

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)