

SEAS Monmouth Basic Sailing Course Outline

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

Class 1

Introductions/Overview, Schedule, Forms, Swim Test, PFD, Water Sessions, Rain Policy, Contact Info

Reading Assignment

Course Outline.....	(handout)
Sailing Terms, Parts of a Boat.....	pp. 2-7, 15-17 (handout)
True & Apparent Wind.....	pp. 30-31
Knots - Figure 8 (<i>Stopper Knot</i>) & Clove Hitch.....	pp. 15 (handout)
Break	
Forces on a Boat (<i>Aerodynamics and Hydrodynamics</i>).....	pp. 18, 46-48 (handout)
Class 1 Review / Q&A	
Swim Test Instructions For Class 2, PFD Types	

Class 2

Review / Q&A

Quiz

Points of Sail.....	pp. 50-55, 65 (handout)
Knot – Cleat Hitch.....	pp. 8 (handout)

Break

Sailing a Course.....pp. 62-63

Coming About and Upwind Sailing.....pp. 57-59

Capsize Recovery (*brief discussion for Water Session 1*).....pp. 68-69

Water Session 1 Instructions/Directions

Swim Test: Red Bank YMCA Liability Release Form.....(handout)

Travel time from Brookdale to Red Bank YMCA

Swim Test (*begins at 9:00 PM*)

Water Session 1 (Blackberry Bay Park, Oceanport @9am).....pp. 6-20

Class 3

Crew Overboard.....pp. 70-71

Capsize Recovery.....pp. 68-69 (handout)

Knot – Bowline.....(handout)

Break

Jibing and Downwind Sailing.....pp. 60-61

Launching, Beaching, Docking, & Mooring.....pp. 32-39, 78-80

Rules of the Road.....pp. 86-87

Class 3 Review / Q&A

Class 4

Weather, Tides and Current.....pp. 72-76, 84-85

First Aid & Safety.....pp. 22-28

Types of Sailing Craft..... pp. 90-91

Review for Final / Q&A

Break

Final Exam

Class Evaluation Forms, Classroom Conclusion.....(handout)

SEAS Overview

Water Session 2 (Blackberry Bay Park, Oceanport @ 9am).....pp. 6-20

Certificate of Completion