

Intro:

Three Basics

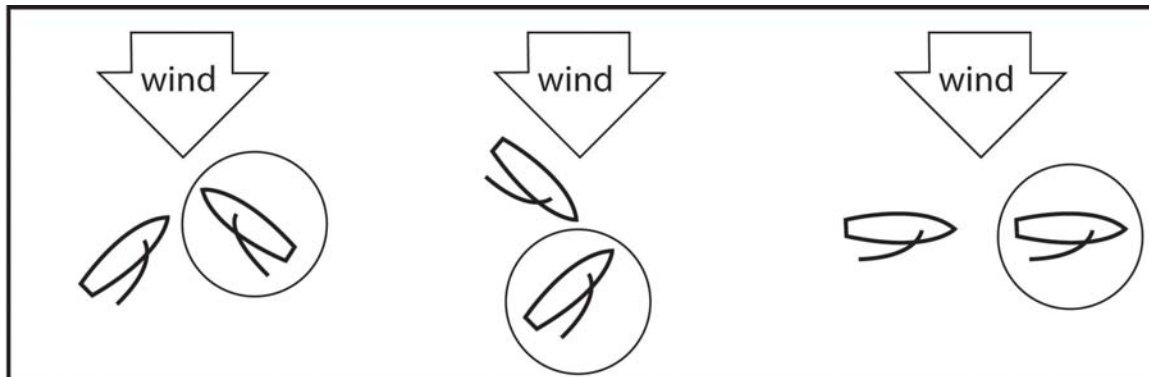
### 1. Safety

Rules of the Road,

How to Sail Safely

Self Rescue

Stopping/dismounting board



The following rules apply to sailcraft meeting other sailcraft.

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).
3. An overtaking boat must keep clear of the boat being overtaken (circled).

### 2. Gear:

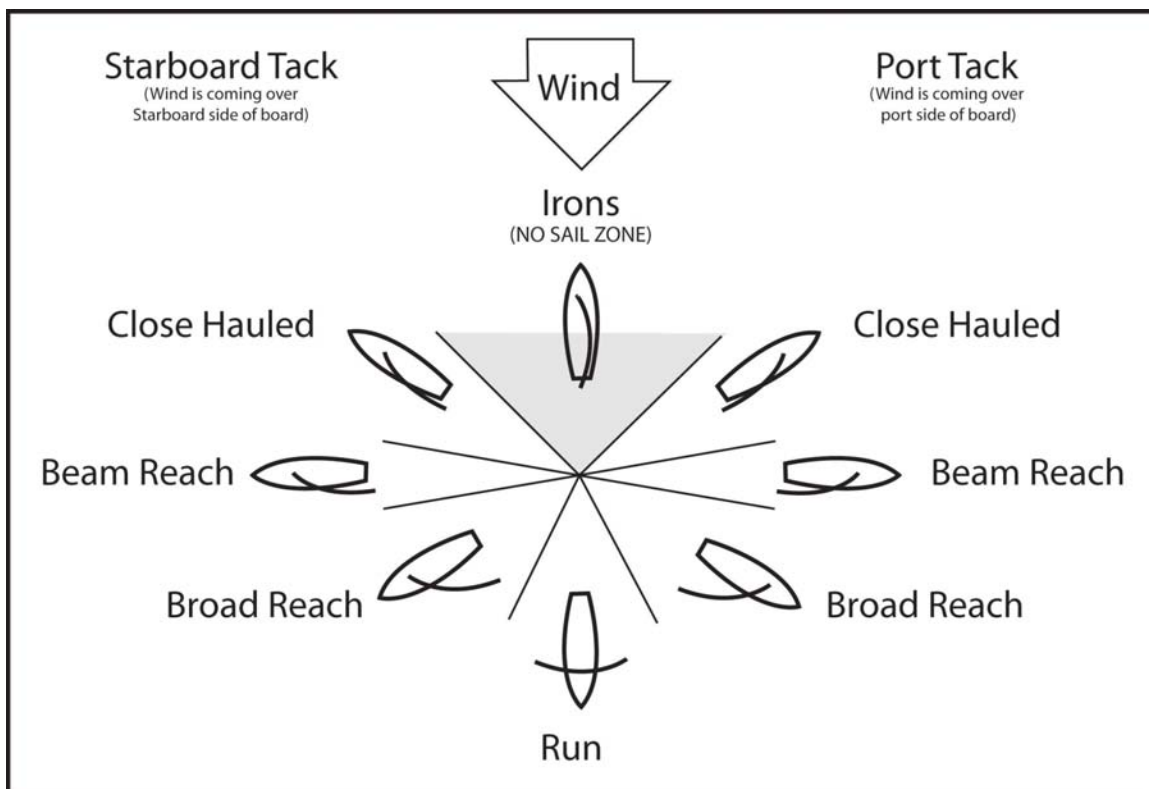
Rigging (sail trim, Steering & Propulsion)

### 3. Basic Sailing:

Basic Points of Sail

Use of Neutral (SafeT) position

Review:



**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 using mast position****Review: Test Conditions****You will practice this on:**

- Simulator
- On Water Practice: Beam reach figure 8 course

Start with Test Conditions

Self rescue as needed

**Debriefing**