

RYA Courses as part of a DofE Award

Bronze level requirements



 Volunteering	 Physical	 Skills	 Expedition
3 months	3 months	3 months	Prepare, train for and undertake a 2 day and 1 night expedition. At least 6 hours of planned activity each day.
All participants must undertake a further 3 months in either the Volunteering, Skills or Physical section.			

Silver level requirements



 Volunteering	 Physical	 Skills	 Expedition
6 months	One Section for 6 months and the other for 3 months .		Prepare, train for and undertake a 3 day and 2 night expedition. At least 7 hours of planned activity each day.
Participants who have not achieved their Bronze Award must undertake a further 6 months in either the Volunteering, or the longer of the Skills and Physical sections.			

Gold level requirements



 Volunteering	 Physical	 Skills	 Expedition	 Residential
12 months	One section for 12 months the other for 6 months .		Prepare, train for and undertake a 4 day and 3 night expedition. At least 8 hours of planned activity each day.	All participants undertake a shared activity in a residential setting away from home for 5 days and 4 nights .
Participants who have not achieved their Silver Award must undertake a further 6 months in either the Volunteering or the longer of the Skills or Physical sections.				

Skills section

With an aim to develop practical and social skills, RYA courses can be count towards the ‘Skills Section’ of your award by either taking an individual course, or combining courses together to progress your skills further and achieve a higher level or broader range knowledge.

For example: Combing courses to progress or broaden your knowledge, for example PBL 1 & 2, PBL2 and Safety Boat, Start Sailing and PBL2, or perhaps include shorebased courses such as Marine Radio or first aid courses. This may be of particular interest if you chose Skill as the section you wish to undertake for a further 3 months or if you wish to become an instructor and count this towards your Volunteering.

<u>RYA Courses</u>	<u>Duration</u>	<u>Example</u>
Windsurfing Scheme:		
Start Windsurfing		
Intermediate Windsurfing		
Advanced Windsurfing		
Sailing Scheme (Dinghy/Keelboat/Multihull):		
Start Sailing (Level 1)	2 days/ 16hrs	These courses would need to be broken down or combined to ensure delivery over the required time period and therefore meeting the DofE Award requirements. <i>Example: Start Sailing could be delivered in 1 to 2hr weekly/ fortnightly sessions over a 3 month period. For those interested in taking the first step on the instructor ladder, the Assistant instructor course could be delivered during a few hours over number of consecutive weekends.</i>
Basic Skills (Level 2)		
Better Sailing (Level 3)		
Seamanship		
Day Sailing		
Sailing with Spinnakers		
Performance Sailing		
Start Sailing		
Start Racing		
Racing: (Windsurfing/Sailing)		
Intermediate Racing	5 days/ 40hrs	These courses would need to be broken down or combined to ensure delivery over the required time period and therefore meeting the DofE Award requirements.
Advanced Racing		
Instructor Training:		

Assistant instructor (Dinghy/Windsurfing)	2 days/ 20hrs	The AI Course could be run over a number of weekends and perhaps combined with additional training, such as one of the Advanced NSS Modules, first aid or PBL2. This would enable you to meet Bronze DofE Award requirements over 3 months.
Powerboating Scheme:		
Powerboat Level 1	1 day/ 8hrs	These courses would need to be broken down in an appropriate manner, or combined to ensure delivery over the required time period and therefore meeting the DofE Award requirements.
Personal Watercraft	1 day	
Powerboat Level 2	2 days/ 16hrs	
Safety Boat	2 days/ 16hrs	They could also be combined with a little extra theory, boat handling hours or another course to ensure you meet the requirements
Intermediate Powerboat	2 days/ 16hrs	
Sail Cruising:		
Start Yachting	2 days/ 8hrs	Although these courses cannot be broken down into short sessions spanning the time frames required for DofE they could be combined with other courses or ongoing consolidation training to meet the requirements. The longer courses meet the Gold level Residential section requirements. Always double check that a Residential will count before going on it by asking your DofE Leader and using the Residential Check List available here: www.DofE.org/residential
Competent Crew	5 days/ 50hrs	
Day Skipper	5 days/ 50hrs	
Shorebased Courses:		
Essential Navigation	16hrs	Completed online or classroom based, these courses would need to be broken down into a minimum of 2 hour sessions or combined to ensure delivery over the required time period and therefore meeting the DofE Award requirements.
Day Skipper Shorebased	40 hrs	
Diesel Engine	1 day	These 1 day courses cannot be broken down and would therefore need to be combined with other courses to meet the timeframe outlined by DofE and meet the award requirements
Radar		
First Aid		
Sea Survival		
Marine Radio Short Range		

Physical section

The aim is to achieve greater physical fitness and a healthy lifestyle. Within the RYA, this comes in the form of actual time on the water practising or participating in sailing or windsurfing. If conditions do not always allow you to go on the water, for example colder winter times, or too much / too little wind, time can be counted with general fitness / gym work that can be proved to benefit and aid your sailing fitness.

You must be able to show progression and sustained interest over the required period of time.

<u>Participating in Activities at RTCs</u>	
Sailing	Actual time on the water, sailing, windsurfing or racing, progressing your skills, spread over the required time period. This could be for an hour a week at your local Training Centre or joining in with regular club racing.
Windsurfing	
Sail Cruising	
Racing: Dinghy/ Windsurfing/Personal Watercraft or Yacht	

Volunteering section

By giving time to do something useful, without getting paid, the aim of the Volunteering Section is inspire people to make a difference within their communities and potentially giving something back. Becoming an instructor or coach and helping at your local RYA club would be great way to complete this section.

<u>RYA Course</u>	<u>Duration</u>	
Assistant instructor	2 days/16 hours	The instructor course can count toward the allowable training time, with the remaining time coaching or instructing others as a volunteer, at your local RYA Club or Centre. The activity hours needs to be average an hour a week, but you could condense your activity to two hours a fortnight, or for longer sections at Silver or Gold to four or five hours a month.
Dinghy Instructor Course	5 days/50 hrs	
Windsurfing Instructor Course		
Senior Instructor Course	4 days	
Race Coach Level 2	2 days	
Race Coach Level 3	3 days	
Powerboat Instructor	1 day skills assessment, 3 day course	

Note: Some RYA Courses require pre course knowledge or experience; please ensure you have taken this into consideration.