

# Basic Sailing 1

## Course Description

### Summary:

This nine-hour class is split into three sessions and builds upon concepts introduced in the Intro to Sailing class. Students refine their sailing skills while learning how to properly trim sails for various conditions and angles to the wind. Important safety skills taught in the class, including how to right a capsized boat, prepare the student for sailing independently.

### Skills Taught:

- Understanding GBSP safety rules and emergency procedures
- Proper fitting and adjustment of a Personal Flootation Device (PDF)
- Sail Shape
  - Adjustment of downhaul for wind conditions
  - Adjustment of batten tension for wind conditions
  - “Reading” air flow over a sail using telltales
  - Adjusting sail trim for wind conditions and wind angle
  - Managing sail shape with distractions
- Basic safety (boat safety checklist, VHF basics)
- Safety Skills
  - Weather and wave considerations before leaving shore
  - Man overboard drill
  - Avoiding capsize under heavy wind conditions
  - Righting a capsized boat
  - Safely enjoying sailing with others
- Navigating on the Water
  - Right of Way rules
  - Understanding navigation buoys
  - Steering toward a point on shore
  - Navigating while sailing with others
- Daily review of skills

### Class Size:

The class is provisioned for two (2) students per boat.