



The Community Boating Center
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Intro to Keelboat Sailing Course Syllabus

Course Description: Introduction to Keelboat Sailing is the Community Boating Center's introductory sailing class, designed for adults with little or no sailing experience (or for those who've spent too much time away from sailing!) Sailing in smaller boats is the absolute best way to learn quickly how to harness the wind to sail efficiently. Every shift in the wind and every adjustment made can be immediately felt, so your sailing senses will be honed quickly.

Course Hours: 12 hours (4 - three hour classes)

Course Cost: \$275

Prerequisites: None

Course Objectives:

- **Knots**
 - bowline
 - figure 8
 - cleat hitch
- **Boat Handling**
 - Stopping and starting
 - Safety position
 - Points of sail
 - Close hauled
 - Running
 - Tacking
 - Jibing
 - Docking/Mooring
 - Person Overboard
- **Seamanship**
 - Wind/weather awareness
 - Rigging and de-rigging
 - Parts of the boat
 - Parts of the sail
 - Rules of the road

Course Materials Provided by CBC:

- Life jackets
- J/24 keelboat
- Instructor, instructor to student ratio 1:4 or greater
- Safety equipment

Course Materials Provided by Student:

- Basic Keelboat (US Sailing Book)
- Personal gear - rain gear, UV protection

Tentative Class Schedule:

Sample Daily Lesson Plans

Below is a general outline of the class itinerary. It is often modified due to wind conditions and/or the pace of student learning.

Day One:

On Land (40 minutes)

- **Introductions**
 - student & instructor introductions
 - facility orientation
 - set larger context of CBC offerings & classes
- **Sailing concepts / chalk-talk**
 - knots to know: figure-8, bowline, cleat hitch
 - boat & sail anatomy: bow, stern, tiller, rudder, mast, boom, tack/clew/head, foot/luff, sheets, halyards, blocks, winches
 - wind awareness (signals, direction): waves, flags, body, boats, NOAA
 - upwind & downwind sailing: simply introduce 5 points of sail, class focuses on upwind vs. downwind, upwind to depower
 - tacking & jibing: skipper-crew commands, describe maneuver, safety precautions
 - loading & unloading the boats safely: crew, sails, gear, egress at shrouds
- **Gearing Up**
 - Cold water awareness
 - PFD fitting
 - Sails (Main & Jib only)
 - Safety Equip: 1st Aid, Radio
 - Bathroom, crew gear, water, snacks, sunscreen

On Boat (2 hours)

- **At the Mooring/Dock**
 - boat safety inspection
 - crew/skipper responsibilities: verbal commands, safety of crew, stations
 - safety equipment review: distress signals, fire ext., safety kit
 - identify wind direction
 - boat & sail anatomy: bow, stern, tiller, rudder, mast, boom, tack/clew/head, foot/luff, sheets, halyards, blocks, winches
 - steering: tiller, "boat to wind - tiller towards sail", "boat downwind - tiller away from sail"
 - brief rigging instruction: foot first, halyards
 - departure strategy: sail plan, obstructions, traffic
 - set sails & cast-off
- **First Sail**
 - Instructor is skipper: crew rotates on windward tack after several maneuvers.

- Tacking & Jibing
- Apply Chalk-Talk Concepts
- Returning to Dock/Mooring: Instructor demos, talk through maneuver
- De-rig & stow sails
- Dock/Mooring lines: chafe, fairlead, full turn on rings, cleat hitch
- Students practice radio use to contact CBC staff for pickup

Debrief On-Land (5-10 min)

- Individual Feedback: Strengths/Deficiencies
- Stow Gear/Housekeeping

Homework

- Re-read pages: 14 - 17, 19, 26, 38, 44, 46, 52, 72 (Basic Keelboat)
- Review boat/sail anatomy pages 6 & 7
- Suggest students review whole book!

