

# **GREEN PENNANT**

**(RYA Stage 3)**

## **HAS KNOWLEDGE OF**

Spring and neap tides  
Where to find tidal information

## **UNDERSTANDS**

The basic terminology used afloat  
All points of sail and the no go zone  
How a sail works, basic aerodynamic theory  
The importance of personal safety equipment  
Basic safety equipment eg anchor, paddle, bailer  
Boat buoyancy  
The Beaufort wind scale  
When to reef  
How to read a tide table  
Telling someone ashore  
Lee shore dangers & sailing in close company with other water users  
Advice to give to inland sailor for coastal sailing  
The dangers of hypothermia and the importance of first aid training  
The course and starting procedures for racing  
The importance of clear communication afloat  
How to recover a man overboard

## **CAN TIE**

Figure of eight    Cleat a Halyard  
Reef Knot    Bowline    Clove hitch    Rolling Hitch  
Round turn and two half hitches

## **CAN**

Obtain and interpret a weather forecast  
Reef a dinghy ashore according to weather conditions  
Rig, launch and recover in an offshore wind  
Sail backwards from a pontoon in an offshore wind  
Demonstrate the 5 Essentials whilst sailing on all points of sail  
Tack upwind, sail close haul to close haul checking the luff  
Sail downwind and gybe in light winds  
Pick up a multiple tow  
Can do a gybing land drill  
Be scooped in during a capsize recover in a crewed dinghy  
Right a single hander