

ACSC's Learn-to-Sail Student Schedule



Saturday

9:00 am: Check-In

Intros
Course Goals

9:15 am: Ground School

Wind Awareness
No-Go Zone & How to Stop
Luffing & Sail Trim
Tacking
Capsize Prevention & Recovery

9:45 am: Rigging

Parts of the Boat
Boat Checks

10:30 am: Break

10:45 am: Land drills

Where to sit
How to use the tiller
How to use the sheets
Switching sides
Launching/Landing

11:30 am: Lunch

12:30 pm: Go Sailing!

Launching & Landing
How to sit/move in the boat
Safety Position
Tacking

3:00 pm: De-Rigging, Changing, & Break

3:30 pm: Debrief & Questions

Sunday

9:00 am: Check-In

Review from yesterday

9:15 am: Ground School

Jibing
Docking

9:45 am: Rigging

Boat Checks
Gear Up

10:30 am: Break

10:45 am: Go Sailing!

12:00 pm: Land

Group Debrief & Questions

12:15 pm: Lunch

1:00 pm: Go Sailing!

3:00 pm: De-Rigging, Changing, & Break

3:30 pm: Debrief, questions, and What Next!?

Optional Additional Ground School Topics

(Based on students' interests & goals):

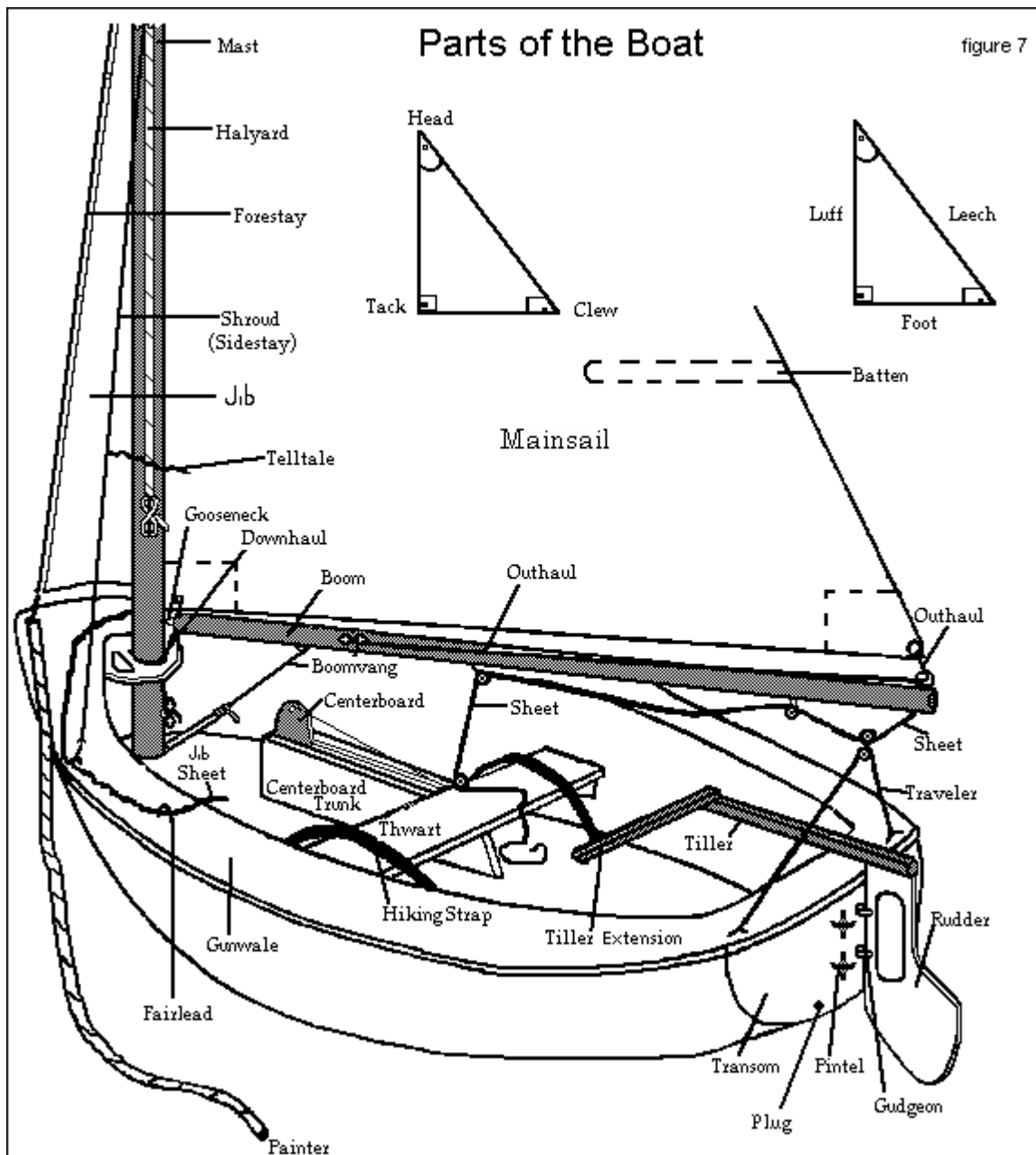
Rules of the road / Right of way

Basic race rules

Solo Adventure Sailing Safety Planning
