



Crescent Sail Yacht Club
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Crescent Sailing Association

Adult Learn to Sail

Students' Guide

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Note: All page references are from "Start Sailing Right", the official learn-to-sail book of the United States Sailing Association and the American Red Cross, Revised May 2002.

Mission

The mission of the CSA Adult Learn to Sail program is to provide a safe, fun, and highly effective entry point for adults wishing to enter the sport of sailing. ALtS supports Crescent's special mission to promote the skills and traditions of racing one-design craft. It is our goal to have ALtS students progress from novice sailors to competent crew, skippers, and boat owners. We seek at all times to portray a positive image for Crescent, and to attract new members who exhibit the desire to achieve the levels of seamanship and sailing skill for which the Crescent Sail Yacht Club is renowned.

Keys to Success

The following points have been demonstrated as keys to success for ALtS students:

- Attendance at every class.
- Constant reinforcement of basic skills.
- Stepping up to "race mode" as soon as possible.
- Independent sailing (no instructor in the boat) by mid-program.
- Participation in Flying Scot racing on Sundays and Wednesdays.
- Crewing for CSYC members for DRYA and Club racing, in everything from Scots and Thistles to Cal25s and large keelboats.
- Integration of students into the social fabric of CSYC.

Each year there have been several students who progressed over the course of a single summer from absolute beginner to keen racers. Their enthusiasm has a great positive impact on CSYC as they are eagerly crewing for members in various DRYA and Club racing activities, and even campaigning their own boats. A common element for these best-case students is that their sailing participation extended well past the one night per week class commitment.

Syllabus

Activity	Week	Key Points
Swim Test	Pre-Season	Tread water without flotation device, put on flotation device and float, swim with flotation device on.
Shore Class	Pre-Season	Introduction, Club philosophy, Sailing attire, Safety equipment, Text distribution, Basic knots, Hoist use and boat care, Folding sails, Nomenclature, Running rigging, Sails, Dry-sail, Rig a boat, Points of sail / sail trim, Right of way, Capsize, Hypothermia, Docking.
On the Water	1	Time on the tiller and mainsheet, Basic steering, Points of sail, Telltales.
On the Water	2	Wind Direction, Rigging, Harbor exit, Steering a true course, Telltales, Sail adjustment, "In irons", Jibing.
On the Water	3	Rigging, Mark rounding, Stopping, Returning to the dock, Rules of the Road.
On the Water	4	Upwind and downwind sailing, Windward/leeward course, Skipper commands.
On the Water	5	Leaving the dock, Windward/leeward sailing, Stopping the boat, Some students begin to sail without instructors.
On the Water	6	Rigging, Harbor exit and return planning, Man overboard recovery.
On the Water	7	Rigging, Harbor exit and return, Windward/leeward sailing, More students begin to sail without instructors.
On the Water	8	Racing!!!, Windward/leeward course, Most students should be capable of sailing without instructors.
On the Water	9	Tying up at dock, Harbor entrance and exit, Steering with sails and balance.
On the Water	10	Tying up at dock, Harbor entrance and exit, Man overboard recovery, All students should be sailing without instructors.
On the Water	11	Racing, Tying up at a dock.
On the Water	12	Racing.
Dry Class 1	As Needed	Knot tying: Bowline, Figure 8, Clove Hitch, Cleat Hitch, Coiling a line.
Dry Class 2	As Needed	Simulation: Wind Direction, Points of Sail, Rights of Way, Race Tactics.
Skipper's Test	Scheduled	Proficiency in all areas covered by the course and book.

