

LMSC Sailing Club

Course outline and supplemental information for "Start Sailing Right "

Goal: To become a safe and independent sailor.

Topic areas and required outcomes:

Sailing Skills

1. Get safely in and out of a sailboat
2. Independently rig and derig a boat.
3. Acquire Knowledge of:
 - Wind Direction
 - How Sails Work
 - Trimming Sails
 - Points of Sailing
4. Perform the following maneuvers with instructor supervision:
 - Sail on a beat, reach, and run.
 - Tack and Jibe.
 - Leave the dock and returned to the dock.
 - Tie on to a tow.
 - Get out of irons.

Terminology

Boat: hull, bow, stern, port, starboard, sail, tack, clue, head, boom, rudder, tiller, leeward, mainsheet, downhaul, outhaul.

Sailing: Tack, jibe, close hauled, reaching, and running.

Safety Awareness

Learn how to put on and secure and PFD properly while in the water.
Sail into and out of the safety position and describe uses for the safety position.
Explain why wearing shoes while sailing is a requirement and a good idea.
Pick up person in water.

Rules:

State the first rule of sailing
Describe when and how to check for other boats.
Tell why and how to avoid a collision.

Maintenance

Demonstrate how to store a boat and equipment after sailing.
Show how to roll, fold, or store the sail after sailing.
Wash the boat and equipment properly.

Seamanship knowledge

State the difference between a rope, a line and a sheet..
Tie a figure 8 not, square knot, two half hitches, the bowline and discussed their uses.
Secure a boat to a dock with the cleat hitch.
Know how to heave a line.

Environmental awareness

Identify wind direction on land in name three ways to tell wind direction.
Describe weather and water clues that indicate good and bad sailing conditions.
Define water pollution and list to ways sailors can help the environment.

General sailing knowledge

Describe the difference between a monohull and a multihull in name one boat of each kind. Be able to name the boat's that are used during the sailing instruction.

Supplemental Information**Requirements & pre-requisites**

Every person must swim 50-yards, and put on a life jacket while in the water. You must have closed toe sneakers or properly fitting boating shoes, and an approved PFD. *(A short, kayak type jacket is recommended since you will be sitting most of the time, and they are designed for athletic activity).*

Recommended gear

Other recommended gear includes sunglasses, hat, sun block, drinking water, snacks or lunch, and other clothing that you would normally use for outdoor activities.

Registration

Your registration fee includes your training manual and is your reservation. Your registration fee is refundable if your plans change.

As a courtesy to others please provide as much advance notice as possible for a cancellation. If the class fills (maximum of 18) we will keep a list prioritized by date of registration, based on receipt of your fee, and will notify you if there are cancellations.