

Intermediate Sailing Course Description

Summary:

This nine-hour class is split into three sessions and builds upon concepts and skills acquired in our Basic Sailing 2 class. Students are able to get more tiller time, while learning to sail a bit faster and smoother on more responsive catamarans. Take this next step to learn how to utilize a traveler, a jib, trapeze, and hull flying on old school fiberglass catamarans. At the start of each session, the instructor will review topics and coach students based on individual desires and skill sets. The goal of this course is to prepare students to sail independently and provide exposure to a variety of faster catamarans.

Skills Taught:

- Quick review of safety – GBSP policies, PFDs, sailing area, basic navigation
- Trip planning
 - Weather planning
 - Boating/ passenger etiquette
 - Currents
 - Depth
- Pre-sailing inspection
- Rigging with two sails
- Launching & Landing with a fiberglass boat
 - Stay off the rocks and watch the rudders!
- Tacking and Gybing using a Tiller Extender
- Using 2 sails – the Jib
 - Balancing the Jib/Main sail trim upwind
 - Balancing the Jib/Main sail trim downwind
- Using a Traveler - Main
- Downhaul & Outhaul
- Let's Fly! (a hull) – (participation optional)
- Using a Trapeze (participation optional)
 - Fitting the harness
 - When and How to go out
 - When and How to get back in
 - What to do in a Capsize
- Capsize Recovery
 - Prevent a turtle
 - Recovering if from a turtle
 - Getting back aboard (Where and How)
- Man Overboard with a Jib and Main
- Reading the wind and water
- Ballast – Where do you sit and why
- Heavy weather planning

- Managing your speed
 - Using the tiller and sail adjustments
 - Close maneuvers with other boats
- Wind
 - Get the forecast
 - Observing wind puffs on the water surface
 - Dealing with huffs, puffs and big bad wolves (gusts)
- Sailing up to/ away from a mooring

Class Size:

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