Program Rules

- 1) All students must pass the swimming test.
- 2) Students who are absent from a class, or have a class cancelled due to weather, may take a makeup class on Saturday of the week of the missed class. Students who miss two classes and do not attend Saturday makeup classes will be dropped from the program.
- 3) All students and instructors should wear lifejackets while in the boats.
- 4) The Flying Scots should have the following equipment on board when sailing: Sails and battens, 2 winch handles, bailer and sponge, 2 paddles, anchor and line, and a cushion to throw or use as mast flotation.
- 5) Students should arrive at 6:00 p.m. and begin rigging the boats. Shove-off should occur by 6:30 p.m., allowing for most of the season at least two hours of sailing based on an 8:30 return time. Scots are not to be sailed after dark.
- 6) Be aware of current and forecast weather conditions. The Scots are not to be used in winds above 20 mph.
- 7) In the event of sailing being cancelled due to weather, adjourn to the clubhouse for one of the Dry Classes.
- 8) Extreme caution is to be exercised upon leaving and entering the harbor. Winds blowing from the north or south can make entering or exiting the harbor a difficult upwind beat. Develop with your instructor a plan for exit and entrance each day. At all times in planning, make the protection of member-owned boats the #2 priority (behind sailor safety, which is of course the #1 priority).
- 9) Under most ordinary circumstances, all instruction will take place on the Club Flying Scots. Please report any equipment failures, damage, or loss to your instructor. Your help in keeping the Scot fleet in good working order is most appreciated.
- 10) When using the boats stored on trailers, make sure that an instructor qualified in use of the hoist is present for launching and recovery. Dry-moored boats are stored with sails aboard. Make sure that drain plugs are replaced and removed before and after sailing.
- 11) All boats should be stored with tillers tied securely to the boom crutch, centerboard up, and all lines tied to the boom so they are out of the bottom of the boat. Main and jib halyards should be fastened down and lightly snugged up on their winches.
- 12) Under no circumstances should there be any yelling, profanity, lewd or impolite remarks, or inappropriate criticism.

Swim Test

Tread water without flotation device, put on flotation device and float, swim with flotation device on.

The swim test is similar to that used by US Sailing. All students are required to pass the swim test before going out in the Club boats. There will be a main testing date at an indoor pool, with one or two alternate make-up dates to follow.

- 1) Tread water fully clothed without a flotation device for 5 minutes, then
- 2) Put on a flotation device (tossed in the water by an instructor) and float for 3 minutes, and then,
- 3) Swim 2 laps of the pool with clothing and the flotation device on.

“Fully clothed” means typical summer sailing attire of shorts, shoes, and shirt.

While it is necessary to be able to tread water, put on a flotation device while in the water and swim fully clothed while wearing a life jacket, in an overboard or capsize situation you should stay with the boat until rescued and not try to swim to shore.

Shore Class

Introduction, Club philosophy, Sailing attire, Safety equipment, Text distribution, Basic knots, Hoist use and boat care, Folding sails, Nomenclature, Running rigging, Sails, Dry-sail, Rig a boat, Points of sail / sail trim, Right of way, Capsize, Hypothermia, Docking.

The shore class has been taught on multiple days some years, and more recently in a single-day session that included instructors stationed at various points around the Club. The single-day session seems to work best and is the primary plan going forward.

- 1) Introduction
- 2) Club Philosophy
 - Work Ethic
 - Club Events (Parties, Regattas, Club Racing, etc.)
 - Club rules
- 3) Sailing Attire
 - Soft Sole Shoes
 - Glasses Strap
 - Wet Weather Gear
 - Keeping Dry (Spray Jackets, Basic Dinghy Gear)
 - Warm Layers
 - Gloves
 - Life jacket
- 4) Safety Equipment (page 12)
- 5) Text Distribution – “Start Sailing Right”
- 6) Basic Knots (Chapter 18)
 - Coiling a line (page 96)
 - Clove Hitch (page 94)
 - Figure 8 (page 95)
 - Bowline (page 94)
 - Cleat Hitch (page 95)
- 7) Hoist Use and Boat Care (Difference between Hoist and Gin Pole)
- 8) Folding Sails (page 32)
- 9) Nomenclature - Parts of the Boat
 - Mainsail (page 18)
 - Mast and Boom (page 18)
 - Jib / Genoa (page 19)
 - Hull (page 16)
 - Port and Starboard (page 19)
 - Rudder & Tiller (page 19)

