

DAY ONE

(1000) Class introduction

Goals, synopsis of sail dynamics, CE/CLR balance, Rules of the Road, running lights, and other system lights

(1050) Boat

- Standing/running rigging
- Electrical
- Head
- Steering
- VHF
- Engine
- Flares
- Extinguishers
- Bilge/through-hulls/miscellaneous

(1200) Lunch

Knots at dock (in order of general importance):

- Bowline
- Round turn and two half hitches
- Cleat hitch
- Stopper (figure 8)
- Square or reefing knot
- Rolling hitch
- Clove hitch

(1300) Sail

Points of sail, trim and sail controls, reefing, getting into and out of irons (on a predetermine tack), tacking, jibing, heaving-to

(1500) Douse Sails

Head back.

(1600) Dock

Post-cruise, secure boat

DAY TWO

(1000) Boat

Pre-cruise checkout

(1030) Discussion

Navigation: lateral buoyage, chart basics, tides/currents, set/drift

(1030) Boat

Maneuvering, casting off, two escapes (back and fill, backing)

(1200) Lunch

Anchoring discussion at dock, knots

(1300) Sail

Points of sail, tacking, jibing, COB, reefing

(1500) Douse Sail

Head back

(1600) Dock

Post-cruise, secure boat