

## Basic Sailing

Welcome to our basic sailing course. The objective of this course is to provide instruction and on-water practice of basic sailing skills in such a way that students having no prior sailing experience are able to “graduate” with the ability to perform basic sailing maneuvers safely in a small dinghy and in light to moderate wind.

This course is progressive over 5-6 weeks. New content will be delivered during the first 5 consecutive classes from 6:00pm-9:30pm, with the optional 6th week used for testing. Each class will build off of principles, knowledge and skills learned in previous weeks. For this reason, it is important that students who sign up for the course/session are able to consistently come to class every week. If you feel that you are unable to commit to all of the classes, we encourage you to come to the drop-in Saturday boat school sessions instead. During the Saturday sessions we do teach the same concepts with more independent and flexible scheduling.

Weekly classes will involve a combination of instruction at the clubhouse or on land as well as practice of skills on the water. While we do have an outline in place, there may need to be some flexibility with regards to on-water practice depending on the weather conditions each week. However, do plan to have class every week regardless of wind or rain conditions. We will adjust the class topics as needed. If, for example, we are unable to get on the water when we are scheduled to practice tacking and jibing, we will instead use the time to do a land-based activity such as knot tying or club rules. Then, when we would later be scheduled to do knot tying or club rules, we would instead use that time for the sailing that needs to be made up.

We encourage use of the US Sailing book, “Learn Sailing Right, Beginning Sailing”. The cost of the book on-line is approximately \$18 but the club buys them in bulk and is therefore able to sell them to students at a reduced cost of \$10 each. We suggest you purchase this book and read it prior to your course since the content in this book will be the basis of instruction in your course. Initially, many of the items in the book may not be easy to understand but they will become clear as we do lessons on the shore and water. Becoming somewhat familiar with content from the book prior to class will help you to understand the lessons and pick up the skills more quickly.

Class size is influenced by boat availability. Instruction is usually limited to use of the JY 15 boats for the initial basic sailing course. We have 6 JY 15 boats so class size is typically up to 12 students. We may at times be able to accommodate students in another club boat as well but this would be decided by the course instructor after discussion with the student(s). To sign up for the course, contact our Vice Commodore or the class instructors. (Vice Commodore-Jane Tucker, Tuesday Instructor-Steve Adams, Thursday Instructor-Rob Compton).

## Basic Materials/Items to Bring to Class

### DRY CLOTHES

Please bring at least one dry change of clothes since we will often be practicing capsizing or other activities that will cause you to get wet. **Plan on getting wet every class!** During the early spring or late fall classes, the water and air temperatures can be surprisingly cool. It is important to have some warm, dry clothing to change into. Lightweight, synthetic, quick dry clothing is best. Layering for warmth is probably better than one heavy and thick layer of clothing.

### WATER/NON-ALCOHOLIC BEVERAGE(S)

Conversely, it can often be warm and dry and it is also important to bring water or other non-alcoholic beverage to stay hydrated. The club does also have bottled water for use from a water tank dispenser.

### LIFE-JACKET

The club does have a supply of approved life jackets for use while at the club. You must wear a life jacket during boat school whenever you are on the dock or on the water.

### SAILING ATTIRE

Shoes should be non-skid and have closed toes to protect against injury. Sailing gloves, shorts etc may be added to your collection as you learn more and try things out. Talk to other members to see what they recommend or would advise against. As weather changes, some people like to use spray gear/foul weather gear, wet suits, etc. None of this is essential to have at the start but you may want to look into it as you get more involved with the sport. If you do decide to shop for gear, you will want to search with the term “dinghy” gear rather than the more generic “sailing” gear.

### BOOK “LEARN SAILING RIGHT, BASIC SAILING”

Please take some time to pre-read the recommended material from the course book “Learn Sailing Right, Basic Sailing” before coming to class each week. This way you will be somewhat familiar with the concepts prior to the instruction and skills sessions and will be able to ask questions for clarification as needed.

### RATING SHEET

You will need to have your rating sheet signed off as you complete various tests. Place your name on your sheet early and keep track of it throughout the session. If you lose your sheet, you will have to retest for any previously completed activities since “make-up” signatures will not be provided. This is because the instructors may not have accurate recall of which students have completed each activity at later dates.

## Course Outline/Weekly Topics

Please note: Recommended reading selections for each class are best completed prior to that class period. For example, prior to coming to the first class session, please read Ch: 1, 2, 3, 4, 8, 16

### Week 1: Introduction

#### Instruction:

- Course logistics (include use of life jackets, signout of boats)
- Nomenclature-Parts of the JY 15
- Capsize recovery maneuver(s)

#### Skills:

- Swim Test
- Rigging and Unrigging of the JY with identification of parts of boat
- Figure 8 Stopper knot, cleat hitch and chain hitch used with rigging
- Capsize Recovery drill using scoop recovery method

#### Reading:

- Introduction
- Ch 1: Preparing Yourself for Sailing pp 8-9
- Ch 2: Know your boat pp10-11
- Ch 3: Looking around and describing directions pp 12-13
- Ch 4: Wind and water pp 14-15
- Ch 8: Rigging your boat pp 26-29
- Ch 16: Seamanship and water safety pp 56-57

### Week 2: Basic Maneuvers

#### Instruction:

- Port-Starboard tack
- Tacking and Jibing
- Points of Sail
- Basic Sail Trim (incl. how to pull in sheets quickly with hand-hand )

#### Skills:

- Tacking (land and water practice)
- Jibing (land and water practice)
- Appropriate Position in boat
- Appropriate exchange of sheets and tiller behind back
- Use of hand-hand to trim in sheet without needing to look at it

Reading:

- Ch 5: Points of Sail pp 16-19
- Ch 6: Steering pp 20-21
- Ch 9: Getting Underway pp 30-33
- Ch 11: Tacking pp 38-39
- Ch 12: Upwind Sailing pp 40-41
- Ch 13: Downwind sailing pp 42-43
- Ch 14: Jibing pp 44-47

Week 3: Basic Maneuvers Continued

Instruction:

- Review Points of sail and sail trim
- When to use Heave-to and Safety Position
- First Aid

Skills:

- More tacking and jibing (Sailing in circles, figure 8s, follow the leader)
- Heave-to
- Safety position

Reading:

- Ch 7: trimming the sails pp 22-25
- Ch 10: Putting it all together pp 34-37

Week 4: Man Overboard and Docking

Instruction:

- Figure 8 man-overboard recovery
- Basics of docking

Skills:

- Man overboard drills
- Docking with mooring/marker and actual dock

Reading:

- Ch 14: returning and shipshape pp 48-51

Week 5: Recap and practice

Instruction:

- Q/A from previous topics—review
- Right of Way Rules
- Club Rules

Skills:

Practice/review of previous topics (tacking/jibing, appropriate sail trim, heave to, safety position, man overboard, docking)

Knot tying –all required knots for test

Reading:

Ch 15: Courtesy and navigation rules pp 52-55

Week 6: Testing

Sailing test to include: tacking, jibing, sail trim, points of sail, heave-to, safety position, man overboard and docking

Knot Tying demonstration of all required knots (see basic rating sheet)

Verbal test for club rules, right of way

Nomenclature test—point and identify parts of the boats, sails, rigging

Please note, some of these tests may be done prior to week 6 when you feel ready to take the test (for example, nomenclature, rigging, knot tying could be signed off at any time those skills or knowledge base are demonstrated during the session)