

**Class Overview:** each class will have the following components.

### Intro

#### **The Three Basics:**

1. Safety
2. Gear
3. Sailing

#### **Sailing:**

sailing skills will be taught in theory, on land and on water, (unless conditions do not allow for safe on water practice that day, in which case class and on land drills will be substituted). Please be advised that all lessons will be conducted as planned regardless of weather and water conditions.

#### **Debriefing**

### **Intro: Buddy System for sailing**

Three Basics

#### **1. Safety - personal, Sail no further than you can rescue yourself!**

safe falling

safe board handling

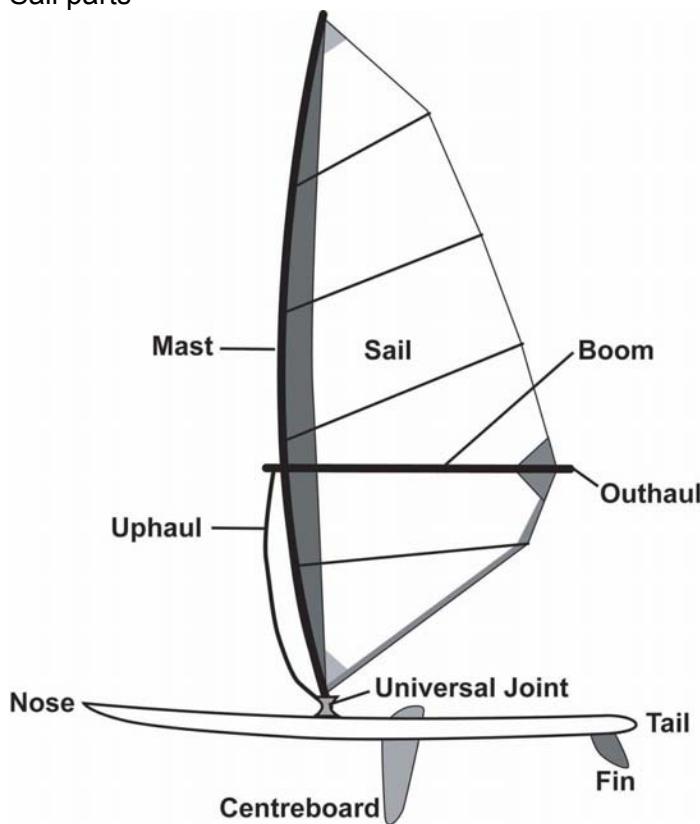
safe stopping

self rescue

#### **2. Gear:**

Rigging, putting board and sail together

Sail parts



### 3. (Basic) Sailing (Getting started, and how to get yourself out and back)

#### **CYA 4 step set up**

- windicators
- setting up rig and board
- getting on board
- balance

#### **CYA 4 Step Tack**

- SafeT position
- Tilt Mast to back of board (drag boom across back of board)
- Walk around mast
- SafeT position facing other direction

#### **Stance**

- Super 7 balance position

#### **CYA 4 steps to getting underway**

- SafeT position
- Back hand on boom
- Pull and point
- Power on and off

#### **You will practice this on:**

- Simulator
- On Water

#### **Debriefing**