The RYA Teaching Method for Double Handers

- **Clothing/ PFD/ Gear**
  - Key points:

- **Rig/ Launch**
  - Key points:

- **Familiarisation**
  - Key points:
  - Course:

- **Basic Controls**
  - Key points:
  - Course:

- **Land drill - going about**
  - Key points:

- **Practice going about**
  - Key points:
  - Course:
• Key points:
  • Course:

Going to windward

Five Essentials

Practice 5 essentials

• Key points:
  • Course:

Downwind

Land drill for gybe

• Key points:

Practice gybing

• Key points:
  • Course:

www.instructortoolkit.co.uk
Triangular course / 1st solo

- Key points:
- Course:

Further sessions

- Subjects:
- Key points:

Shore capsize

- Key points:

Capsize recovery

- Key points:
- Area: