

Basic Sailing 1

Course Material

Contents

1 Outline

This course aims to introduce complete novices to the most fundamental sailing techniques such as steering, sail trim, tacks, and gybes. It is perhaps the most important as without these fundamentals future courses will be much harder to teach. The aim is to build a strong base and ensure that new sailors do not develop bad habits that may make it harder for them to sail in more challenging conditions. The course will be conducted on a reach-to-reach course about 8 boatlengths long.

1.1 Course Goals

Participants should leave the course having mastered:

1. Identifying points of sail
2. Identifying major roles on a Seabird
3. Steering to a course or to a sail setting
4. Trimming to a course or a point of sail
5. Controlled stops and starts
6. Basic tack without getting stuck in irons
7. Basic gybe while maintaining control of direction and sail

1.2 Course Requirements

Condtions	Light Day
Grade	Trainee
Maximum Participants	4

2 Schedule

Time	Activity
10 mins.	Setup for course before participants arrive. Sign out all materials needed for the course and make sure they are in working order. Load materials needed on the water on the powerboat and confirm it is fueled
30 mins.	Briefing: Get to know the participants. Names, when they did the previous courses, etc. Refresh skills and info from previous courses relevant to this course. List all skills to be covered today and go over the sailing area and the course. Go through skills individually paying careful attention to common mistakes and how to correct them. Explain the test and its criteria for passing.
15 mins.	Drop participants to the boat. Setup the training course.
1 hrs. 30 mins.	Go through the skills. Have them rotate roles every 4 completed circuits.
30 mins.	Conduct the test.
15 mins.	Have the participants return to the mooring. Pick up the course and return to land.
30 mins.	Debriefing: Recap all skills covered on the water Point out common mistakes and single out those who corrected them successfully. Explain how they did so.
10 mins.	Clear the powerboat and briefing area. Return all items and sign them back in.

Total time: 4 hrs. 20 mins.

3 Syllabus

3.1 Setup

Before the participants arrive check that the weather conditions acceptable for the course and decide on the sailing area for the day.

Sign out the following:

- Whiteboard, markers and figures
- 2 marks with anchors and anchor lines
- Wind indicator

Load the marks on to the powerboat and ensure there is enough fuel for the day.

Set up the whiteboard for the briefing.

3.2 Briefing

Gather the participants in front of the whiteboard, take down their names, and confirm that they have completed the relevant prerequisite courses. If someone has mistakenly come to a course they are not yet qualified to attend inform them which course they should be attending and if possible help them schedule a time to complete it.

On the whiteboard illustrate where on the river the course will be taking place, show the orientation of the marks in relation to some landmark, and if possible point it out from the briefing location.

Start by refreshing material from previous courses. Go over finding the wind direction, estimating wind speed, parts of the boat and their names, leaving and coming to the mooring, man-overboard drills, etc., briefly****.

List out all the skills that will be covered during the course, very briefly expanding on each one.

Go down the list of skills explaining the salient points of each one:

3.2.1 Identifying points of sail

Using the points of sail diagram, illustrate the various points of sail and their names. Describe in general how the sails are loosened as the boat is steered away from the wind. Go over the no go zone and how to sail upwind by going from tack to tack. Using the diagram explain how tacks take the bow through the wind causing the sail to change

sides and gybes take the stern through the wind with the same result. Then add in an illustration of the days course showing how the marks will create a reach-to-reach course. Point out where the boat will have to tack or gybe to round the course.

3.2.2 Identifying major roles on a Seabird

Transition to the roles on the Seabird and how the changes in course will be handled by each. Start with the helm, the main sheet trimmer, the person responsible for the runners and centreboard and finally the jib trimmer.

Draw an illustration of the Seabird from a top view and mark where each person should be sitting. Detail how they should cross the boat during a tack or a gybe.

3.2.3 Steering to a course or sail setting & trimming to a course or a point of sail

Introduce the 2 major modes of steering. Explain that when steering to a course the helm maintains a steady heading while the trimmers adjust the sails to the course while when steering to a point of sail the trimmers set the sails and the helm must maintain boat speed by adjusting the heading.

3.2.4 Controlled starts and stops

Paying close attention to the difference between being in irons and being in a controlled stop, go over the procedure for coming to a stop, maintaining a stationary position, and building boat speed to come out of a stop.

3.2.5 Basic tacks without getting stuck in iron

3.2.6 Basic gybes while maintaining control of direction and sail

3.2.7 Explain the test and its criteria for passing

4 Course Goals

Example

1. Example

Example [Example](#)

Example

Example

Example

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4.1 Example

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