



Spring Lake Junior Sailing Association
Adult Classes
Summer 2020
Adults

Overview
Ages 16+
Beginner/Intermediate
Monday-Thursday
Two hour classes

Class Summary:

This class is designed for adults who have an interest in learning how to sail. The sailors will learn the basics of sailing and they will learn specific aspects of sailing that they are interested in (if applicable). At the successful completion of this class, a sailor will, at minimum, be able to rig a sailboat, name parts of a sailboat, identify points of sail, and single-hand a butterfly.

Daily Schedule (6:00pm class. Same schedule applies for classes at other times)

Check-In	6:00pm
On-Land Instruction	6:00-6:30
On-Water Practice	6:30-7:30
De-Rig / Wrap up	7:30-8:00

Day 1: Basics

Goals

- Introductions (e.g. names, prior sailing experience)
- Create goals for the day
- Identify wind direction, boat parts, basic steering, changing direction/tacking
- Basic knots

Schedule

Students Arrive

- Take temperature (due to COVID-19. This will be done daily)
- Take attendance
- Introductions
- Tell them where the bathroom is
- Check medical forms and concussion sheets

Chalk Talk -- **Basics**

- Boat parts
 - White board
 - Real boat
- Identify wind direction
 - Indicators
 - Importance of wind direction
 - What direction is the wind coming from
 - Points of sail (wind pizza)
- Basic steering
 - Opposite
 - Steer with back hand
 - Practice on land with chairs and a tiller
- Steering to a point on land
- Basic tacking
- Knots (square, figure 8, cleat)
- Rigging
- When to duck (sail starts to luff)

On Water Drill

- Two buoys for a reaching course
- Sail around the lake

De-rig

Wrap up

- Questions

Day 2: Upwind Sailing

Goals

- Review day one
- Tacking
- Sailing to a point

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Upwind**

- Tacking, sailing upwind, steering to a point, tiller exchange
- Review: wind pizza, boat parts, basic steering
- Points of sail and sail trim (wind pizza)
- Sailing an upwind course (zig zag)
- Draw a map with the wind direction
- Getting in and out of irons

- Safety position

On Water

- Master reaching course
- Figure 8 course OR triangle course

Day 3: Downwind Sailing

Goals

- Practice boat parts and wind pizza
- Learn downwind sailing and proper gybing

Schedule

Students arrive

- Take attendance
- Land activity (practice wind pizza or boat parts, on land tacking practice, etc...)

Chalk Talk: **Downwind**

- Gybing
- Sailing to a point downwind
- Balancing the boat
- Practice downwind sailing

On Water

- Upside down triangle course
- Sail around

Wrap Up/ Chalk Talk

- Questions

Day 4: Fun day

Goals

- Review day three
- Review points of sail
- Review knots
- Become more comfortable on the water

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Review**

- Boat parts and wind pizza: have the students draw and label
- Review upwind and downwind sailing

On Water (options)

- Tennis ball game
- Sail to a landmark
- Tipping

De-rig

Wrap Up/ Chalk Talk

- Questions

Day 5 (week two *if* returning students): Practice

Goals

- Improve tacking and steering to a point
- Switching sides when tacking
- Sitting on the edge of the boat
- Using the tiller extension

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Practice**

- Practice day 1-4 skills
- On land demo (on land tacking practice, on land gybing practice, tying more advanced knots).

Sailing Component

- Practice skills that students need the most work on (e.g. steering, tacking, gybing)

On the Water

- Drill to practice what the students need the most
 - Tack on the whistle (be sure they are switching sides properly)
 - Slalom course (upwind and downwind)
 - Follow the leader
 - Box drill
 - Sail upwind to a point (make it a race to add fun)

Wrap up/ Chalk Talk

- Questions

Day 6: Safety Position

Goals

- Safety Position

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Safety position**

- Safety position (starting and stopping)

On the Water

- Follow the leader (practice starting and stopping)
- Red light green light: getting in and out of safety position

De-rig boats

Wrap Up/Chalk Talk

- Questions

Day 7: Capsizing and Knots

Goals

- Learn how to handle a capsized boat
- Practise knots
- Optional: towing procedures

Schedule

Students arrive

- Take attendance

Chalk Talk: **Capsizing and Knots**

- How to right a capsized boat
 - make sure everyone is OK
 - Put weight on the center board
 - Wait for boat to come head to wind
 - Right the boat by putting weight on the center board
 - Get back in the boat
 - Tipped vs. turtled

Knots

- 8 knot, square knot, bowline, cleats
- When and where to use these knots

On water

- Practice tipping and righting boats (do not force anyone to do this. Maybe practice with a butterfly tied to the docks first with a floaty on the mast)
- Have them tip ONE AT A TIME

De-rig

Wrap Up/Chalk Talk

- Go over positives and improvements for the future
- Questions

Day 8: Sail to the bridge

Goals

- Put together everything that has been learned

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Review**

- Review what they have been struggling with or what they want to review

Sailing

- Try to keep everyone relatively close together

De-rig

Wrap Up/Chalk Talk

- Pass out cards
- Questions

Notes:

- No swim test
- There is no need to plan for rainy days because they can drive away

COVID-19:

- Wear masks when on land
- Wipe down tables between classes
- Keep all students 6 feet apart (unless they are siblings)
- No students allowed in the Ted Shed
- Wipe down equipment (center board and rudder) after use
- Take everyone's temperature before beginning (38.2 degrees C is the cut off)