

American Red Cross

BASIC SAILING CLASS SYLLABUS

The Adult Learn-to-Sail Course involves 25 hours of training (9 class hours and 16 sailing hours). The **9 hours of in-class instruction** integrates:

- Video segments
- Demonstrations
- "Floor sailing" (using models and a miniature course)
- Short presentations; materials co-written by U.S. Sailing Association and ARC
- Students learn proper terminology and nomenclature
- Theory of sailing
- Points of sail
- Specifics of tacking upwind and sailing downwind
- Proper technique for coming about and jibing
- Inland rules of the road
- Consideration of weather, tides, and currents in coastal sailing
- Capsize recovery and crew overboard procedures and practice
- Docking technique and boat ramp procedures
- Review of U.S. Coast Guard regulations concerning boats and PFDs
- Training in rescue of others and self-rescue
- Practice in tying six basic knots
- In-class practice rigging a Sunfish; practice come abouts in a Sunfish "lazy-Susan" simulator

At the lake, students receive **16 hours of sailing time** on Saturday and Sunday, sailing both with instructors and fellow students:

- Sail a triangular course so that all points of sail are reinforced and practiced
- Receive constant feedback and skill correction from instructors in the safety boat
- Experience has shown that approximately 75% of the students solo in a Sunfish around the course by the end of the class on Sunday afternoon
- We have learned from introductions on the first night of class: over 90% of the students who take our training have never been in a sailboat before enrolling in class
- The Red Cross is now in its **31st consecutive year** of providing sailing instruction at Cheney Reservoir