

Instructor Lesson Plan - Mainsail II

 COMMUNITY BOATING B O S T O N			Goal(s) Be able to show understanding of basic weight placement while sailing Be able to land safely on the dock, ideally unassisted Prepare students for the yellow test		
Focus Skill	Intermediate Sail Control				
Class Factors			Setup	10 minutes	
Students: 20 adults in 10 boats			Chalk Talk: Whiteboard and Demoboat	Land Drill: Demo boat	On Water: 2x marks
Time: 2 hrs					
Weather:					

Chalk Talk	10 minutes
Purpose Value Statement: To help students pass the yellow test	
☐ Prior Skill Knowledge: Students should be confident in sailing both up and down wind	
☐ Content: Review tacking and gybing - Discuss all the lines (show locations and share names/purposes), - Discuss use of tiller use during tack and gybe Weight Placement - Go over "Hike, Ease, Trim" - Discuss how weight placement affects movement of the boat - The goal is to have a flat boat ("a flat boat is a fast boat") - Sit forward of the side cleat - Hiking- moving body weight windward (upwind) to reduce heel (boat leans away from wind) - Ease- letting some tension out of the mainsail to manually reduce heel - Trim- adjusting sail trim to find a balance between heel and speed Safe Landing - Landing safely is done by approaching the dock, then turning up into the wind and easing the sail - Demonstrate on the whiteboard with magnetic boats what that looks like with different wind directions - Emphasize that reapproaching is ok if sailors think they can't land safely - IF wind direction is blowing directly into the dock, coach students through approaching then running alongside the dock while easing the sail to reduce speed	
☐ Check for Understanding	

Land Drill

20 minutes

Skill-Based

☐ Outline

- ☐ Demonstrate weight placement on a demo boat
- ☐ Discuss weight placement during gybes
- ☐ Have students practice hiking while using the tiller extension

☐ Individual practice

Activity-Based

☐ Outline

- ☐ Have students practice a simulated landing in the demoboat

☐ Group practice

On-the-Water Practice

80 minutes

SAFETY - Make sure your radio is turned on and set to the right channel, wear your safety cord, count how many boats are part of your class, and radio the dockhouse if you need help, towing, or rescues.

☐ Rig and Sail Out

☐ On -Water Practice:

Description:

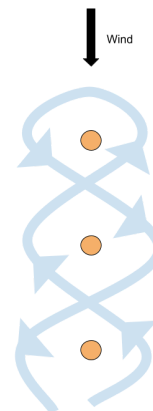
☐ On -Water Drill

Description:

Yellow Test Practice

- Set out the yellow test using three marks
- Have one student practice a couple times and then switch.
- Explain what we are looking for on the yellow test so they can practice (ex. Staying close to the course, not getting stuck in irons, good weight placement, etc.)

Graphic
:



☐ Sail in and De-Rig

Debrief

10 minutes

☐ Students Self Assess

☐ Provide your assessment of their performance as a group

Goals List

By the end of class students should be able to:

- Maneuver through a course
 - Perform basic sailing maneuvers (heading up, bearing off, tacking, controlled gybing)
 - Keep an appropriate distance from marks (3 boat lengths)
- Sail upwind at a close haul with appropriate sail trim
- Have proper weight placement in the boat and good heel control
- Launch from the dock without assistance
- Perform a safe and controlled docking
- **Pass the Mercury yellow test**

Reference Materials

Notes