INTRO-TO-CATS CLINICS

JTown Cat Program is an entry-level high-performance sailing program and a good opportunity to learn more about sail trim, apparent wind sailing and trapezing.

The Program follows the following structure of three (3) main helming categories:

- Cat Helm 1,
- Cat Helm 2,
- and Cat Examiner.

Our Intro-to-Cats clinics are run throughout the sailing season by a volunteer catamaran community member who is usually a Cat Examiner, or who is willing to lead the session, support the cat sailing community, and help the club members to build their sailing skills.

The **leader** of the session is committed to:

- **follow the schedule** of the day,
- **cover the material**,
- and to **adhere to the timeline** outlined thereof.

Intro-To-Cats Clinics' **schedule for the day** is as follows:

Intro (9:00 AM) Dryland Session	**Morning Session on Water**	**Afternoon Session on Water**	**Debrief (3:00 PM) Dryland Session**
Safety Procedures	Tacking	Man Overboard	Review of the Day
Rigging	Gybing	Capsize & Recovery	Individual Feedback
Overview of Tacking and Gybing with on Land Simulation	Upwind Sailing + Sailing Exercise	Docking	
	Downwind Sailing + Sailing Exercise		

INTRO-TO-CATS CLINICS

The volunteer who is leading the session might have someone driving the motorboat to assist them, and three of the club's catamaran sailors volunteering their time as **assistant coaches** for the clinic. Our focus on the water is on clean tacks, gybes and sailing exercises to **simulate safe docking** and **man overboard**.

To obtain your Cat Helm 1 category, here is a checklist of skills the Examiner would be looking from a sailor during the Clinic:

- Sign out and rig correctly,
- Guide the boat to the dock and secure it appropriately,
- Raise the mainsail and launch from the dock safely,
- Sail with you head up, looking where you are going (try to never look back and if you need to look at something inside the boat, glance briefly),
- Sail out and around a mark,
- Learn how to stop/park the boat,
- Gybe and tack,
- Get out of irons,
- Perform a man overboard maneuver without tacking (We use a lifejacket, it must be picked up windward of the boat),
- Perform a capsize recovery,
- Dock safely,
- Put the boat back on the ramp, and the equipment away.

CAT OLD SALT TEST

New members who are CanSail Level 3 (formerly known as Bronze Level IV) certificate holders may sign out a boat after successfully completing the Old Salt test by arrangement with a Cat Examiner and the Vice Commodore.

St. James Town Sailing Club's Cat Program is not intended to be an extreme sailing program.