

**Skipper B/ASA101 Sailing Class**

**Mulberry Cove Marina**

**NAS Jacksonville**

**V7.0 10/2/22**

**First Saturday, Marina, 0800-1400**

**ON LAND:**

Admin/paperwork and Introductions

Safety Review

PFD

Swimming Ability

Sailing Areas for Flying Scots

Whistles

1 - Attention or command

2 - Command

3 - Come to Me

5 - Danger

Parts/nomenclature Page 20

How Sailboats work Page 60

Sailing terminology

Points of sail Page 18, 48

Knots – Stopper Page 64

Parts of a Flying Scot (Video, then on Land)

Feel the Wind (Video, Questions, Exercise)

**ON WATER:**

Procedures for getting in and out of boats

Rigging a Flying Scot (Demo then Do)

Swim check

Capsize and recovery

Lunch break

**ON LAND:**

Review Points of Sail (Video, chalkboard, Exercise) Page 18, 48

Sailing Chair drill on-land (Video then Exercise)

Hand Signals

Luff Up, Sheet in, Sheet Out, Safety Position/Heave to

Stop and Go / Safety Position

Tacking / Sailing upwind Page 50

Knots – Round turn and 2 half hitches Page 64

**SAILING**: (Mainsail Only)

Tacking Beam to Beam, Close to Close(No Jibing)

Stop and Go, Safety Position

Mooring Ball and Docking (Instructor Demo)

De-Rig and Fold Sails

Knots – Square Page 64

**First Sunday, Marina, 0800-1400**

**ON LAND:**

Points of sail: Review Page 18, 48

Determining Wind speed and REEFING concept

(Reefing details in 103 class)

Adding the Jib Sail – Working with two sheets Page 45

Jib Halyard and Forestay tension

Jibing Theory – Page 52

Triangle, Circle, Slalom

Knots – Cleat Hitch Page 64

**SAILING:**

Tacking/Jibing, Stop/Go, Mooring/Dock

Apply Knots

Lunch break

**ON LAND:**

Rules of the road - “The Big 4”

Getting out of irons, Sculling Page 44

Landing on a dock Theory Page 83

Knots – Bowline Page 64

**SAILING:**

Landing on a dock / Getting out of Irons / Rules Applied

De-rig and secure the boats

Roll and stow sails

**Second Saturday, Marina, 0800-1400**

**ON LAND:**

Points of sail: Review Page 18, 48

Man overboard Theory Page 106

Knots – Clove hitch

**SAILING:**

Man Overboard Drills

Securing Sails on the boat

Lunch break

Man Overboard Drills

Fun Races, Follow the Leader,

Landing on a dock

De-rig and secure the boats

Roll and stow sails

**Second Sunday, Marina, 0800-1400**

**ON LAND:**

Knots Review- Cleat, Clove, Square, RTATHH, Bowline

How to call for help - Cell Phone, VHF, Whistle, Gesture, Sails

(VHF details in 103 class)

**SAILING:**

Man Overboard Drills

Fun Races, Follow the Leader,

Landing on a dock

De-rig, secure the boat

Roll and stow sails

Lunch break

**ON LAND:**

Birthplace of the Blue Angels

NAS Sailing Club

How to rent boats

Skipper B and ASA101

Test and Certifications

**CLASS NOTES:**

Instructors will determine when reefing is required and Instructors will reef the boats as needed. Reefing is a method of reducing sail in order to reduce a boat’s reaction to the wind thus giving the new sailor a gentler experience leading to improved learning.

Skipper B101 class is geared to developing Basic Sailing skills through instruction and practice. Skipper B103 class will cover more advanced topics including Reefing, VHF communication, Outboard motors, Navigation, Advanced Sailing techniques, etc.

Class times at 0800-1400. However, weather delays are sometimes issued by the NAS requiring students to leave the water. During such delays, the Instructor will determine the best course of action including:

Dismiss or Recess class

Continue Land-Based Instruction

Extend class upto but not beyond 1600