- Centerboard /Keel / Daggerboard (pages 16-17)
- Standing Rigging (page 18): Shrouds, Forestay, Backstay, Spreaders

10) Running Rigging (page 18)

- Halyards
- Sheets
- Outhaul
- Cunningham / Downhaul

11) Sails (page 28)

- Tack
- Clew
- Head
- Foot
- Roach
- Luff
- Leach
- Battens

12) Dry-Sail

- Tack
- Jibe

13) Rig a Boat

14) Points of Sail / Sail Trim

- Sailing Circle (page 42)
- Close Hauled / Beating (page 46, 48)
- Windward / Leeward (page 25)
- Close Reach (page 45)
- Broad Reach (page 44)
- Run (page 44)
- Port / Starboard (page 49)
- Luffing / Head to Wind / Irons (page 46)
- Tell Tales (page 27)
- Tacking (page 50)
- Jibing (page 58, 59)
- True vs. Apparent Wind (page 22-23)



15) Right of Way (chapter 15)

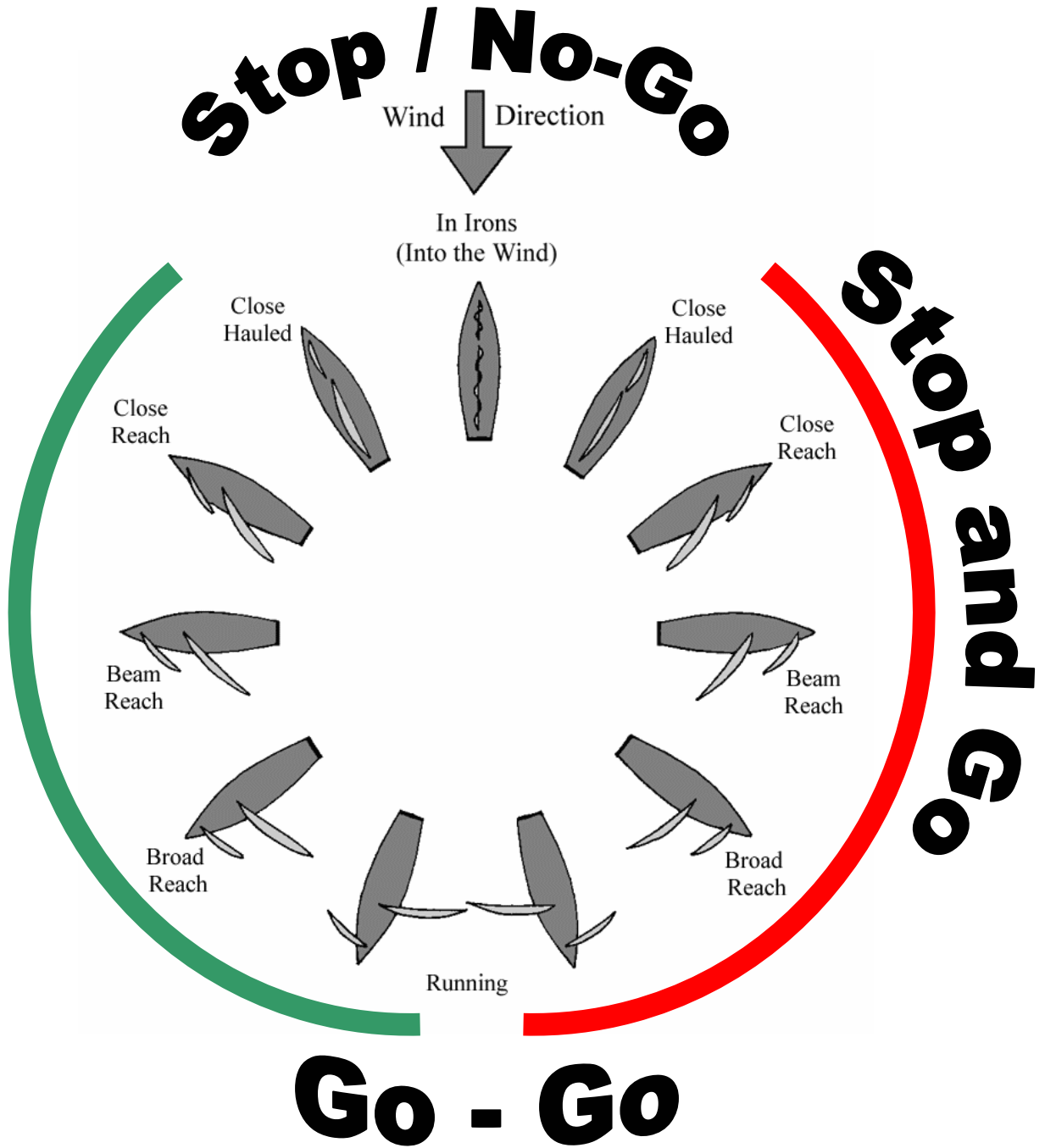
16) Capsize (chapter 11)

