

SAMPLE LESSON GRID -- SKIPPER TRAINING

COURSE DESCRIPTION
COURSE OUTCOME

Sailor will learn to skipper a keelboat on her own with the goal of passing the on-the-water checkout
Sailor can confidently skipper a keelboat in varying conditions, exercise proper judgment, and coordinate a crew appropriately.

Week	1	2
On Shore	Review course goals/outcomes Safety review <i>Emergency contact forms</i> Gear check Class procedures Checkout forms Wind & weather awareness	Taking command: --responsibilities & judgment Thinking like a skipper
On Water	<p>REVIEW & ASSESSMENT</p> <p>Review & assessment: --rigging & checklist --emergency equipment --tacking & jibing --sail trim --points of sail --crew commands --weather helm/lee helm --steering three ways --close reach approach --Channel sailing</p> <p>Leaving the mooring Returning to the mooring</p>	<p>LEAVING/RETURNING HARBOR SAILING</p> <p>Crew coordination Departure plan and practice Return plan and practice Speed control and glide zone Plan B aborted departure Plan B missed approach Channel sailing --repetitive tacking --repetitive jibing Rules of the road</p>
On Shore	<p>Debrief/evaluation Takeaways? Homework: --rules of the road --5 days of forecasts</p>	<p>Debrief/evaluation Homework: COB</p>

2018-03

Week	3	4
On Shore	Weather Sail Chicago sailing regs	Emergencies --CPD, USCG --Radio --First aid --Anchoring --Signals (Flare, Horn)
On Water	<p>HARBOR SAILING CREW OVERBOARD</p> <p>Practical review: --departure --return --harbor sailing --crew coordination --skipper judgment & demeanor --proper operation and use of the motor</p> <p>COB -- evaluation --close reach approach --Quick Stop --Quick Turn</p>	<p>REVIEW</p> <p>Practical review: Heavy weather judgment and tactics --Stalling for time --Empty can return --Anchoring --Accepting a tow --Knockdown/recovery --Depowering sails ----reefing ----sail shape & control lines --Heave to</p>
On Shore	<p>Debrief/evaluation Homework: heavy weather</p>	Debrief/evaluation