



Lake Belton Yacht Club

3244 Lake Park Road
Belton, TX 76513

<http://groups.yahoo.com/group/LakeBeltonYachtClub/>
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US SAILING SMALL BOAT CERTIFICATION SYLLABUS

DAY 1

- 9:00 am DVD Intro to sailing
Registration – Introduction – Coffee-Cell phone off please
- 10:00 am Review syllabus – What to expect – Flexible pace – Goal for the day
- 10:15 am CH 1: Preparing yourself for sailing
Land Drill: Life jacket drill
CH 2: Know your boat (Parts of the boat)
CH 3: Looking around & describing direction (Points of Sail)
CH 16: Person in the water Pages 56-57
- 11:00 am BREAK
- 11:15 am DVD: Recovery Techniques - Inversion
Single hander boat - Double hander boat
CH 4: Rigging your boat
Ch 15: Seamanship & water safety – Rules of the Road – Texas laws
- 11:45 am DVD: Go on the water: Start/stop, Steering, Luffing up/Bearing away,
Putting in the main sheet, Staying upright, Centerboard position
CH 5: Wind & Water
CH 6: Points of sail – Safety position
- 12:15 am BREAK
- 12:30 am DVD: Points of sailing
CH 9: Getting underway – departure- Baseball story
CH 14: Returning & shipshape – Landings
Knots & lines
- 1:00 pm LUNCH (on your own)

AFTERNOON SESSION

- 2:00 pm Review & what to expect next; Life jackets on at all times while rigging boats.
- 2:15 pm PRACTICUM ON THE WATER
Rig Laser and/or Club 420; Launch
Capsize/recovery; Scoop method Club 420
Swim test: tread water 5 min; swim 25' with shoes; put life jacket on in water
- 3:30 pm Reaching drill – Tacks – Figure 8
Safety position – Start/Stop
- 5:00 pm Dock landing
De-rig-Fold sails-stow gear

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DAY 2

- 9:00 am Review yesterday – What to expect – Goal for the day
Points of sail
- 10:00 am CH 7: Steering
CH 8: Trimming the sails
- 10:45 am BREAK
- 11:00 am Land drill: Figure 8 - Hand & arm drill – Halfway/All the way in etc

CH 11: Tacking
CH 12: Upwind sailing
- 11:30 am DVD: Tacking

Ch 10: Putting it all together
Sailing backward
- 12:00 noon LUNCH (on your own)

AFTERNOON SESSION

- 1:00 pm Review & what to expect next
- 1:30 am PRACTICUM ON THE WATER
Beam reach - Tacking – Safety position – Stopping- Glide zone – Backing up
Follow the leader (snake) – Coming up/Falling off
- 2:30 pm PRACTICUM ON THE WATER
Figure 8 – Tacking
Oval W/L – Advanced students
Jibe once after windward mark
- 5:00 pm Dock landing
De-rig – Fold sails - Stow gear

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DAY 3

- 9:00 am Review yesterday – What to expect – Goal for the day
- 10:00 am CH 13: Downwind sailing
Jibing
- DVD: Jibing
Single hander boat
Double hander boat
- 11:00 am CH: 15 Sailing Rules: Upwind & Downwind
- 11:30 am Break
- 11:00 am CH: 16: Towing Pages 58-59
- 11:30 am DVD: Go further
- 12:00 noon LUNCH (on your own)

AFTERNOON SESSION

- 1:00 pm Review & what to expect next
- 1:30 pm PRACTICUM ON THE WATER
Figure 8 Jibing direction
Man overboard recovery drill
- 4:00 pm Dock landing
De-rig and stow gear

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DAY 4

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

9:30 am Test
Knots test
Review “Little Red Book”
Start procedures – 3 min starts

10:30 am PRACTICUM ON THE WATER
Fun race – Start line
Finalize remainder of “Sailing Sign offs”

2:00 pm Certificate Presentations