& Preparation

Parts of the Boat

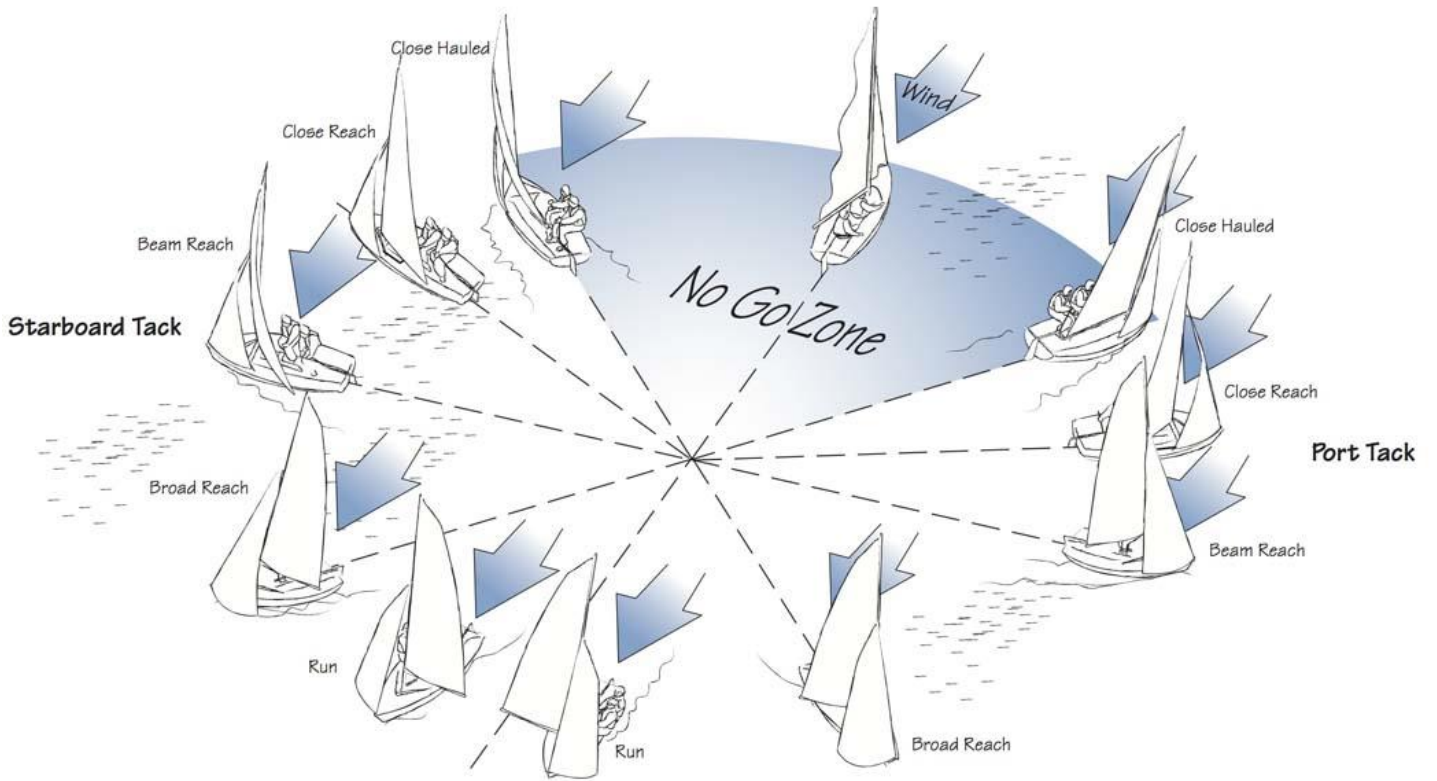
figure 7



FJ Boat Check:

- Standing Rigging in good condition:
 - Forestay and shrouds have all pins/rings/e-tape
- Running rigging in good condition:
 - Bow line securely attached
 - Main Halyard
 - Purchase system used
 - Cleat hitch (2 rivers, 1 bridge)
 - Excess line stowed between halyard and mast
 - Jib halyard
 - Purchase system used
 - Cleat hitch (2 rivers, 1 bridge)
 - Excess line stowed between halyard and mast
 - Cunningham/downhaul running through tack with appropriate luff tension
 - Outhaul running through clew with figure 8 stopper knot
 - Boom vang loose while hoisting sail, then tensioned
 - Main sheet:
 - Running clean from boom to block
 - Figure 8 stopper knot at the end
 - Jib sheets:
 - Running clean from clew to blocks
 - Figure 8 stopper knots at the ends
- Hull:
 - Centerboard lines in good condition (blue line and black bungee cord)
 - Rudder, tiller, and tiller extension in boat
 - Drain plugs screwed in
 - Scupper plug (or tennis ball) in place
 - Hiking straps securely tied on

Points of Sail & No Go Zone



Tacking

