

Downtown Sailing Center

Part 3: US SAILING Basic Keelboat Certification

Student Curriculum

Course Objective: To certify the experienced sailor as a US SAILING Basic Keelboat sailor on non-powered keelboats up to 27 feet. The curriculum includes the following topics: advanced boat handling, reefing, anchoring and picking up a mooring, as well as basic sailing theories such as boat dynamics, wind, and advanced sail trim and skills covered in Parts 1 and 2. The student must demonstrate a working knowledge of the concepts and skills in US SAILING's *Basic Keelboat* book if he/she wishes to pass the US SAILING Basic Keelboat Certification test.

Prerequisite: Knowledge and skills covered in Part 1: Introduction to Sailing and Part 2: Intermediate Sailing.

Note: This DSC course is not intended to be a stand-alone course leading to US SAILING Basic Keelboat Certification. A student who has not completed the DSC's Part 1: Introduction to Sailing and Part 2: Intermediate Sailing courses must demonstrate a working knowledge of all of the concepts and skills presented in these aforementioned courses before registering for this course. This course is designed to build upon the set of knowledge and skills presented in the Introduction to Sailing and Intermediate Sailing courses so that a student is prepared to successfully complete the knowledge and skills requirements of the certification standards for US SAILING Basic Keelboat Certification.

SESSION ONE

Indicators for Mainsail Trim

Indicators for Jib Trim

Sail trim tip: Sails in general should be rather flat in very light winds, fuller in light to moderate winds, and flat in heavy winds.

QUICK-STOP OVERBOARD RECOVERY

On the Water

Practice:

- Tacking
- Jibing
- Stopping beside a floating object.
- Safety position
- Getting out of irons
- Sail trim
- Boat control
- Overboard recovery

Homework

Review knowledge and skills presented to this point in US SAILING's *Basic Keelboat* and familiarize yourself with the knowledge and skills to be presented during the next session. ***Practice skills on the water*** – take advantage of the open sails and fun races.

Classroom (Group)

INTRODUCTION TO THE DSC

PART 3 CURRICULUM OUTLINE

Session 1

Boat Control
Sail Trim

Quick-Stop Overboard Recovery

Session 2

Weather
Tides and Currents

Session 3

Navigation
Reefing
Anchoring

Session 4

Practical and Written Evaluation

BOAT CONTROL

Balanced Boat

Weather Helm

Lee Helm

SAIL TRIM

Draft

Twist

SESSION 2

Classroom

WEATHER

Warm Front

Cold Front

Clouds

TIDES AND CURRENTS

On the Water

Practice all sailing skills and review knowledge learned to this point.

Homework

Review knowledge and skills presented to this point in US SAILING's *Basic Keelboat* and familiarize yourself with the knowledge and skills to be presented during the next session. ***Practice skills on the water.***

SESSION 3

Classroom

NAVIGATION

REEFING

ANCHORING

On the Dock

REEFING PRACTICE

On the Water

Practice anchoring.

Practice reefing.

Homework

Review US SAILING's *Basic Keelboat* and *Student Certification Standards* to ensure that you are ready for a practical skills test and a written exam. ***Practice skills on the water.***

SESSION 4

Classroom

Review skills necessary for practical skills test.

On the Water

Your knowledge and skills will be evaluated against the US SAILING Basic Keelboat Certification Standards.

Back in the Classroom

US SAILING Basic Keelboat Certification written exam will be administered.

If you pass both the practical skills test and the written exam, you will receive a US SAILING *Official Logbook of Sailing*. Your instructor will complete the necessary information and affix your US SAILING Basic Keelboat certification sticker.

If you fail any part of the practical skills test or the written exam, your instructor will discuss the steps you should take to bring your knowledge and skills set up to the level necessary to meet US SAILING's certification standards.