

# Day One

## **(1000) Introduction**

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

## **(1050) Boat systems**

Standing/running rigging, electrical, head, steering, VHF, engine, flares, fire extinguishers, bilge, PFDs

## **(1200) Lunch**

Knots at dock (in order of general importance):

Bowline

Round turn and 2 half hitches

Cleat hitch

Stopper knot (figure 8 and double overhand

Square or reefing knot

Rolling 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) Return to dock**

Post cruise, secure boat

# Day Two

General sailing and Crew Overboard (COB)