

# SYC Junior Training Scheme

LEVEL	SYC	RYA	Awards
<b>Beginner</b> [1 season]	<ul style="list-style-type: none"> <li>Boat parts/basic knots</li> <li>Launch unaided</li> <li>Reach with correct sail setting</li> <li>Control Speed</li> <li>Collision avoidance</li> <li>Get out of irons quickly</li> <li>Basic Tack</li> <li>Basic close hauled sailing</li> <li>Recover unaided</li> </ul> <p>[max wind F2]</p>	RYA Youth Stage 1 RYA Youth Stage 2	Certificate
<b>Skills</b> [1-2 seasons]	<ul style="list-style-type: none"> <li>Rig Boat unaided</li> <li>Knots</li> <li>Points of sailing</li> <li>Closehauled</li> <li>Hiking</li> <li>Run</li> <li>Efficient tack</li> <li>Safe gybe</li> <li>Capsize recovery</li> <li>MOB recovery</li> </ul> <p>[max wind F3]</p>	RYA Youth Stage 2 RYA Youth Stage 3 RYA Youth Stage 4 (for crewed dinghies)	Certificate Bronze Medal
<b>Race Beginner</b> [1-2 seasons]	<ul style="list-style-type: none"> <li>Knowledge of basic racing rules</li> <li>Starting</li> <li>Rounding buoys</li> <li>Roll tack</li> <li>Roll gybe</li> <li>Kiting</li> <li>Sailing when overpowered</li> <li>Penalty turns</li> <li>Sailing a course</li> <li>Participate in junior racing</li> </ul> <p>[max wind F4]</p>	RYA Start Racing RYA Intermediate Racing (partial)	Certificate Silver Medal
<b>Race Advanced</b> [1-2 seasons]	<ul style="list-style-type: none"> <li>Setup boat for different wind conditions</li> <li>Improved knowledge of rules</li> <li>Knowledge of basic race strategy</li> <li>Judging laylines</li> <li>Covering</li> <li>Using wind shifts</li> <li>Kinetics</li> <li>High Wind sailing</li> <li>Boat-on-Boat tactics</li> <li>Participate in adult racing</li> </ul> <p>[max wind F4]</p>	RYA Intermediate racing (partial)	Certificate Gold Medal