



Lake Belton Yacht Club

3244 Lake Park Road
Belton, TX 76513
www.LakeBeltonYachtClub.org

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 1

- 8:30 am CLASSROOM: Registration – Introduction – Coffee
Review syllabus – What to expect – Flexible pace – Goal for the day
DVD: **Intro to sailing**
Preparing yourself for sailing: p. 24, 25, 62, 63, 71
Sun screen, deck shoes, foul weather gear, brimmed hat
Fitness (stretching, warm-up)
Land Drill: Life jacket drill
Know your boat:
Parts of the boat: bow, stern, rudder, tiller, keel p. 6, 80, 81
Parts of the rig: Standing rigging: mast, boom, stays, shrouds p.7
Running rigging: halyards, sheets, downhaul, outhaul p. 28
Parts of the sails: mainsail, jibsail, p. 28, 29
Sail controls: Winches, cleats, blocks, fairleads p. 32, 33
Rigging your boat: Main, Jib, lines, halyards p. 30, 31
DVD: **How to rig**
Looking around & describing direction (Points of Sail): p. 12, 13, 14, 15
- 10:30 am Break DVD: **Points of sailing**
How to find wind direction: telltales, wind on face, surface of water p. 26, 27
Changing direction: Coming up, falling off p. 16, 17
Crew position p. 56
Steering: Tiller use, minor movements, pressure on tiller not large motion p. 37
How sails work: Upwind, pull mode; Downwind, push mode p. 8, 9
Getting there and returning: p. 22
Sail Trimming: Points of sail adjustments p. 9, 10, 11, 40
Upwind, sail acts like airfoil, blow on top of paper demonstration; NO-GO Zone
Downwind, pushed by the wind
Forces on keel, forward motion
Luffing, reading telltails, inside in-outside out p. 13
Starting and stopping p. 38
Tacking & angles: Helmsman commands, Crew response, Glide zone p. 18, 19, 44, 53
DVD: **Go on the water:** Start/stop, Steering, Luffing up/Bearing away,
Putting in the main sheet, Staying upright (**DVD: J/105 Tacking**)
Upwind sailing in the “groove” p. 42
Leaving the dock under power p. 34
Returning to the dock, tying up & securing the boat p. 48, 49
Figure 8 drill review, tacking only
- 12:00 LUNCH (on your own)

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 1

1:00 pm

PRACTICUM ON THE WATER

Review & what to expect next

Rig the boat, how to steer, and fundamentals of sail trim.

Follow the leader (snake) – Coming up/Falling off

Tacking figure 8 drill

Windward short tack drill

Briefing: Life jackets, Baseball safety story, head operation, safe zones, cleats, knots, winches, stowing gear, 2nd boat 4-5 boat lengths apart, follow the leader

Assign positions:

Helmsperson, jib trimmer, grinder, main trimmer, mast person, foredeck.

Select jib sails: wind speed, storm sail, 110, 135, 150 Genoa

Stack in order of possible wind increase/decrease for the day.

Rig the boat: Run sheets, stop knots, cleats, winch loading/release, winch handle use,

Rig the sails: Jib, Mainsail

Find the wind direction:

Wind vane, tell tells, on rig; basic guide, on sails; inside in-outside out,

Leaving the dock: Assign positions for casting off.

Check wind direction, choose order of which line to release

Using the wind: backwind the jib, forward motion, steerage

Under motor: Short burst of power for steerage, no wake, center of harbor

Raising the sails:

Mainsail

Jibsail

Wind gust, control heel of the boat:

Release or ease the sails, turn up into the wind (no-go zone)

Points of sail: changes in sail trim

Snake follow the leader Reaching drill:

Steering a straight course, use of the helm (opposite), selecting a land reference

Figure 8 Tacking drill: Helm commands, Crew response

Port vs Starboard tack

3:30 pm

Break Returning to dock.

Leaving dock

Windward short tack drill

Returning & shipshape – Landings

Knots & lines stowage

5:00pm

De-brief and review areas of concern

Boating Safety online course certificate due day 3.

