

Intro

Quick Quiz

Three Basics:

1. Safety

review Rules of the Road
Hypothermia, Heat Stroke (mild)

2. Gear - sail sizes, boards

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
 Simulator for any of above

On Water test: Triangle course

Debrief: Evaluation

Practice Opportunities: TWC "TIPS"

