

What the Beginner's Class Sailors Will be Taught

- ✓ Safety on the boat
 - Capsize and recovery (lake water temperature will determine extent of any emersion)
 - How to follow program and harbor rules and how be safety conscious
 - PFD check by student and by instructor
 - Sun protection, proper hydration, and appropriate sailing clothing
 - Emergency bad weather actions (no-go if thunder, high winds, or lightning, etc.)
 - Sailing rules-of-the-road to avoid boat collisions
 - How to bail while sailing or heave-to (resting)
- ✓ Boat rigging and de-Rigging
- ✓ Parts of a sailboat
- ✓ Knot Tying
 - Square knot, bowline, cleat tying, clove-hitch, figure eight, and half-hitches



- ✓ Points of sail
 - Upwind or close-hauled
 - Reaching and running
 - Where's the wind coming from?

- Heave to
- ✓ Sail trim and centerboard positioning for each point of sailing
- ✓ Boat handling skills
 - Straight and level sailing
 - Tacking & Gybing
 - Leaving and returning to the dock
 - Maintain proper body position and weight placement in the boat
 - Hold the tiller and mainsheet correctly and proper tiller movement; mainsheet trimming
 - Avoid luffing/no-go zone-keep the sail full
- ✓ Racing
 - Starting line, starting on-time, finding clear air
 - Mark rounding
 - Starting signal sounds
 - Good sportsmanship on the race course
 - Sail adjustments such as boom vang, outhaul and sprit halyard
 - Bailing while sailing
 - Penalty turns such as 360-degree turn
 - Racing rules and sailing instructions
 - Committee boat (RC) actions