17) Hypothermia (Prevention, Recognition, Treatment)

18) Docking (chapter 13)

Points of Sail

-  = Port Tack
-  = Starboard Tack



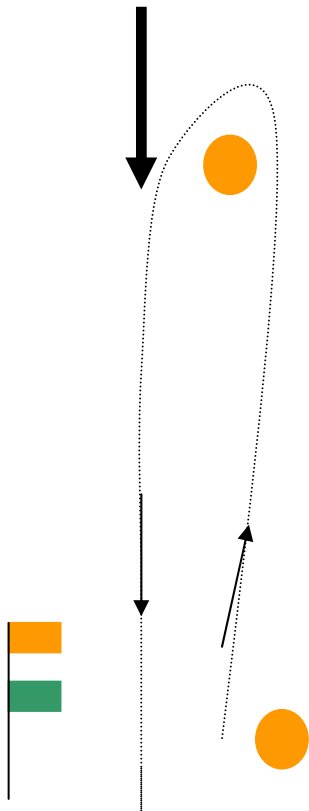
Basic Race Course Instructions

Three marks (one pin flag, and two orange balls) form a start/finish line and a windward mark.

A standard Racing Rules of Sailing #26 (RRS 26) starting sequence consists of several short blasts followed by signals at 5 minutes, 4 minutes, 1 minute, and start.

Be very aware of other boats relative to Right of Way and Rules of the Road.

Cross the starting gate, tack to the windward mark, round it leaving the mark to port, bear off, and return through the starting gate.



Skipper's Test

The Skipper's test consists of a comprehensive on-the-water examination and demonstration of knowledge and skills. PC Colt Weatherston is the only person authorized to administer the test, and students must contact him via email at colt@weatherstonco.com in order to arrange for a testing time.

Students completing the ALtS program and wishing to obtain their skipper's card should show proficiency in all of the areas covered in the class syllabus and the Start Sailing Right book. A summary of those items, along with references from "Start Sailing Right", is as follows:

Knots, chapter 18 pages 94, 95, and 96.

Proper seating in the boat, pages 34 and 35.

Heading up and falling off, page 36.

Reading telltales and sailing a course, pages 72 and 73.

Points of sail, page 42.

In irons and stalling, pages 51 and 52.

Trimming the mainsail and jib together, page 47.

Rigging the boat, pages 28, 29, 30, and 31.

Leaving and returning to the dock, pages 68 and 69.

Steering upwind "in the groove" and using the telltales, pages 27 and 72.

Getting out of irons, page 52.

Approaching a dock from windward and from leeward, page 70 and all of chapter 13.

Sailing upwind and downwind, chapters 9 and 10.

Man overboard, chapter 12.

Sailing a course and sailing in the groove, chapter 14.

Steering with sails and balance, pages 38 and 39.

Safety Position, page 40.

Starting and Stopping Your Boat, page 40.