

Intro

Three Basics

1. Safety:

personal gear - buddy system

2. Gear:

information regarding high wind/low wind sailing gear requirements

3. Sailing:

Points of sail review

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

New:

4 Step Rope Gybe

SafeT position

Tilt Mast to nose of board (hold uphaul)

Walk around back of mast

SafeT position facing other direction

Steering

Simulator

On the water practice:

Test conditions using rope gybe to turn

Steering upwind/downwind, using mast position,

sailing a beam reach loop short course

Debrief

