

Intro

Three Basics

1. Safety:

personal gear - buddy system

2. Gear:

information regarding high wind/low wind sailing gear requirements

3. Sailing:

Points of sail review

review

CYA 4 step set up

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

CYA 4 steps to getting underway

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

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

New:

4 Step Rope Gybe

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

Steering

Simulator

On the water practice:

Test conditions using rope gybe to turn
Steering upwind/downwind, using mast position,
sailing a beam reach loop short course

Debrief

