

SAMPLE LESSON GRID -- INTERMEDIATE SAILING

COURSE DESCRIPTION

Sailor will begin to master boat handling skills and learn to skipper a keelboat under the guidance of an instructor or experienced skipper

COURSE OUTCOME

Sailor will be able to maneuver a keelboat in confined waters and will gain confidence in harbor sailing.

Week	1	2	
On Shore	Safety Review <i>Emergency Contact Form</i> Gear Check		SC regulations --incident Reporting/On Line Boat Status --Wind guidelines Thinking "outside of the boat" two or three moves ahead Taking command:--responsibilities & judgment
On Water	LEAVING THE MOORING RETURNING TO THE MOORING Review & assessment --rigging and checklist --tacking & jibing --sail trim --points of sail --crew commands --weather helm/lee helm --steering three ways Emergency equipment Mooring departure/plan & execution Mooring return/plan & execution --approach speed/glides zone --slow close reach approach/safety position Knot of the day--heave a line	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CHANNEL SAILING Tacking in channel Glides zone awareness & pinching Jibing in channel Sail trim (turn & trim) Collision avoidance Rules of the road Knot of the day--clove hitch
On Shore	Debrief Highlights? Questions? Has the wind changed? Homework: --rules of the road --5 days of forecasts		Debrief Sail Chicago Programs Homework: --COB

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Week	3	4	
On Shore	Weather COB Boat control Navigation lights Navigation chart		Emergencies --CPD, USCG --Radio --First aid --Anchoring
On Water	CREW OVERBOARD Review: -- Emergency/Safety Equipment COB, introduce --Close reach approach --Quick Stop --Quick Turn	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	EMERGENCY RECOVERY Heavy weather/judgment and tactics --Reefing --Heave To --Stalling for time --Empty can return --Anchoring --Accepting a tow --Knockdown/recovery --Signals --Depowering sails ----sail shape & control lines
On Shore	Debrief Homework: --rules of the road --knots		Review all knots Debrief Intermediate sailing evaluation Homework: Sail Chicago regs

Instructor notes

Practice, practice: emphasize the need for additional practice outside of class--Tiller Times, Racing Review proper operation and use of the motor. Generally, the main is up when the motor is on.