

# Sailing 1 Syllabus (Generalized)



## Course Description:

This class aims to equip sailors with the skills and knowledge to effectively operate a small sailboat.

## End of Week Goals:

Students will have the ability to identify parts of a sailboat, steer with a both a tiller and tiller extension, identify wind direction, demonstrate correct sail trim, identify the points of sail and safety position, tack and jibe, sail upwind and downwind, understand right of way on the water, and recover their boat from a capsize.

## Daily Break down:

### Day 1:

- 1) Ice breaker
- 2) Life Jackets / Swim test
- 3) Parts of the boat / Steering / Sail trim demo
- 4) Points of Sail / Tacking chalk talk
- 5) Rigging / Wind awareness
- 6) Launch
- 7) Follow the Leader / Reaching Course (Figure-8, tacking only)
- 8) **Students** de-rig and clean up, Debrief

### Day 2:

- 1) Ice breaker
- 2) Jibing / P.O.S. Review + Safety Position chalk talk
- 3) Rigging / Wind awareness / Sail Trim review
- 4) capsize drill / walk-through / Boat is tied off
- 5) Launch
- 6) Follow the Leader / Reaching Course (Triangle/hot dog/jibing figure 8)
- 7) **Students** de-rig and clean up, debrief

### Day 3:

- 1) Ice breaker
- 2) Upwind/Downwind Sailing / Rules of the Road chalk talk
- 3) Rigging / Wind awareness / Sail Trim review
- 4) Launch
- 5) Sail to upwind turning basin or to Lido Island and back (500 on return)
- 6) **Students** de-rig and clean up, debrief (**tomorrow is destination sail day**)

### Day 4 (Destination Sail Day):

- 1) Instructors set out the multiple destinations 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) Launch
- 4) Play games on the way (sponge tag, follow the leader, 500, etc...)
- 5) Head back to the Sea Base from final destination
- 6) **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
- 8) Certificates