

SEAS Basic Sailing Program

SEAS Basic Sailing Course Class Outline

Text: Learning to Sail – The Annapolis Sailing School Guide for All Ages, Di Goodman and Ian Brodie

Class 1

Reading Assignment

Introductions, Student Form, Schedule, Cancellations, Rain Policy, Contact Info
Sailing Terms, Parts of Boat pp. 2-6, 15-17 (plus handout)
True & Apparent Wind p. 30, handout
Break
Knots - Figure 8 (Stopper Knot), Cleat Hitch pp. 8, 15 (plus handout)
Forces on a Boat (includes Aerodynamics and Hydrodynamics) pp. 18, 46-48 (plus handout)
Water session requirements: PFDs, Boat Shoes, Water, Lunch, Sun Screen, Change of Clothes

Class 2

Review (and possibly a quiz)
Points of Sail pp. 50-55, 65
Knots – Bowline, Reefing (square) Knot p. 81 (plus handout)
Break
Sailing a Course pp. 62-63
Coming About and Upwind Sailing pp. 57-59 (plus video)
Capsize Recovery (brief discussion) pp. 68-69
Water Session Instructions & Directions
Swim Test Instructions, liability release and directions
Travel time between class location and swim test location
Swim Test (*begins at 9:00 PM*)

Water Session 1 pp. 6-20

Class 3

Crew Overboard pp. 70-71 (plus video)
Capsize Recovery pp. 68-69 (plus handout and video)
Knots – Clove Hitch, Two Half Hitches Knot Handout
Break
Jibing and Downwind Sailing pp. 60-61 (plus video)
Launching, Beaching, Docking, & Mooring pp. 32-39, 78-80
Rules of the Road pp. 86-87

Class 4

Weather, Tides and Current pp. 72-76, 84-85 (plus video)
First Aid & Safety pp. 22-28
Types of Sailing Craft pg. 90-91 (plus handout)
Review, Questions
Break
Final Exam
Class Evaluation

Water Session 2 pp. 6-20