

Sailing 2 Syllabus (Generalized/Transitional)



Course Description:

This class aims to build upon the basic skills learned in Sailing 1 by introducing students to performance, competitive, and keelboat sailing.

End of Week Goals:

Students will have the knowledge and ability to maintain and adjust boat speed through proper sail trim and the use of proper weight placement, the vang, downhaul/Cunningham, and outhaul. Students will understand and have the ability to demonstrate the *basics* of finding lay lines, roll tacking, dry capsizing, and racing starts.

Daily Break down:

Day 1:

1. Ice breaker
2. Life Jackets / Swim test (**MB #2**)
3. Sailing lvl 1 Review (**MB #3, #9**)
4. Rigging / Wind awareness (**MB #5, #6a**)
5. Launch (**MB #6 b-f & i**)
6. The Review Regatta part 1 (course set so students have to tack/jibe/sail on reaches.)
7. **Students** de-rig and clean up, Debrief (**MB #8**)

Day 2:

1. Ice breaker
2. Life Jackets
3. Sailing lvl 1 Review / Rules of The Road (**MB #3, 4 b,c, #9**)
4. Rigging / Wind awareness (**MB #5, #6 a**)
5. Launch (**MB #6 b-f & i**)
6. The Review Regatta part 2 (course set to have students tack/jibe/sail upwind & downwind)
7. **Students** de-rig and clean up, debrief (**MB #8**)

Day 3:

1. Ice breaker
2. Life Jackets
3. Safety on board (Safety Afloat, gear, weather) / Docking (**MB #1 c, #4 a,b,c,d,f**)
4. Rigging / Wind awareness / Sail Trim review (**MB #5, #6 a**)
5. Launch (**MB #6 b-f & i**)
6. Figure 8 / triangle, pull individual boats out for docking exercise
7. **Students** de-rig and clean up, debrief

Day 4:

1. Ice Breaker
2. Life Jackets
3. Marlinspike Seamanship / dry capsizing (**MB #7 a-c**)
4. Knot / coil Relay (**MB #7 a-b**)
5. Rigging / wind awareness (**MB #5, #6 a**)
8. Launch (**MB #6 b-f & i**)
6. Windward/leeward – pull boats out for dry capsize exercise
7. **Students** de-rig and clean up, debrief (**tomorrow is pirate day**)

Day 5 (Pirate Day):

1. Instructors set out clues for the day – they should be arranged around the harbor in such a way so that each previously learned skillset is utilized.
2. Students arrive, are briefed on the schedule for the day, and start rigging
3. Find clues at sea base
4. Launch
5. Follow clues set out on water
6. **Students** de-rig and clean up
7. Retrieve treasure (dry box full of candy), eat, debrief

Day 6 (Monday #2):

1. Ice Breaker
2. Life Jackets
3. Light review / Float Plan / radio Chalk talk / Injuries **(MB #1 a-c, #4 e)**
4. Float plan activity (break kids into groups and have them file two separate float plans)
5. Rigging / wind awareness **(MB #5, #6 a)**
6. Launch **(MB #6 b-f & i)**
7. Float plan activity
8. **Students** de-rig and clean up, debrief

Day 7:

1. Ice Breaker
2. Life Jackets
3. Person overboard chalk talk **(MB # 6 g,h)**
4. Rigging / wind awareness **(MB #5, #6 a)**
5. Launch **(MB #6 b-f & i)**
6. Sail to turning basin (pull individual boats for a P.O.B. drill)
7. **Students** de-rig and clean up, debrief

Day 8:

1. Ice Breaker
2. Life Jackets
3. Intro to racing (starts) chalk talk
4. Rigging / wind awareness **(MB #5, #6 a)**
5. Launch **(MB #6 b-f & i)**
6. Practice dinghy and full speed starts (3 minute whistles)
7. **Students** de-rig and clean up, debrief

Day 9:

1. Ice Breaker
2. Life jackets
3. Intro to racing (Sail shape and airfoils) chalk talk
4. Rigging / wind awareness **(MB #5, #6 a)**
5. Launch **(MB #6 b-f & i)**
6. Sail to turning basin – windward / leeward races
7. **Students** de-rig and clean up, debrief

Day 10 (The Amazing Race):

1. Rigging Race
2. Discovering Clues
3. Upwind and Downwind Sailing
4. De-Rigging Race
5. Finding the Last Clue
6. Certificates