

## **Basic Sailing 2 Course Description**

### **Summary:**

This nine-hour class is split into three sessions and builds upon concepts and skills acquired Basic Sailing 1 class. Students are able to practice and further develop their sailing skills under the watchful eyes of their instructor(s). At the start of each session, the instructor(s) will review topics based upon the coaching needs of each student. The goal of this course is to prepare students for independent sailing.

### **Skills Taught:**

- Understanding GBSP safety rules and emergency procedures
- Proper fitting and adjustment of a Personal Floatation Device (PDF)
- Safety discussion on stepping a mast
- Rigging
  - Raising the mast and adjusting shrouds on the boat
  - Simple wind indicator using a piece of yarn tied to bridle
- Sailing up to another boat & dock
- Safety considerations when sailing in heavy wind
- Wind
  - Observing wind puffs on the water surface
  - Adjusting steering for wind shifts
- Safety considerations when sailing in a large fleet
- Right of way, rules of the road
- Racing (*subject to student interest and ability*)
  - Introduction to racing – sample skipper’s meeting
  - Starting signals and horns
  - Finishing signals and horns
  - Other race signals and horns
  - Short windward/leeward races
- Daily review of skills

### **Class Size:**

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