



RYA Logbook Theory Notes

Intermediate Racing

Using These Theory Notes

These notes are not intended to totally cover the theory in each stage but instead to provide a guide for students of the RYA Youth Sailing Scheme to supplement their learning from courses and activities.



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Intermediate Racing – Practical Skills Explanation

Once you've reached this level there's a limit to what our theory notes can impart. We've focused on explaining what will be covered, rather than providing fine detail on each. Instead, your instructor will cover the various concepts outlined here on the course in much more detail.

Physical & Mental Preparation

Understand the importance of fitness for sailing both physical and mental before, during and post races.

Boat Preparation

1. Understands how to use a turning guide
2. How to setup and tune the boat correctly for specific conditions including:
 - Hull and fittings
 - Spars and rigging
 - Sails
 - Foils
 - Control lines

Boat Handling

- Knowledge of how to sail without a rudder
 - Stopping
 - Accelerating
 - Sailing backwards
 - Roll tacking
 - Roll gybing



[Rudderless Sailing – Watch our explainer video](#)

Boat Speed

1. Aerodynamics of a sail - stage 3 theory
2. How to power up the rig
 - By tuning the rig appropriately and using your sail controls
3. How to de power the rig
 - By tuning the rig appropriately and your using sail controls
4. Understand the effects off weather helm and how to reduce and control it.
5. Understand the effects of lee helm and how to reduce and control it.
6. Understands how to set up the boat for a range of different conditions using all the available settings. Tuning guides, mast rake and sail controls

Teamwork (Double-handers)

1. Understands the different roles on different parts of the racecourse (upwind, downwind, tacking, gybing, starts, mark rounds, hoist/drops, and calling rules)
2. Understands the different jobs in the boat on different parts of the racecourse (upwind, downwind, tacking, gybing, starts, mark rounds and hoist/drops)

Strategy & Meteorology

1. The importance of clear air and how to keep it.
2. Spotting and using gusts to your advantage.
3. Spotting lulls before you sail into them and sailing around them.
4. How to interpret a weather forecast for the location you are racing in and understanding local weather effects.

Racing Rules

1. Has a good understanding of part 1, section A and definitions of racing rules in the RRS.
 2. A basic understanding of section B/C/D.
 3. Understands how to sail by the racing rules.
- [Racing Rules of Sailing](#)

Tactics

1. Understands boat to boat tactics.
2. Understands a lee bow situation.
3. How to cover and break cover.
4. Understands the importance of clear air and how to maintain it.

Starts

1. Understands how assess and find a bias of the start line.
2. Knowledge of how to hold a boat on the line and maintain position.
3. Knowledge of how to accelerate a boat off the line.