U.S. Coast Guard or Texas Parks & Wildlife

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 2

- 9:00 am CLASSROOM: Review yesterday – What to expect – Goal for the day
DVD: Acura race week
Knots and lines; Coiling lines; Heaving lines p. 58, 59, 60, 61
Steering review; Changing course; Points of Sail; Sail trim review
Wind shifts; Sailing upwind in shifts: p. 54, 55
Adjusting sail shape p. 50
De-powering and balancing sails p. 51, 52
Jibing & jibe angles: Review-rotate students to grease board p. 20, 21, 46, 47, 53
Controlled jibe, pick your new direction prior to command-90 deg
DANGER ZONE! Steer proper course for safety. P. 15
DVD: Jibing
Double hander boat
Leaving the dock under sail p. 34, 35, 56, 57
Heave to maneuver p. 45
Getting out of Irons; Sailing backward p. 19
Port vs Starboard; Windward vs Leeward
Navigation Rules (Right of Way): p. 66, 67
Stand on boat, Give way boat
Same tack: Windward gives way
Opposite tack: Port tack boat gives way
Unsure? Keep clear
Sailboat vs Powerboat: Sailboat mostly has right of way
Sailboat overtaking: Sailboat gives way
Power boat unable to maneuver or not underway: Sailboat gives way
Stand on boat must hold its course so the other boat can keep clear!
U.S. Coast Guard Publications
Navigational Rules – International and Inland #M16672.2
Texas State Boating Laws flyer
- 10:30 am Break
- PRACTICUM ON THE WATER
Coordinated jibing, develop boat control, smoother boat handling.
Refine trim and steering on all points of sail.
Jibing–Figure 8—Follow the leader
- Have student do briefing.
Have positions brief on rigging etc. Follow Day 1 guide.
Review leaving the dock under sail
Figure 8 jibing drill
Rotate positions (select timekeeper & use time clock)
Drill right of way situations
Post a lookout for other boats (foredeck or mastperson)
- 1:00 pm LUNCH (on your own)

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 2

1:00 pm

Review & what to expect next

1:30 pm

PRACTICUM ON THE WATER

Figure 8 – Tacking

Figure 8 -- Jibing

Windward/Leeward course run

Have student do briefing.

Rotate helm

Utilize Day 1 procedures

Designate timekeeper

Rotate positions

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 3

- 9:00 am CLASSROOM: Review yesterday – What to expect – Goal for the day
DVD: **Trim North U**
Float plan
Emergency situations:
Weather: thunderstorms p. 62, 63
Weather forecast; Wind direction; Wind speed; Wind shift
Thunderstorms
Mandatory Life jackets
Get off the water if possible
Look for safe harbor bay before storm hits
Anchor & ride it out
High winds-shortening sails p. 74
Lower mainsail & tie down
Small jib only if you have to sail
Lower jib if wind too high
Man overboard drill p. 72, 73
Throw a floatation device
Sail on a beam reach a few boat lengths to prepare
Appoint a lookout
Tack first
Fall off sharply to a broad reach
Come up into the wind on a reach with PIW to windward
Release sails and glide to a stop to PIW
Hypothermia: p. 70
Get the person out of the water ASAP; Change into dry clothes
Grounding: p. 75
Work quickly
Turn boat sharply the opposite direction
Use the sails to turn the boat sharply
Shift weight to leeward side to heel the boat
Sheet in sails at same time to heel boat
Sail out the way you came into the grounding
10:30 Break If a tow is necessary, keep the boat heeled over
Anchoring p. 76, 77
Safety equipment p. 78
Signaling for help p. 79 **911** Bell Co Sherriff: 254-933-5400
Electrical hazards p. 71
- PRACTICUM ON THE WATER
Figure 8 Jibing direction
Man overboard drill
- 12:00 LUNCH (on your own)

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 3

- 1:00 pm Review & what to expect next
 Putting it all together
 Improve boat handling skills
 Faster sail trimming when course changed
 Perform man overboard drill
- 1:30 pm PRACTICUM ON THE WATER
 Discuss weather & wind
 Pursuit Fun Race
 Windward/Leeward
 Man overboard drill
 Point out grounding points
 Consider right of way situations

US SAILING BASIC KEELBOAT CERTIFICATION SYLLABUS

DAY 4

9:00 am CLASSROOM
Review yesterday – What to expect – Goal for the day

Rules: Upwind
Rules: Downwind
DVD Rules

Tides and currents p. 64, 65
Basic Navigation aids p. 68
Chart reading & plotting P. 69
 Basic symbols on chart
 Buoys
 Day markers
 Color & number of marks
 Nuns & cans shape & color
 Red Right Returning

PRACTICUM ON THE WATER

Pursuit Fun Race
Windward/Leeward
Man overboard drill

12:00 LUNCH

Finalize remainder of “Sign offs”

3:00 pm Presentations of Certificates