



The Community Boating Center  
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## Intro to Keelboat Racing Course Syllabus

**Course Description:** Introduction to Keelboat Racing is an entry-intermediate level keelboat sailing class, prior knowledge and experience of sailing is required. However, this class is very much an introduction to competition sailing - consider it a *racing lite* course. This six part course will give you a foundation of race knowledge including experience in the different roles of crew aboard a race boat. Instructor to student ratio is high to offer the ease and feel of total control under race conditions. If you are interested in advancing your overall sail tuning and boat handling experience, experiencing a race crew, or have experience and crave more knowledge and time aboard a J24 boat, this course is for you.

**Course Hours:** 34 hours (Mondays - on-water class, Thursdays - race in CYC races)

**Course Cost:** \$350 for 6 classes including 3 races

**Prerequisites:** Completion of Intro to Keelboat class, completion of US Sailing or ASA 101 class, or pre-authorization from instructor through checkout.

### Course Objectives:

- Understanding of sail handling and tuning
- Knowledge of spinnaker handling:
  - How to set and take down
  - Jibing with spinnaker
  - Proper utilization of spinnaker
- Ability to understand and react to on-board communication and ques
- Overview of basic sail racing rules
- Overview of start sequence & preparation

### Course Materials Provided by CBC:

- Life jackets
- 2 - J/24 boats with 4 sails/boat (main, jib, genoa, & spinnaker)
- Instructors, instructor to student ratio 1:2 or greater
- Safety equipment
- Race rules

## **Course Materials Provided by Student:**

- Knife
- Headlamp
- Gloves - Atlas garden gloves are good, CBC has some extra sailing gloves to loan out
- Rain gear - including waterproof pants - legs and feet likely to get wet
- Digital watch (suggested)

## **Tentative Class Schedule:**

### **Class 1:**

- Classroom:
  - Class Objectives and syllabus
  - Safety overview
  - Onboard communication
  - Terminology
  - Race course
- On-Water (2 Boats):
  - Upwind pointing
  - Close quarter boat maneuvering
  - Start sequence & preparation
  - If wind conditions are ok - hoist spinnaker to get back (primarily lead by instructors) wind must be under 10 knots

### **Class 2: RACE #1 (1 Boat)**

### **Class 3:**

- Classroom:
  - Debrief of race
  - Safety talk
- On-Water (2 Boats):
  - Mark rounding
  - Start sequence practice
  - Close quarter maneuvering
  - Spinnaker practice
    - Hoist, take down, jibing, and tiller handling

### **Class 4: RACE #2 (1 Boat)**

### **Class 5:**

- Classroom:
  - Debrief of race
  - Safety talk
- On-Water (2 Boats):
  - Right of way
  - upwind/downwind tactics
  - Spinnaker practice
    - Hoist, take down, jibing, and tiller handling

### **Class 6: RACE #3 (1 Boat)**

**\*Note class schedule is subject to change due to weather. Sailing is very weather dependent - too little wind you are a sitting duck and too much wind does not allow for proper teaching.**