

Taste of Sailing (4 hours)

Course Description – Taste of Sailing (4 hours)

The 4-hour Taste-of-Sailing is designed to get you involved in learning the basics of sailing without classroom sessions or certification. Depending on weather conditions and the learning pace of all in your class (maximum four per boat per instructor) the following knowledge and skills will be described and practiced:

- What to wear
- Basic sailing terms
- Being part of the crew
- Preparing and leaving a dock
- Finding the wind direction
- Adjusting sails to use the wind
- Steering to make a sailboat go where you want it to go
- Preparing and returning to a dock
- De-rigging and cleaning up the boat

Instructional time: 3.0 hours practical + 1.0 hour of shore briefings

Pre-requisites: No prior sailing experience required

Certifications: No certifications

Course Outline: Taste of Sailing (4 hours)

Sample course sequence. Actual course sequence and timing will be adjusted to suit sailing conditions.

1. Personal preparation
2. Basics of sailing
 - a. Parts of the boat, sails and rigging
 - b. Read the wind and determine all points of sail
 - c. Tacking and gybing
3. Getting ready to sail
 - a. Boarding a boat
 - b. Life jacket
 - c. Basic knots
 - d. Rigging the boat
4. Going sailing - morning
 - a. Leaving the dock
 - b. Raising sails
 - c. Practice steering
 - d. Practice rudimentary sail trim – trim-in and ease out
 - e. Practice tacking and gybing
 - f. Lowering sails
 - g. Returning to docks
5. Putting away the boat
6. Debriefing

Instructor Syllabus – Taste of Sailing (4 hours)

Start-Time	Duration	Taste of Sailing	Knowledge	Practical
8:45 AM		Morning Coffee and Donuts		
9:00 AM	30 min	<ul style="list-style-type: none"> Outline boating etiquette. Describe personal preparation such as clothing and sun protection. Describe nomenclature for basic parts of the boat, sails and rigging Explain tacking and gybing Demonstrate how to properly board a boat Demonstrate how to put on a life jacket Demonstrate crew coordination and skills for raising sails (halyards, sheets and boat handling) 	•	
9:30 AM	30 min	<ul style="list-style-type: none"> Demonstrate crew coordination and skills for departure (line handling, casting off, fending off) Motor out of slip into sailing area Explain and practice looking out for other traffic 		•
10:00 AM	120 min	<ul style="list-style-type: none"> Demonstrate crew coordination and skills for raising sails (halyards, sheets and boat handling) Practice steering a straight line Practice rudimentary sail trim – trim-in and ease out Demonstrate and practice: Tacking, the No-Go Zone and if time permits in this session (the cruising gybe). Rotate crew once. 		•
12:00 AM	30 min	<ul style="list-style-type: none"> Return to dock Demonstrate appropriate crew coordination and skills for lowering sails Demonstrate appropriate crew coordination and skills for arrival boat handling, deploying fenders, stopping and tying up Demonstrate flaking main on boom 		•
12:30 PM	30 min	Wrap-up <ul style="list-style-type: none"> Course and instructor evaluation Sign up for Fundamentals of Sailing and Learn-to-Crew 	•	
1:00 PM		End Class		
	Total 4.0 hours			