

Summer School Programming - Intro to Sailing Course Description

Summary:

This three-hour class introduces students to sailing on a Hobie® Wave Catamaran. After a briefing on the beach, an instructor demonstrates the basics of sailing the boat. Each student then has an opportunity to sail the boat under direct supervision of the instructor(s). Once that skill is mastered, students are able to sail the boat with minimal supervision of the instructor(s). Depending on the comfort level of the student(s) instructors may or may not be on board each boat.

Skills Taught:

- Understanding GBSP safety rules and emergency procedures
- Proper fitting and adjustment of a Personal Floatation Device (PDF)
- Staying protected from the sun
- Appropriate use of safety whistle
- Signal to return to beach
- Understanding what to do if boat capsizes
- Understanding hazards to avoid in the instruction area
- Wind direction and sailing angles to the wind
- Understanding how buoys will be used during instruction
- Weight placement – where to sit on the boat
- Leaving the beach
- Steering with the tiller
- Sailing upwind, on a reach
- Gybing and tacking
- Sailing a figure eight
- Recovering from irons
- Sailing between two (2) buoys upwind doing multiple tacks
- Sailing a triangular course
- Avoiding collisions
- Sailing back to beach
- How everyday plastics & garbage end up in our waters
- Enjoying sailing with others!!!

Class Size:

This class can have up to 32 participants with each boat typically having up to four (4) students per boat.