

Intro:

Three Basics

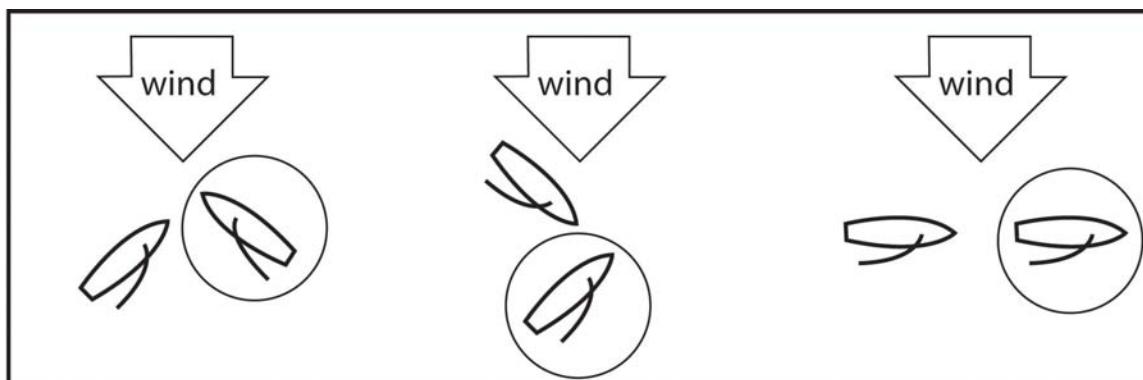
### **1. Safety**

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:**

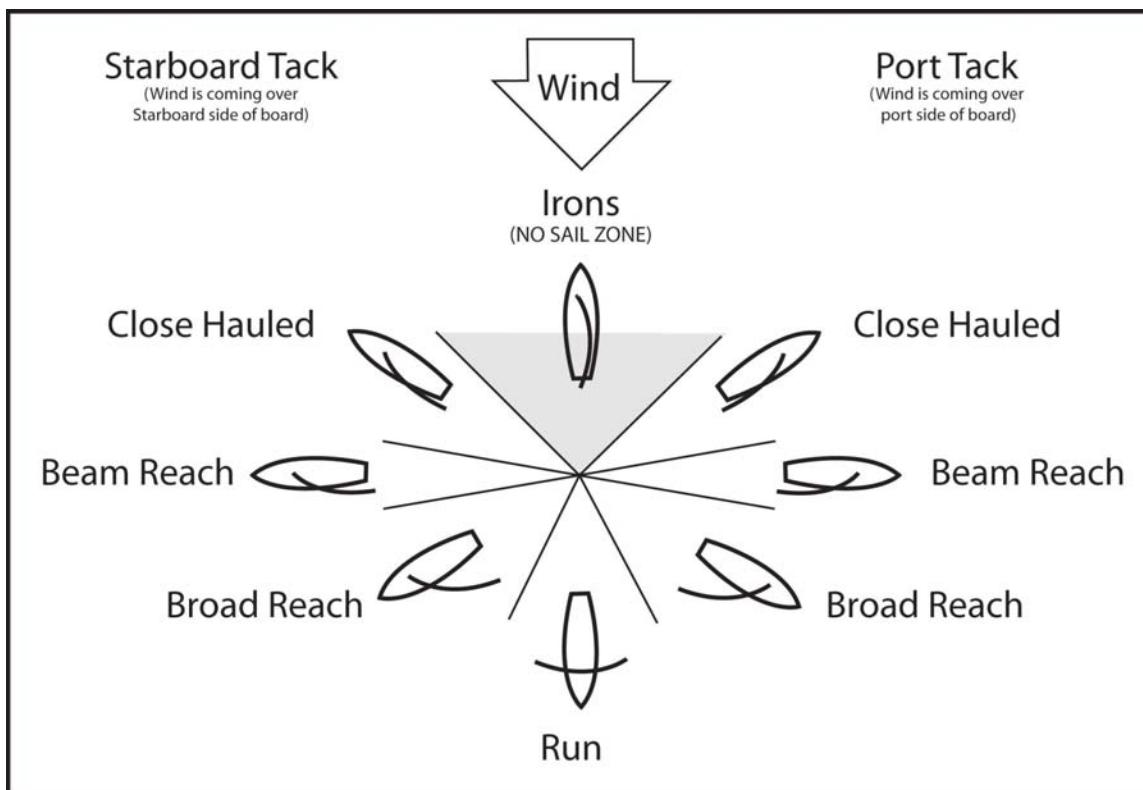
Rigging (sail trim, Steering & Propulsion)

### **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

