

Class Overview: each class will have the following components.

Intro

The Three Basics:

1. Safety
2. Gear
3. Sailing

Sailing:

sailing skills will be taught in theory, on land and on water, (unless conditions do not allow for safe on water practice that day, in which case class and on land drills will be substituted). Please be advised that all lessons will be conducted as planned regardless of weather and water conditions.

Debriefing

Intro: Buddy System for sailing

Three Basics

1. Safety - personal, Sail no further than you can rescue yourself!

safe falling

safe board handling

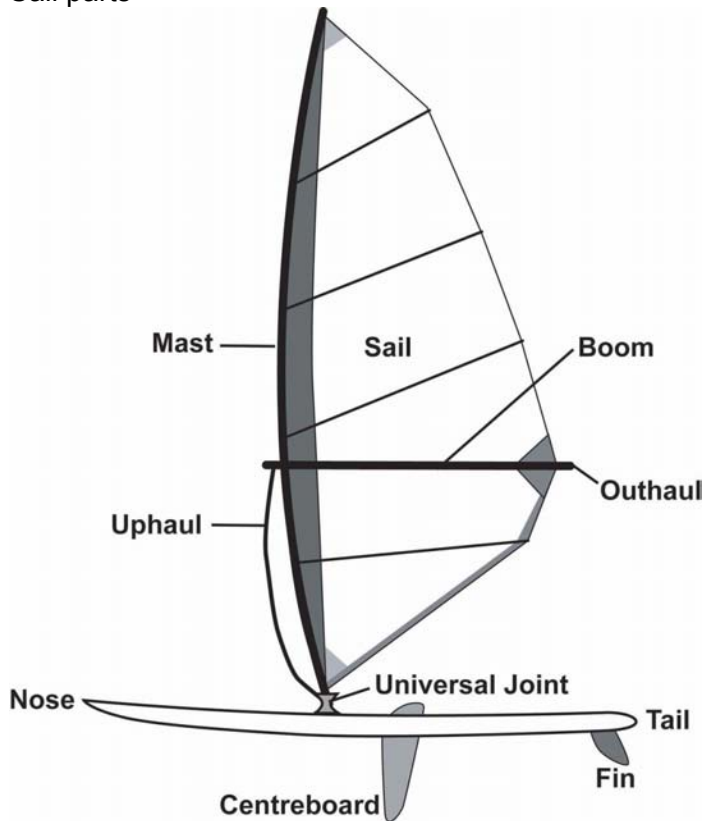
safe stopping

self rescue

2. Gear:

Rigging, putting board and sail together

Sail parts



3. (Basic) Sailing (Getting started, and how to get yourself out and back)

CYA 4 step set up

- windicators
- setting up rig and board
- getting on board
- balance

CYA 4 Step Tack

- SafeT position
- Tilt Mast to back of board (drag boom across back of board)
- Walk around mast
- SafeT position facing other direction

Stance

- Super 7 balance position

CYA 4 steps to getting underway

- SafeT position
- Back hand on boom
- Pull and point
- Power on and off

You will practice this on:

- Simulator
- On Water

Debriefing