**Free resources to support your members and students with their sailing.**

Dear club contact, Instructor, Coach or Principal,

This document is to help provide you with some information to easily help your own club members with some resources to help them learning to sail. There’s a range of ‘copy and paste’ articles or wording which you are welcome to use, with some examples of what you could include in course emails and perhaps in a regular members newsletter.

Navigating around – See the topics below to see what’s available and click the link to go to the section.

Alternatively, select the ‘View’ pane in the top menu bar, and check the box for ‘Navigation Pane’. You will then see a list of headings on the left-hand side. Click which item you are interested in to see it.

I have made all this content in my own time, and I plan to work on more support videos to broaden the range of topics available, so keep an eye out for updates from the channel to share with your members. Please do feel free to let me know your ideas. This is my own content which should only be watched on/via Youtube. Feel free to embed it into your own websites, but downloading and republishing them as your own is not permitted.

Best wishes, and hope you find it useful!
Phil

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**Content (ctrl + click the links to go to it)**

[**Course follow-up emails**](#_Level_1_Course)– feel free to amend these to use in the course joining instructions if you don’t send out follow-up information.

[Newsletter articles – a ‘one time’ newsletter piece to introduce people to the help videos](#_Newsletter_–_a_1)

[Newsletter – a set of news items to copy and paste on a regular basis to support your members over a long period of time](#_Newsletter_–_a)

Simply copy and paste the text underneath the headings – I have provided some titles to introduce the topics. Headings in blue are for your information – all the text beneath them is for you to copy into your newsletter/joining instructions etc.

# Level 1 Course follow up e-mail

Thank you for completing your Learn to Sail course with us recently. I hope you’ve enjoyed the course. The next step is to keep learning until you complete your RYA Level 2 Basic Skills award, or your RYA Youth Stage 3 award. These ability levels are widely recognised to be the minimum suitable before you start sailing without direct instructor supervision.

There is a lot to cover during the course, so there are some videos here to help your learning:

This video looks at how a sail works, how that relates to the boat, and how to sail on different points of sail: <https://youtu.be/BqCJpa24l5o>

This playlist includes the knots you’ve learned, so that you can keep practicing them until you can do them every time: <https://youtube.com/playlist?list=PL2VtZj-uQwyijqDIrK3Ef5Zro8UT_j6dJ>

There are other resources on the ‘PhilsWatersports’ channel – subscribe for free to be kept up to date and to find the resources again in the future.

# Level 2 Course follow up e-mail

Following your Level 2 Basic skills course, here are some more resources to help you to revisit and absorb the knowledge in due course – there’s a lot to take in! This series of videos looks at each of the 5 essentials individually, with clear explanations about what’s happening in and around the boat, as well as footage on the water to show what you’re aiming for. The videos are quite detailed, so you might want to break it down and watch them over a few weeks – subscribe so you can find the videos again in your Youtube subscriptions. See the playlist here: <https://www.youtube.com/playlist?list=PL2VtZj-uQwyjYlmmIKYVaRXsXtoaHFZHb>

Additionally, you might like to revisit the knots and keep tying them over a course of a few weeks, to make sure they all sink in properly. All six knots from the Level 1 & 2 courses are available here: <https://www.youtube.com/playlist?list=PL2VtZj-uQwyijqDIrK3Ef5Zro8UT_j6dJ>

# Newsletter Articles

Note to clubs: These items below are to provide content to your members in your newsletter. If you have a regular newsletter, the series of topics will help to provide more information for them over a period of time. If you only put an e-mail out infrequently, the single introduction is briefer but less detailed.

# Newsletter – a ‘one time’ introduction to the channel

Improve your sailing knowledge with these FREE videos!

There’s a massive range of content available on the internet to help us to learn things from the comfort of our own homes. An experienced watersports coach & senior dinghy instructor has spent some time putting together some videos to support people who are learning to sail. The @Philswatersports Youtube channel has a range of videos to help people with their sailing skills. Clear diagrams and real-life footage combine to bring together the theory and practical elements to help you to understand what’s going on. Videos keep being added, so have a look around and subscribe to find the channel again. Content includes points of sail, how a sail works, a series about the 5 essentials, tutorials to tie knots, canoe expeditions and more. Have a look at the channel here: [www.youtube.com/@philswatersports](http://www.youtube.com/%40philswatersports)

# Newsletter – a regular piece to tell your members about individual topics

# Newsletter regular item 1

Improve your sailing knowledge! Do you know how a boat works and the points of sail?

