

Lesson 3 of 4 Instructor Notes;

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Intro

Three Basics

1. Safety: personal gear - buddy system
2. Gear: information regarding high wind/low wind sailing gear requirements
3. Sailing: turning: tack and rope gybe, Steering, Upwind sailing stance

Simulator

On the water practice:

Test conditions

Steering upwind/downwind, using mast position,
rope gybe,

sailing a triangular short course

Debrief

Intro:

Lesson 3: Safety

Personal Gear: - what you need to be safe on the water - sail with buddy

Safety: proper clothing for the water weather conditions, steamer and booties and gloves for cold weather (spring, fall), shorty or tee shirt for warm weather (summer), rash guard, sun block, drinking water sun hat,

Safety - Wind and weather conditions:

Tacking/Robe Gybe - being able to turn board around both upwind and downwind, can help you rescue yourself. Rope gybe (unpowered) usually emergency, or self rescue (overpowered by wind, etc.)

Lesson 3: Gear:

Rigging, Sail trim

How the Board/Sail work,

High wind/low wind sailing – what you need to know about selecting right equipment for high/low wind conditions and your own ability.

Lesson 3: Sailing

Theory: Points of Sail Review

review

CYA 4 step set up

windicators

setting up rig and board

getting on board

balance

CYA 4 Step Getting Underway (review)

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

CYA 4 Step Tack- (review)

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

New:

CYA 4 Step Rope Gybe (self rescue and safety skill)

SafeT position
Tilt Mast to nose of board (hold uphaul)
Walk around back of mast
SafeT position facing other direction

Steering Review:

Upwind, downwind using mast position

Sailing to all points of sail

Simulator:

Rope gybe, review other part for anyone needing review

On water practice

Test conditions: out to count of 5, rope gybe, return, etc. up to 10.

Practice steering

Practice sailing around a course - upwind, downwind, rope gybe and tacking - sailing both directions around the course.

Beam Reach Loop Course: Tack around one, Gybe around the other.

Debriefing

