

Downtown Sailing Center

Part One: Introduction to Sailing

Student Curriculum

So you want to learn to sail? Well, you've come to the right place. In Introduction to Sailing, you will learn the parts of a boat, boating safety, wind awareness, rigging a boat and steering and turning a boat. You will have practice time on the water with your instructor during each of your sessions. We encourage you to take advantage of the open sails for members in the evenings and on the weekends at the Downtown Sailing Center (DSC) for additional practice time. Your goal in this class is to become a competent crew-level sailor.

SESSION 1

Classroom

INTRODUCTION TO THE DSC

Inclement weather policy: Come to class REGARDLESS...we sail rain or shine!

SAFETY

Dockside

Safety Equipment

PARTS OF THE BOAT

- Cockpit
- Mast
- Mainsail
- Boom
- Tiller

WIND AWARENESS

- Direction and Strength
- Puffs and Lulls
- True vs. Apparent
- Windward and Leeward

BOARDING THE BOAT

Hold on and keep center of gravity low.

CREW AND HELMSMAN

Position and weight balance is critical in small boats.

Steering with the Tiller

Tiller goes in the opposite direction you want the boat to go.

Heading Up and Falling Off

Tacking Sequence Drill

1. Preparing to tack

2. Turn toward wind
3. Turn away from wind

RIGGING THE BOAT (MAIN ONLY FOR THE FIRST DAY)

- Prepare to Leave the Dock
- Crew Briefing and Weather Check
- Leaving the Dock

On the Water

Tacking – practice, practice, practice!

Returning to the Dock

Review Docking Plan

1. Bring down jib (if used)
2. Bring down main
3. Mast crew person will step off

Homework Assignment: Read and learn terminology and basic concepts of sailing. Sail, sail, sail! If possible, attend Wednesday and Sunday open sails as crew.

SESSION 2

Classroom

PARTS OF THE BOAT

- Stern
- Rudder
- Keel
- Hull
- Bow
- Deck
- Starboard
- Port

JIBING

Jibing vs. Tacking

Tacking – bow turns through wind

Jibing – Stern turns through wind

Jibing Sequence

1. Preparing to jibe
2. Turn away from the wind
3. Turn stern through the wind
4. Turn toward the wind

Jibing Problems

- Accidental jibes
- Rounding up
- Turning too quickly

Dockside

RIGGING TERMINOLOGY

Sails

- Jib
- Mainsail

Sail Parts

Standing Rigging

Running Rigging

USE OF THE JIB

On the Water

Raising the Jib (after leaving the dock)

Practice Jibing and Jacking

Homework Assignment: Read and learn terminology and basic concepts of sailing. Sail, sail, sail! If possible, attend Wednesday and Sunday open sails as crew.

SESSION 3

Classroom

SAIL THEORY

- Push-pull principle and lift
- Windward and leeward

BASIC SAIL TRIM

Controlling Sail Power

Power is controlled by altering the air flow over the sails

Sail Telltales

Show the invisible wind flow over the sails

POINTS OF SAIL

- Run
- Broad reach

- Beam reach
- Close reach
- Close-hauled
- No-go zone

BASIC NAVIGATION RULES

Purpose of “rules of the road” is to prevent collisions.

- Starboard Tack over Port Tack
- Leeward over Windward
- Overtaking over Overtaken

DSC policy: DSC boats give way to all commercial traffic.

Dockside

TERMINOLOGY

Different kinds of cleats

- Clam cleats
- Cam cleats
- Horn cleats

On the Water

Practice sailing the different points of sail.

Practice sailing from point A to point B.

Homework: Study for written test.

SESSION 4

Classroom

KNOTS

Written Exam

On the Water

Practice using the sheets to keep the sails full.

Practice using the tiller to keep the sails full.

Practice what you are in need of to become a crew level sailor.

Classroom

Discuss and review final exam with instructor. You will then be advised of your next steps for sailing.

Complete instructor evaluation forms.

Happy Sailing!