

WATER CLASS 1

Check Weather Conditions

Walk around boat; check out rigging (*funny boat words*)

Check safety equipment

Rig Boat

Review & Practice:

Find the Wind

Points of Sail

Dry-Land Practice (*in boats*) Heading Up, Bearing Away

Dry-Land Practice (*in boats*) Points of Sail

Unrig Boats

Haul & Secure Boats

WATER CLASS 2

Check Weather Conditions

Review: Boat Checkout, Rigging the Boat

Review & Practice:

Knots

Finding the Wind

Points of Sail

(*new*) Stopping Under Sail

Launch Boats

(during this session, boats will stay near beach with instructor
& fellow students holding the gunwhales)

Near-Beach Familiarization

Tippiness, Holding Tiller & Sheet

Steering

Trimming / Easing the Sheet

Unrig Boat

TEST- During Unrig, students show knowledge of basic boat
parts

Haul & Secure Boats

WATER CLASS 3 (sailing, for real!)

Check Weather Conditions

Review: Boat Checkout, Rigging the Boat

Review & Practice:

Knots

Finding the Wind

Tacking

Stopping Under Sail

Dry-Land Practice: Baby Duck Drill

Launch Boats

Tow clear of docks

Sail 'Baby Duck' (*emphasize STAY TOGETHER, FOLLOW!*)

Tacking

Return To Shore

Boats Stop, Coach Boat gathers & tows in

Unrig Boat

Haul & Secure Boats

WATER CLASS 4

Check Weather Conditions

Review: Boat Checkout, Rigging the Boat

Review & Practice:

Knots (test- by this time students should know all 4 basic knots: bowline, cleat hitch, clove hitch, figure 8)

Finding the Wind

Tacking

Points of Sail

Stopping Under Sail

Launch Boats ... Tow clear of docks

Sail 'Baby Duck' (*emphasize STAY TOGETHER, FOLLOW!*)

Tacking

Stopping (*test- students must be able to control their boat, including Stopping, before sailing in*)

Points of Sail

Return To Shore, Coach Boat acts as "Goalie"

Unrig Boat

Haul & Secure Boats

WATER CLASS 5

Check Weather Conditions

Walk around boat; check out rigging

Check safety equipment

Rig Boat

Review & Practice:

Find the Wind, Points of Sail (test)

Tacking & Stopping

Dry-Land Practice (*new skill*): Gybing

Walk Thru Drill: Baby Ducks w/ Tacking, Gybing, Stopping

Launch Boats

Sail Drills 'Baby Duck' Close-Hauled (*emphasize STAY TOGETHER, FOLLOW!*)

Tacking & Gybing

If ready, do figure-8s around close buoys

Stopping

If ready, practice docking to buoys or coach boat

Return To Shore, Coach Boat acts as "Goalie"

Unrig Boat

Haul & Secure Boat

WATER CLASS 6

Check Weather Conditions

Review: Boat Checkout, Rigging the Boat

Review & Practice:

Knots & Other Rope Skill: coiling, tossing

Points of Sail

(*new skill*) Beating, Close-Hauled

Dry-Land Practice: Close-Hauled

Sail Trim & Steering

Launch Boats

Sail 'Cone' or 'Pipeline' (*emphasize STAY TOGETHER!*)

Tack On The Whistle

Gybe On The Whistle

TEST- tacking properly, gybing under control

Return To Shore (by now Coach Boat shouldn't be needed)

Unrig Boat

Haul & Secure Boats

WATER CLASS 7

Check Weather Conditions

Walk around boat; check out rigging

Check safety equipment

Rig Boat

Review & Practice:

Find the Wind

Points of Sail (emphasize 'close-hauled')

Tacking, Stopping, Gybing

Walk Thru Drill: (*new skill*) Capsize!

Launch Boats

Near-Beach Practice: Capsize

Sail to Practice Area

Practice Capsizes (*test*)

Return To Shore

Unrig Boat

Haul & Secure Boats

WATER CLASS 8

Check Weather Conditions

Review: Boat Checkout, Rigging the Boat

Review & Practice:

Knots & Other Rope Skill: coiling

Capsize

(*new skill*) Right-Of-Way

Dry-Land Practice

Walk thru R-O-W situations

Walk-thru "The Clock" drills

Launch Boats

Sail Drill: 'The Clock'

Emphasize Right-Of-Way

Potential for 'Race the Clock' if ready

Return To Shore, Coach Boat acts as "Goalie"

Unrig Boat

Haul & Secure Boats