

## **LEARN TO SAIL COURSE OUTLINE**

### **ADMINISTRATIVE (5 minutes)**

- Class attendance
- Collect waiver forms
- Check swim verification forms (if applicable)
- Hand out books (if applicable)

### **INTRODUCTIONS (15 minutes)**

- Instructors' names and experience
- Student's names
  - Experience
  - What they want to accomplish
  - Why they are here

### **COURSE OVERVIEW (5 minutes)**

- Provide brief description of how the course will be given
  - Knot tying drills
  - Chalk talks
  - Land drills
  - Water practice
  - Rigging & Derigging
  - Daily debriefing

### **SAFETY (5 minutes)**

- Clothing
- Shoes
- Sunscreen/protection
- PFDs
- Wind & Weather

### **CAPSIZE RECOVERY (90 minutes)**

- (Pico or Aquafin should be rigged prior to students arriving at the dock.)
- Chalk talk – describe how to board the boat, capsize it, and climb back aboard
- Review book pages
- On the dock, ensure PFDs are properly fitted before each student performs the drill

### **TERRAFIN / BODY POSITION DRILL (45 minutes)**

- If using Terrafin, Rig prior to class OR two benches with the mock tiller and a boom can be used as easy alternative.
- Demonstrate to the class proper technique for tacking
  - Lead with Aft foot and pass main behind your back
  - Pulling extension towards the mast will stop the boat from turning.

### **CHALK TALK – SAILING BASICS (30 minutes)**

- Describe sailing to a mark, tacking, jibing
- “No go Zone”

- Dead down wind / Accidental Jibe
- De-powering the sails
- Safety Position
- Talk about the sequence of the first sail.
  - Emphasize that we want them to stay with the group.
  - Explain the different courses that will be sailed.
  - How they may be towed if the weather turns unexpectedly.

#### **FIRST SAIL (2 - 3 hours per minimum)**

- Students sail. Instructors give direction as necessary, emphasizing sail trim and sailor's body position in the boat.
- You may want to have boats rigged prior to first sail to get out on the lake sooner. Then students can de-rig, and rig for the first time on the next day
- (At least 2 buoys should be on the water prior to students sailing. At least one coach/safety motorboat should always be on the water with students)
- Students launch and stay within the harbor until all boats are on the water
- Students sail out of the harbor and follow motorboat to the nearest buoy
- Sail beam reach course
- Sail upwind/downwind course
- Sail "figure 8" course
- Sail triangle course
- Sail "tennis ball" battle
- Sail "follow the leader" back towards the marina
- Before sailing back to the marina, one instructor should be on the dock to catch students arrive one-at-a-time. Students practice safety position while waiting to dock
- Instructor motorboat stays with the group until all sailors are in the harbor
- De-rig boats and store equipment. Be sure to teach how best to stow sails, etc.

#### **DISMISSAL (5 minutes)**

Brief review of days activity and preview of next day.

#### **SUBSEQUENT CLASS DAYS**

Each class day should begin with a brief (5 minute) recap of the prior day

#### **END OF CLASS**

Be sure to go over the new sailors' ability to visit LTYC on both race days and social sail days. Go over club membership benefits:

- Discounted first current year dues
- Usage of club boats when qualified
- After race social events

#### **SUMMARY**

Our job is to teach students enough so that they can rig a boat, get out on the lake, and get back to the marina safely. Remember that this is supposed to be fun, so don't burden them with too much sailing "lingo" or information they're not yet ready to use.