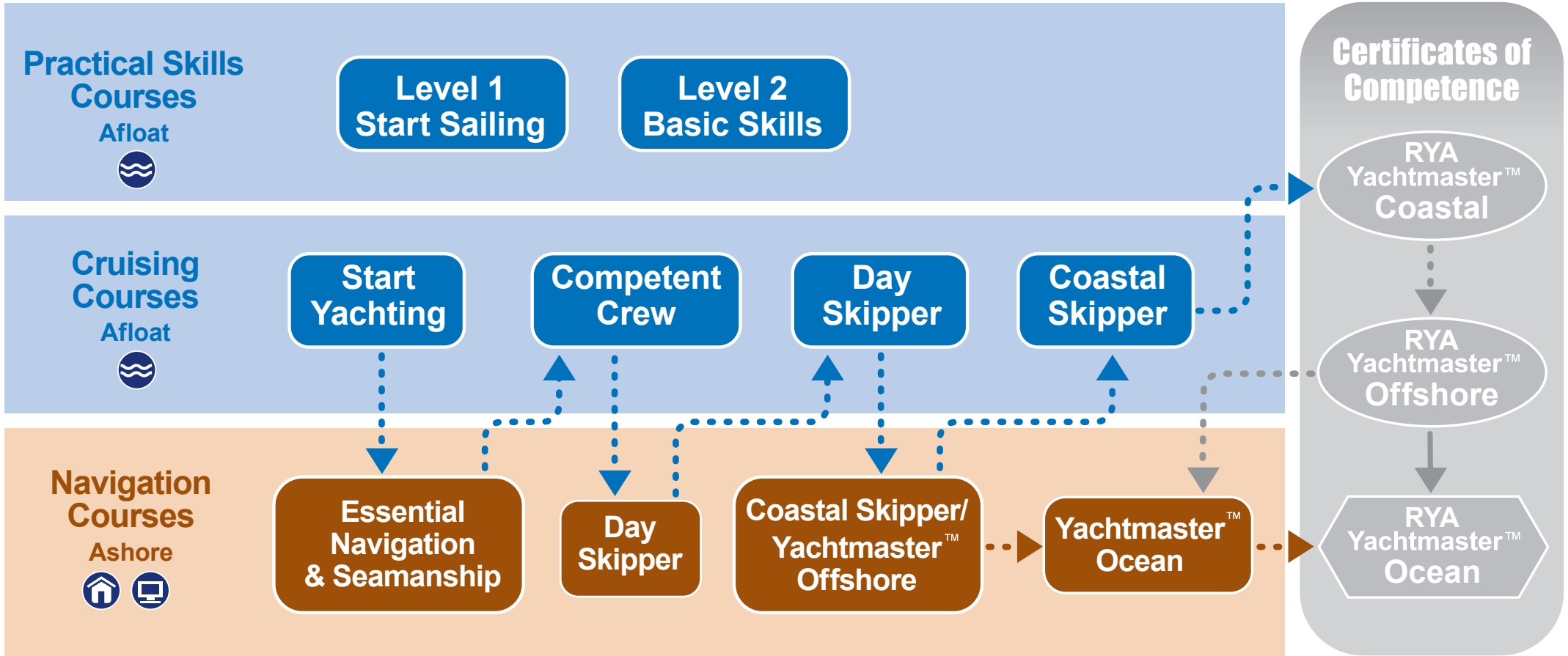


Start your training with a course appropriate to your experience - you don't have to start at the beginning. Our recommended path through the courses is shown below.



Refer to the Certificates of Competence leaflet for details

<b>KEY</b>	afloat	ashore	online	Necessary completion of preceding course.	Practical exam afloat.
	Recommended progression.	Oral exam ashore.			



# SAIL CRUISING COURSES



RYA sail cruising courses prepare you for anything from taking your first trip out of the marina to living on board, cruising along the coast or venturing further offshore. They also equip professional skippers for the exams needed to gain an RYA/MCA Certificate of Competence.

	Course	Assumed knowledge	Course content	Ability after the course	Min duration	Min age
SKILLS	Level 1 Start Sailing	None	Sailing skills and manoeuvres	Basic understanding of yacht handling under sail and relevant background knowledge	16 hours	Recommended
	Level 2 Basic Skills	Sailing skills to Start Sailing standard	Sailing techniques and manoeuvres as crew and helm, slipping and coming alongside under sail, sailing theory, safety, sailing in tide or current	Able to sail a yacht as crew and helm with a skipper on board in light winds	16 hours	
CRUISING	Start Yachting	None	Introduction to sailing and seamanship	Basic knowledge of yachting	2 days	Recommended
	Competent Crew	None	Basic seamanship and helmsmanship, navigation and meteorology	Able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day routines	5 days	
	Day Skipper	5 days, 100 miles, 4 night hours. Navigation to Day Skipper Shorebased standard and basic sailing ability	Basic pilotage, boat handling, watch organisation	Able to skipper a small yacht in familiar waters by day	5 days	
	Coastal Skipper	15 days, 2 days as skipper, 300 miles, 8 night hours. Navigation to Coastal Skipper shorebased standard. Sailing to Day Skipper standard	Skippering techniques for coastal and offshore passages	Able to skipper a yacht on coastal passages by day and night	5 days	

Recommended books

Yachtmaster® Scheme Syllabus and Logbook



Day Skipper Handbook Sail



RYA training is also available for:



[www.rya.org.uk](http://www.rya.org.uk)