



Spring Lake Junior Sailing Association
Butterfly 1
2020

Some sessions canceled due to COVID-19

Class summary:

Students will learn basic sailing skills and develop confidence on the water. This class will give students a foundation to expand their knowledge of sailing.

Overview:

- Ages 7+
- 1.5 hour classes
- 4 classes per session

Daily Schedule:

- Check-In 11:00
- Land Instruction 11:00-11:10
- On the water practice 11:10-12:10
- De-rig / wrap-up 12:15-12:30

Day 1: Basics

Goals

- Introductions (e.g. name games)
- Explain Ted Shed
- Create goals for the day
- Swim check (treading water)
- 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 (name game e.g. toss ball, one favorite thing, a word that starts with the same sound as name)
- Check medical forms and concussion sheets

Safety, Rules, and Expectations

- Explain rules/expectations
- Rules in the yard (no running, lifejackets required when near dock, on boat, and in water)
- Respect yourself, each other, environment, and equipment
- Explain the layout of the Ted Shed
- Explain the Yacht Club building
- Questions

Chalk Talk — **Basics**

- Swim check
- Class safety
- Boat parts
 - Draw and label on whiteboard
 - Identify on a rigged boat or while rigging
- Identify wind direction
 - Indicators
 - Importance of wind direction
 - What direction is the wind coming from now?
 - Points of sail (wind pizza)
- Basic steering
 - Opposite (tiller towards trouble)
 - Go over meaning of towards
 - Always look outside of the boat
 - Steer with the back hand
 - Can practice steering on land with chairs and tiller
- Steering to a point on land
- Basic tacking
- Knots (square, figure 8, cleat)
- Rigging

On Water Drill

- Tow boats to practice steering
 - Two buoys for a reaching course
- *Make sure every student gets a chance to skipper and crew

De-rig

Wrap up/ Chalk talk

- Go over the day's goals and whether or not they were achieved
- Go over positives (things learned) and what can be improved for the next class
- Questions

Day 2: Upwind Sailing

Goals

- Review day one, goals achieved, new goals
- Tacking
- Sailing to a point

Schedule

Students Arrive

- Take attendance
- Name game

Chalk Talk: **Upwind**

- Set the goal
 - Explain how the goal will be achieved
 - Examples: tacking, sailing upwind, steering to a point, tiller exchange

Review: wind pizza, boat parts, basic steering

Sailing Components

- Points of sail and sail trim (wind pizza)
- Tacking
- Sailing an upwind course (upwind aquarium, zig zag)
- Steering to a point
- Draw a map with the wind direction
- Getting in and out of irons

Rigging

- Have the class break into groups and rig the boats
- Have more experienced students help new students
- Make sure everyone is participating

On Water Drills

- Master reaching course before adding new drills
- Figure 8 course OR triangle course

*Make sure every student is crewing and skippering

Day 3: Downwind Sailing

Goals

- Review day two, goals achieved, new goals
- Practice boat parts and wind pizza
- Learn downwind sailing and proper gybing (if they are ready)

Schedule

Students arrive

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

Chalk Talk: **Downwind**

- Gybing
- Sailing to a point
- Balancing the boat

Sailing Component

- Practice downwind sailing
- Upside down triangle course
- Free sailing: just have fun and practice what has been learned!

Rigging

- Have the students rig the boats and the instructors help when needed

Wrap Up/ Chalk Talk

- Go over goals and whether they were achieved
- Go over positives and improvements

Day 4: Fun day

Goals

- Review day 3, talk about goals achieved, new goals
- Review points of sail
- Review knots
- Work on being comfortable on the water

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Review and Fun**

- Boat parts and wind pizza: have the students draw and label (chalk, paper, whiteboard, or rigged boat). Make it a game!
- Review upwind and downwind sailing

Rigging

- Rigging race (have a prize based on the activity of the day, e.g. tow part way to destination, begin with an extra tennis ball, candy, sticker, etc...)

On Water **GAMES**

- Tennis ball game
- Race to instructor boat
- Follow the leader
- Sailing tag (with sponge, ball, or noodle)

De-rig

Wrap Up/ Chalk Talk

- Go over goals and if they were achieved
- Go over positives and what can be improved
- 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 or game (captain's coming, 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 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)
 - Musical boats (come to the instructor boat)

Wrap up/ Chalk Talk

- Go over student's goals and whether they were achieved
- Go over positives and improvements for the future
- Questions

Day 6: Safety Position and Solo Sailing

Goals

- Start and stop the boat

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Safety position and solo sailing**

- Safety position (starting and stopping)
- Have students sail by themselves if they are ready

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

- Go over goals
- Go over positives and improvements for the future
- Questions

Day 7: Capsizing and Knots

Goals

- Learn how to handle a capsized boat
- Become comfortable with capsizing
- 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

Rigging

- Time them and tomorrow tell them to see if they can do it faster

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 goals and whether they were achieved
- Go over positives and improvements for the future
- Questions

Day 8: Sail to the bridge

Goals

- Fun
- Put together everything that has been learned

Schedule

Students Arrive

- Take attendance

Chalk Talk: **Review**

- Have students draw and label their own wind pizzas and boat parts to take home
- Keep this one short!

Rigging

- See if they can rig in less time than yesterday
- *Be sure everyone is participating

Sailing

- Try to keep everyone relatively close together

De-rig

Wrap Up/Chalk Talk

- Pass out cards
- Go over achievement of goals

Tips:

- Be prepared for a rain or wind day where students cannot sail
 - Chalk talk
 - Games:
 - Sailing jeopardy
 - Sail controls
 - Captain's coming
 - Knot tying (can make this into a relay race or an untying race)
 - Make boats (pool noodles, paper, sticks, markers)
 - Land drills that can be moved inside
- All plans are tentative based on weather, sailor's abilities, how comfortable they are with certain things, etc...
- Make sure everyone is having fun. This is important for beginners so they do not become afraid of sailing.

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)
- Only siblings can sail together