

Intro:

Three Basics

1. Safety - Rules of the Road, How to Sail Safely, Self Rescue, Stopping/dismounting board

2. Gear: Rigging (sail trim, Centre of Effort, Centre of Lateral Resistance)

3. Basic Sailing, Tack, Steering, Upwind, Downwind, Self Rescue

Simulator

On Water Practice

Debrief

### **Lesson 2: Safety:**

Rules of the road:

right of way, port and starboard - "dead right"

### **How to sail Safely:**

**Self Rescue:** First, don't get yourself out further than you can rescue yourself (test conditions)

tow board back: walk back upwind and start all over,

swim board back: using sidestroke with one hand holding nose of board,

paddle board back: place sail over board with mast at right angle to board, lie down with head to front, feet behind holding down sail and paddle back using arms or daggerboard.

drift board back: hold uphaul line and let wind push you in, if direction is right,

**Stopping:** "Reverse uphaul" careful not to drop sail on anyone, crouch down and get off board, (also same technique for dismounting board safely)

### **Lesson 2: Gear: Rigging, Sail trim**

Board, review parts, mast extension, universal,

How the Board/Sail work – Forward propulsion (bar of soap explanation)

Save Centre of Effort: Centre of lateral resistance for level two lessons

### **Lesson 2: Basic Sailing**

Theory: Basic Points of sail (handout) (NO GO zone, way you want to sail = crossways to the wind), Downwind (where you'll drift but don't WANT to go)

### **Use of Neutral (SafeT position)**

Neutral is important; If you stop moving, or If the wind changes direction while you are sailing, and you are not sure which way to go, return to neutral, and the sail will luff in the wind, and the board will correct itself to become to right angled

**Review:** 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 steps to getting underway**

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

### **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

### **Basic Steering:**

upwind downwind sailing, half step forward or half step back if needed

Move from “centred” (where you are in neutral, but with sail powered) either forward or back on the board, taking the rig with you.

Centred: force of the wind is centred on the board.

to get underway: take half a step forward, moving the rig closer to the nose of the board  
once you start moving, take half a step back, bringing the rig back toward the tail of the board

### **Steering: Upwind/downwind**

Test conditions (each on your own board, out to count of 5, turn, back to shore, up to 10)  
= 5 trial runs at least

### **Review limited sail boundaries**

- Establish best direction for sailing in conditions
- Review where to self rescue in that day's conditions  
(always have a plan)
- Review Buddy system – look out for each other
- Review Flag System: set up flags

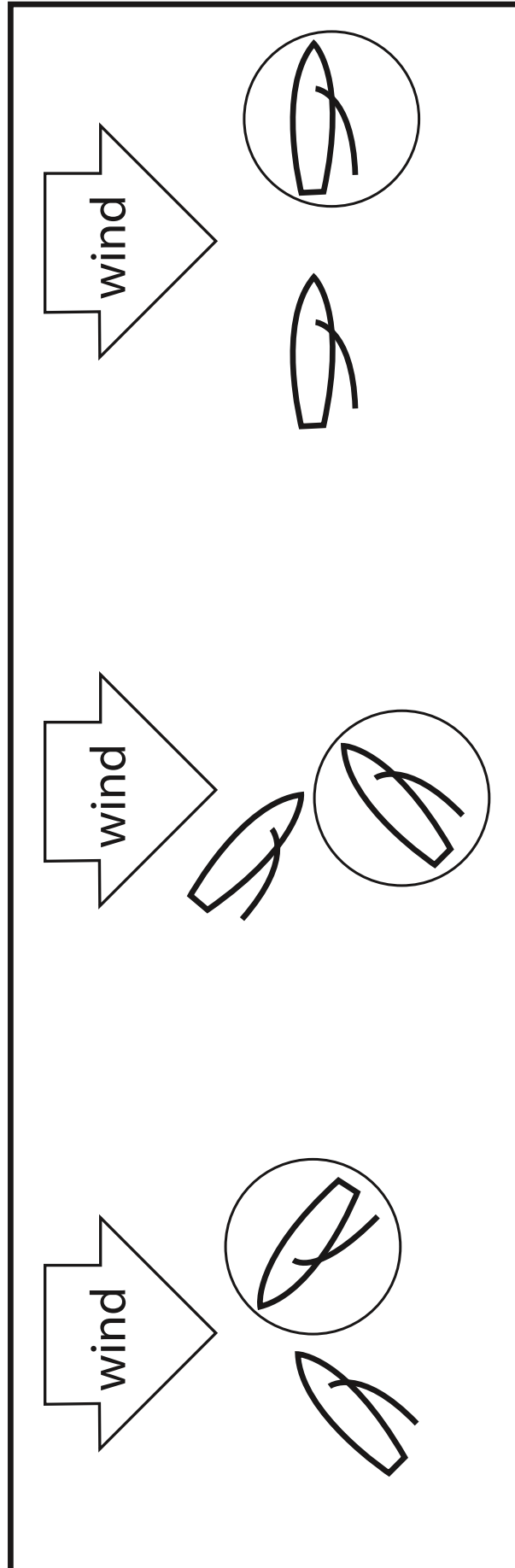
### **Practice all on simulator**

**On water practice:** this time each student has their own board -

Still starting out - test conditions - out to the count of 5, turn, then back, out again to count of 6, turn, come back in, do this to count of 10

then practice steering upwind, turn, come back, steering downwind, then Figure 8 Course

### **Debriefing**



**Rules of the road.**

1. A boat on starboard tack (circled) has right of way over a boat on port tack.
2. A leeward (downwind) boat (circled) has right of way over a windward (upwind) boat.
3. An overtaking boat must keep clear of the boat being overtaken (circled).