Over the next few weeks, we’ll be looking at some videos to help to really understand what’s going on in a boat, so that we can sail more efficiently and avoid fighting against the forces. In this first video, we look at how a sail works to generate power, how that power is then harnessed by the boat, and how to sail at different angles to the wind. Clear diagrams combine with real sailing footage so that you can really see what’s happening. After we’ve covered the basics in this video, the next videos about the 5 essentials really help to polish off the edges and be more efficient on the water. Watch the video here: <https://youtu.be/BqCJpa24l5o>

# Newsletter regular item 2

Improve your sailing knowledge! – Part 1 of the 5 Essentials of Sailing

The ‘5 essentials’ are about understanding the different adjustments we can make to our boats to sail efficiently. The more efficiently that we sail, the easier it is to handle the boat, and the quicker we go through the water. This first video about the five essentials covers our sail setting, including:

\*How a sail works, with different types of airflow to generate power

\*Tell-tales, how to use them on a sail and what they are showing us

\*How to use a jib, and how it works in conjunction with the mainsail

\*Turning forces created by the power in the sails

See the video here: <https://youtu.be/W0ezqssvuvI>

# Newsletter regular item 3

Improve your sailing knowledge – Part 2 of the 5 Essentials!

This week it’s all about boat balance! Do you ever feel like you’re fighting the rudder in the boat? Have you ever lost control and got stuck head to wind? Do you wonder why people heel the boat to windward when sailing downwind, or how it’s possible to sail rudderless? This weeks video about boat balance will answer these questions, covering:

\*Turning forces created by windward and leeward heel

\*How to reduce drag from the rudder

\*Wetted surface area and water resistance explained

Watch the video here: <https://youtu.be/LS4Ug2FfU6Q>

# Newsletter regular item 4

Improve your sailing knowledge – Part 3 of the 5 Essentials!

Boat Trim is something that can easily be overlooked, and you can continue to sail along without realising that the boat is moving through the water inefficiently. Not only does this slow us down, but a boat that’s inefficient is normally harder to sail. For example, if we’re sailing downwind with excessive drag or water resistance on the hull, the loads on the sails increase and gybing gets more difficult. If we’re beating upwind too slowly, the daggerboard & rudder will be less efficient so the boat will drift sideways more in the water, covering more distance over the water at a slower speed.

This week’s video covers:

\*Drag created by the transom, and what your wake should look like

\*Planing, and non-planing sailing modes

\*Trim for upwind and downwind sailing

Click here: <https://youtu.be/0QZJQUKHV4A>

# Newsletter regular item 5

Improve your sailing knowledge – Part 4 of the 5 Essentials

The centreboard or daggerboard have the same purpose, to provide lateral resistance. We don’t need all of the board all the time, and a centreboard also affects how the boat handles and steers on the water.

\*What’s the difference?

\*What is lateral resistance, and what does the board really do?

\*When do we and don’t we need it?

\*How does a centreboard affect our boat handling?

Find out in this week’s video: <https://youtu.be/hs31Y9zulEA>

# Newsletter regular item 6

Improve your sailing knowledge – Part 5 of the 5 Essentials

Race strategy, or course made good - is there a difference? Both terms are thinking about how we can sail from A to B or around a course as efficiently as possible. When we first start sailing we associate CMG with sailing upwind, but there’s so much more to it than just zig-zagging around. The final video in this five-part series looks at:

\*Upwind VMG (velocity made good)

\*Current from tides or a river

\*Clear wind and water

\*Spotting gusts on the water

\*Wind shifts, and how to benefit from them

\*And more!

See the video here: <https://youtu.be/2gGsszckFVo>

# Newsletter regular item 7

Off your trolley?? How to launch a single-hander and put your trolley safely up the beach

This time we’re looking at launching a boat by yourself, and the different things we need to think about to make it easy as possible to get in and out from the shore. The video includes:

\*How to launch & recover your boat by yourself

\*How to get your trolley safely onto the beach

\*How to leave and return to the beach in an onshore, cross-shore and offshore wind

\*How to tie a boat to a trolley

Watch the video here: <https://youtu.be/JSOHgjTHbRQ>

# Newsletter regular item 8

Know your knots!

There are lots of different knots, all with their own purposes. If you don’t tie knots regularly when you first learn them, they can be easy to forget. So, refresh yourself with these easy step-by-step guides. This video playlist includes the six knots that you learn when you first learn to sail: <https://youtube.com/playlist?list=PL2VtZj-uQwyijqDIrK3Ef5Zro8UT_j6dJ>