

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 Floatation Device (PDF)
- Sail Shape
 - Adjustment of downhaul for wind conditions
 - Purpose and function of battens
 - “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
 - Basic safety considerations
 - Weather and wave considerations before leaving shore
 - Man overboard drill
 - Avoiding capsize under heavy wind conditions
 - Righting a capsized boat
- Navigating on the Water
 - Right of Way rules
 - Understanding navigation buoys
 - Steering toward a point on shore
- Daily review of skills

Class Size:

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