Day Two:

On Land (25 minutes)

- **Sailing concepts / chalk-talk**
 - Reading Review
 - Questions?
 - Review Knots
 - Conditions & Forecasting
 - Rules of the road
 - Starboard over port tack
 - Leeward over windward
 - Overtaken over overtaking
 - Wind or human powered over powerboats
 - Commercial vessel over others
 - Introduce strategy of the Day: “Touch & Goes” (mooring practice)
 - Assign initial sailing & rigging roles
- **Gearing Up**
 - PFD fitting
 - Sails (Main & Jib only)
 - Safety Equip: 1st Aid, Radio
 - Bathroom, crew gear, water, snacks, sunscreen

On Boat (2.5 hours)

- **At the Mooring/Dock**
 - boat safety inspection
 - review crew/skipper responsibilities: verbal commands, safety of crew, stations
 - review safety equipment: distress signals, fire ext., safety kit
 - wind direction
 - review rigging: foot first, halyards
 - departure strategy: sail plan, obstructions, traffic
 - set sails & cast-off
- **Sailing**
 - Students Perform Departure
 - Instructor demos “Touch & Go” using any mooring:
 - i. Approach mooring at “crawling/walking” speed ~1.5 knots,
 - ii. Temporarily hold mooring
 - iii. Release & depart mooring
 - iv. Each student practices “Touch & Go” at least twice per rotation
 - Students Continue to Practice Knots
 - Review and apply Rules of the Road under sail

- De-rig: stow sails, dock-lines
- Students practice radio use to contact CBC staff for pickup

Debrief On-Land (5-10 min)

- Individual Feedback: Strengths/Deficiencies
- Stow Gear/Housekeeping

Homework

- Re-read pages: 21, 42, 43, 50 - 53, 57, 66, 67, 70, 74, 78 - 80
- Suggest students review whole book!

Day Three:

On Land (20 minutes)

- **Sailing concepts / chalk-talk**
 - Reading Review
 - Questions?
 - Review Knots
 - Conditions & Forecasting
 - Review Rules of the road
 - Introduce strategy of the Day: Crew Overboard Drills, & Quick-Stop Maneuver
 - Assign initial sailing & rigging roles
- **Gearing Up**
 - PFD fitting
 - Sails (Main & Jib only)
 - Safety Equip: 1st Aid, Radio
 - Bathroom, crew gear, water, snacks, sunscreen

On Boat (2 hours)

- **At the Mooring/Dock**
 - boat safety inspection
 - review crew/skipper responsibilities: verbal commands, safety of crew, stations
 - review safety equipment: distress signals, fire ext., safety kit
 - wind direction
 - students rig boat
 - departure strategy: sail plan, obstructions, traffic
 - set sails & cast-off
- **Sailing**
 - Students Perform Departure
 - Instructor demos Crew Overboard "C.O.B" using Quick-Stop rescue:
 - Buoyancy to victim
 - Keep victim in sight (assign spotter)
 - Head boat back to victim
 - STOP** boat alongside victim
 - Make contact with victim, bring on-board
 - Each student practices "C.O.B", at least 2x attempts per rotation
 - Students Continue to Practice Knots
 - Review and apply Rules of the Road under sail
 - De-rig: stow sails, dock-lines
 - Students practice radio use to contact CBC staff for pickup

Debrief On-Land (20 min)

- Individual Feedback: Strengths/Deficiencies
- Discuss end of class written & skill assessments

- Describe skipper checkoff criteria (refer to check-out form)
- Stow Gear/Housekeeping

Homework

- Review whole book!

Day Four:

On Land (60 minutes)

- **Sailing concepts / chalk-talk**
 - Questions?
 - Knot Assessment: 2x bowlines - above head & below knee with time limit
 - Conditions & Forecasting: quiz students
 - Review Rules of the road
 - Take written assessment.
 - Instructor 'grades' assessments to identify deficiencies (while students gear up)
- **Gearing Up**
 - PFD fitting
 - Sails (Main & Jib only)
 - Safety Equip: 1st Aid, Radio
 - Bathroom, crew gear, water, snacks, sunscreen

On Boat (1.5 hours)

- **At the Mooring/Dock (student led)**
 - boat safety inspection
 - students rig boat
 - departure strategy: sail plan, obstructions, traffic
 - set sails & cast-off
- **Sailing**
 - Complete check-outs for each student (using check-out form)

Debrief On-Land (20 min)

- Stow Gear/Housekeeping
- Individual Feedback: Strengths/Deficiencies
- Skipper Check-Out results
- Review written assessment
- Students complete Experience Survey

***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 because stressful, scary, and can be dangerous.**