



Youth Sailing @ Chasewater

RYA NSS Level 2

Sailor Name: _____

Date/Initials

DATE COMPLETED: _____

LOG BOOK SIGNED: _____

CERTIFICATE ISSUED: _____

Section A – Practical	Date	Initials
Rigging		
Understands how to rig According to the Weather Conditions		
Able to reef ashore		
Ropework		
Can tie a bowline, Clove hitch, Reef Knot and Rolling Hitch		
Sailing Techniques and Manoeuvres		
Has basic practical understanding of the following:-		
• The five essentials		
• Leaving and returning to the beach, jetty or mooring		
• Coming Along side a moored boat		
Knows basic rules of the road; Power/sail, Port/Starboard, windward boat & over taking boat		
Aware of lee shore dangers, sailing in close company with others and man overboard recovery		
Launching and recovery		
Has knowledge of the boat storage ashore, launching and recovery		
Able to paddle a sailing dinghy and row a boat around a short triangular course, come along & make fast		
Capsize Recovery		
Has practical experience of one method of righting a boat and knowledge of at least one other method		
Racing		
Understands the course and starting procedure		
Section B – Sailing Background & Theory		
Points of sailing and no go zone		
How a sail works – Basic Aerodynamic Theory		
Sea Sailing – Advice on tides and stuff		
The effects of wind direction and tidal flow		
Estuaries and harbour mouths – conditions and hazards		
Informing someone ashore		
Inland Sailing – Basic advice including local bylaws		
Meteorology		
Knows sources of weather and shipping forecast, when to reef		
Understands the beaufort wind scale		
Clothing and Equipment		
Knows importance of personal safety, clothing and buoyancy and basic equipment depending on the type of boat.		
Emergency equipment and precautions		
Knows the importance of first aid kit and flares including stowage. Visual methods of attracting attention, action to help those in distress		