

	Start Sailing (Level 1)	Basic Skills (Level 2)	Seamanship Skills	Start Racing (Level 4)	Sailing with Spinnakers	Advanced Boat Handling	Day Sailing
Rigging	Wind awareness, rigging a training boat.	Rigging a training dinghy or dayboat, reefing, parts of the boat and sails.	As for Basic Skills.	Rigging a boat as appropriate. Boat tuning controls.	Rig the boats including spinnaker and trapeze.	Rig and dinghy, including spinnaker / trapeze.	Boat preparation and equipment.
Ropework	Figure of eight, round turn & two half hitches.	Bowline, Clove hitch, rolling hitch.	Fisherman's bend, Sheet bend, Sealing / whipping				Fisherman's bend, Sheet bend, Sealing / Whipping.
Launching / Recovery	Wind awareness, use of trolley, launching, leaving the shore, coming alongside.	Storage ashore, paddling.	Leaving and returning to beach, jetty, mooring inc VMV and LMV shore.		Boats with open transoms/racks. De-powering the rig. Hoist prior to launch.		Use of anchor to haul off.
Sailing Techniques and Manoeuvres	Wind awareness, reaching, stopping, tacking, getting out of irons, sailing upwind & downwind.	The Five Essentials. Sail setting, Balance, Trim, Centreboard & Course Made Good. Man overboard.	Anchoring, heaving to, reefing afloat, MOB, being towed, sailing in adverse circumstances.	Boat handling around the course.	Sailing to best advantage using 5 Essentials. Spinnaker hoist - gybe - drop. VMG downwind.	5 essentials using crew equipment to best advantage. Including use of symmetric or asymmetric spinnaker. Spotting and using windshifts.	As Basic Skills, Sailing in difficult conditions.
Capsize Recovery	Stay with boat.	Righting - scoop, righting a single-hander	Total inversion.	As appropriate.	With spinnaker.	With spinnaker.	Total inversion and bailing.
Racing	Clubs and classes.	The course, starting procedure.		Starting, Strategy and tactics.	Courses for asymmetric boats.		
Sailing Theory & Background	Basic rules: Port/Starboard, windward boat, overtaking boat.	Points of sailing, No Go Zone, basic aerodynamic theory, buoyage, sea/land advice.	IRPCS, Nautical terminology.	Race organisation at club level. Class and handicap racing. Racing Rules.	Hull shapes, rig set up, apparent wind.	Understanding of hull and rig types and equipment fitted to modern boats.	IRPCS, Pilotage, passage planning/navigation, Safety precautions, First Aid.
Meteorology	Onshore / offshore winds.	Sources of forecasts, when to reef.	Obtaining and interpreting a forecast.	Using conditions to best advantage.			Detailed forecast interpretation for a day's journey.
Clothing / Equipment	Clothing, personal buoyancy.	Clothing, personal buoyancy.			Clothing appropriate to the boats		Flares, spare clothing.
	"Start Sailing"	"Basic Skills"	"Sail independantly"	"Go Racing"	"Kites Course"	"Efficient sailing - get coached and sail better"	"Go cruising"