

## Intro

Quiz:

Three Basics:

1. Safety - Rules of the Road Review, Hypothermia, Heat Stroke
2. Gear - sail sizes, boards
3. Sailing - tacking, rope gybe, self rescue

What to work on in future:

What to look for in gear.

## **Lesson 4: Safety -**

Review Rules of the Road

Hypothermia

Heat Stroke

(what to look out for in yourself and your buddy, or those you sail with)

(how to recognize and treat mild cases of either)

## **Lesson 4. Gear:**

Little bit about history of boards/sails

Sail sizes: How to determine appropriate sail size

## **3. Sailing:**

review all 4 components:

### **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

### **CYA 4 Step Rope Gybe**

SafeT position

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

Review Steering, by mast position

Let them know they can come to practice  
What the practice plan is – come for this summer and one summer more after which should be getting their own gear. Practice students sail within boundaires - Triangle Course.

Tell them we're setting up tips days for practice students, and to look for the tips days online - which will be in the middle of the day and weekend afternoons from 2-430pm

Simulator for any of above needed.

On water practice – might have students switch sails to test different sail sizes

On Water test: Triangle Course:

go upwind, going left, going right,  
go downwind, rope gybe,  
tack to the left, tack to the right, rope gybe to the left, gybe to the right, Use onwater evaluation Card

### **On Shore components at end of day:**

Evaluation of course  
Student's evaluation  
Level 1 cards. CYA cards, Novice Level

TWC Instructors: Promote Club Programs

**Check our website for “Tips from the Pros” and “TIPS” program (members helping members)**

This will include more practice, learning further skills, tack, gybe with power in sail, downwind run, sail handling, upwind sailing, beach start.

TWC Tuesday Night Learn to Race and Wed. Night Racing

