

# **DAY ONE**

## **(1000) Class introduction**

Goal dedication, 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
- Sheet bend
- 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

**(1600) Douse Sails**

Head back.

**(1620) Dock**

Post-cruise, secure boat

**(1700) End of Day**

## **DAY TWO**

### **(1000) Boat**

Pre-cruise checkout

### **(1030) Discussion**

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

### **(1030) Boat**

Maneuvering, casting off, three escapes (back and fill, 3-pt turn, back down, dock)

### **(1200) Lunch**

Anchoring and discussion

### **(1300) Sail**

Points of sail, tacking, jibing, COB, reefing

### **(1600) Douse Sail**

Head back

### **(1630) Dock**

Post-cruise, secure boat

### **(1700) End of day**