

Course Outline for Red Cross Sailing Class

Instructor: _____ Phone _____

4 hr/class X 5 class sessions = 20 Hr

- Bring to each class:
- 1) Shoes, not flip-flops
 - 2) Life Jacket (PFD)
 - 3) Paper and Pencil

First Class

KNOTS: Pages 94-95 Figure Eight Knot, Cleat Hitch

<http://www.smallboat.sailingcourse.com/knots.htm>

A. Introduction of Instructors and Sponsors

1. Red Cross - Free Instructor
2. Titusville Sailing Club (TSC) - Setting up class and boats
3. City of Titusville - Place to meet and store boats.

B. Purpose:

1. Safety (PFD, shoes, clothing, sunscreen, weather awareness, overhead power lines)
2. Basic Principles of Sailing

C. Goals:

1. Basic Sailing Directions (Three Points of Sail) P. 43
 - a) Across the wind (Reach)
 - b) Down - With the wind (Run)
 - c) Up - Into the wind (Beat)
2. Wind Awareness **Important**

D. Sailing Terminology

1. Parts of a Boat (Ch 3 P. 17) Bow, stern, Port side, Starboard side, centerboard, rudder & tiller, etc.
2. Parts of a Sail (P 28) Three corners (Head, Clew, Tack), Three edges (Leech, Luff, Foot) Battens and Roach
3. Types of sail cloth (cotton, nylon, dacron, mylar)

E. How to Sail a Boat (reach first) Ch 7 P. 34

1. How to get in a boat (man on the bow)
2. How to leave shore
3. Where to sit
4. How to steer (use models on board)
5. How to trim the sails
6. How to come-about (hard alee)
7. How to get in and out of irons
8. How to stop and get out of a boat
9. Capsize Recovery (P 60-65)

ON THE WATER

- A. Rig a Boat (point out parts of boat and sail)
- B. Sail a reach and Come About only

Second Class

KNOTS: Figure Eight, Cleat Hitch, Overhand, Reef and Bowline

A. Wind direction and points of sailing

1. Reach
2. Run
3. Beat
4. No-Go, Stop Zone

B. Wind strength and sail trim.

C. What makes a sailboat go? Ch 5 P. 24

1. Wind pressure vs water pressure
2. Wind on sail - high pressure vs low pressure (80% of the force is Lift by the sail)
3. Balancing wind and water pressure (center of effort on sail vs center of lateral resistance on centerboard)
4. Function of centerboard - stop sideways movement (leeway)

D. How to Jibe Ch 10 P. 57 (j-i-b-e is f-a-s-t)

E. How to sail toward the wind. (Beat or close-hauled) Ch 9 P. 49

1. Centerboard position
2. Sail trim

ON THE WATER

1. Demonstrate coming about and jibe on a reach
2. Demonstrate close-hauled
3. Sail reach and close-hauled with jibe and come about

Third Class

KNOTS: Overhand, Figure Eight, Reef, Bowline, Cleat Hitch, Slipped Reef, Sheet Bend, Half Hitches, Clove Hitch

A. Hull design Ch 3 P. 16-17

B. Boat Heel

C. Heavy air sailing and light air sailing

D. Rules of the Road Ch 15 P. 81-83

E. Sailing a triangular course

Tacking up wind

ON THE WATER

Put out three marks and sail around the triangle

Fourth Class

KNOTS: Review all knots. Introduce whipping and splicing. Discuss different kinds of rope and line and their uses.

- A. Types of Boats
- B. Sailing boats and rigs P. 98
- C. Kinds of sails
- D. Rigging - head stays, back stay, shrouds, spreaders

ON THE WATER

Put out a triangular course and sail around in both directions.

Fifth Class

KNOTS: Demonstrate knowledge of all Knots

- A. Discuss artificial respiration and CPR as it relates to sailing and boating
- B. Test either formal or informal
- C. Membership in sailing organizations. US Sailing.
- D. Where do you go from here? Buy a boat? Race? Join the Club?

ON THE WATER

Sailing Test - Must sail around a triangular course in good form, rounding all three marks. Jibe and Come About from both directions. Maybe race some or sail to one of the islands.

HAND OUT CARDS. GRADUATION PARTY!

Terms

aft
bear away (bear off)
bilge
block
boom
boom vang
bow
bow line
broad reach
capsize
centerboard
cleat
close hauled
close reach
cockpit
course to make good
course to steer
coming about
daggerboard
drain plug
fall off
foot
forward
foul
gooseneck
harden up
head up
heading
halyard
hull
jib
jibe
keelboat
lazy sheet

leeward
line
luff
luffing
mainsail
main sheet
mast
painter
point-of-sail
port
rigging
round up
rudder
run
running lights
running rigging
scupper
sheet
shrouds
spar
standing rigging
starboard
stays
stern
tack
traveler
trunk
tiller
thwart
trim
turtling
winch
wing and wing
working sheet