

## ASA 101: Basic Sailing Curriculum

This course will teach you to sail a sailboat in moderate winds and sea conditions as both skipper and crew.

**Pre-study is vital to the success of your course.** There will be two tests for this course, one performance and one written. Upon successful completion of this course, you will receive a San Juan Sailing Basic Keelboat Sailing certificate. An American Sailing Association certification is available as an option to our students for \$20. Please make arrangements prior to attending your class.

The textbook used for your course is "Sailing Fundamentals" by Gary Jobson, which is approved by the American Sailing Association. The Annapolis Book of Seamanship is an excellent book for your sailing library and can help you in your preparation for this course. Please study the material outlined below so that you will be prepared at the time of your course and will be able to concentrate on the principles taught by the instructor.

Listed below are the standards that are set by the American Sailing Association that you will master upon successful completion of the course.

### ***Sailing Knowledge***

#### *Terminology*

◆ Identify the following parts of a sailboat:

~Hull, Mast, Mainsail, Keel, Boom, Jib, Bow, Bow Pulpit, Gooseneck, Traveler, Stern, Stern Pulpit, Deck, Lifelines, Cabin, Spreaders, Shrouds, Headstay, and Backstay

◆ Describe the functions of the following items on a sailboat:

~Mainsheet, Rudder, Tiller/Wheel, Boomvang, Boom, Topping Lift, Jib Sheet(s), Halyard(s), Winches, Fairlead vs. Padey, Downhaul, Outhaul, Cunningham, Stays/Shrouds, Shackle, Telltails, Spring/Breast Lines, Fenders, and Cleats

◆ Define the following terms:

~Port, Starboard, Skipper, Helmsman, Forward, Aft, Crew, Tacking, Jibing, Running Rigging, Abeam, Astern, Windward, Leeward, and Beam

◆ Identify the following sails and parts of a sail:

~Mainsail, Jib, Storm Jib, Spinnaker, Genoa, Hanks, Battens, Batten Pockets, Bolt Rope, Luff, Leach, Foot, Head, Tack, Clew

◆ Explain the following terms and points of sail and identify them from diagrams:

~In-Irons, Head to Wind, Luffing, Close Hauled, Close Reach, Beam Reach, Broad Reach, Running, Starboard Tack, Port Tack, Windward Boat, Leeward Boat, Heading Up,

## Sailing by the Lee, and Heading Down or Bearing Off

- ◆ Apply the Navigation Rules (International and Inland Navigation Rules for prevention of collision) by means of diagrams in the following situations and identify the sailboat or powerboat that is the "stand-on" and "give-way" boat.
  - Port tack and starboard tack sailboats
  - Windward and leeward sailboats
  - Overtaking situation
  - Boat on the right (danger zone)
  - Boats meeting head-on
- ◆ Apply Rule 5 (Look-out Rule) contained in the Navigation Rules (International and Inland Navigation Rules for prevention of collision).
- ◆ Describe the actions to be taken when sailing in the vicinity of commercial shipping (Rule 9, Nav.Rules).
- ◆ Define hull identification number
- ◆ Describe the difference between planing and displacement hulls.
- ◆ Describe proper means of waste disposal including penalties for improper disposal and means for notification of authorities in the event of oil spillage.
- ◆ Describe when and where to file a float plan.
- ◆ Describe registration numbers and how to display them.
- ◆ Describe a capacity plate, where to find one and the information which is contained on the plate.
- ◆ Describe an alternate means of determining a boat's passenger capacity.
- ◆ State the federal standards for determining intoxication using Blood Alcohol Content (BAC). What is BAC of the state in which you sail?
- ◆ Give 5 situations which may be considered negligent operations on the part of a boater.
- ◆ Describe when and to whom boating accidents must be reported.
- ◆ Describe under what circumstances an operator must render assistance to another boater in danger.
- ◆ Describe the information an operator should acquire before operating his/her boat in an unfamiliar area. Local Knowledge.
- ◆ Describe where a boater would get the information in the item above.
- ◆ Be able to identify lateral aids to navigation by color, shape and numbering.
- ◆ Be able to identify Safe Water, Information and Regulatory Markers by color, shape and numbering.
- ◆ List required safety equipment for recreational vessels between 23 and 40 feet.
- ◆ Describe sound signals used by recreational vessels and their meanings.
- ◆ Identify the location and color of running lights used by recreational vessels.
- ◆ Describe common anchor types and anchoring procedures.

## ***Sailing Skills***

- ◆ *Gear and Equipment*
- ◆ Select and properly use a personal flotation device.
- ◆ Select proper clothing for sailing.

## ***Sailing***

- ◆ Hoist the basic sails, set appropriate luff tensions, and coil and hang halyards and other lines.
- ◆ Without an instructor or direction, act as helmsman/skipper and crew on a sailboat using proper commands and responses while sailing away from and back to a dock and mooring under various wind directions. Sail a windward/leeward course while performing successful tacks and jibes. Sample commands:
  - "ease sheets" – "easing sheets"
  - "heading-up, sheet in" – "sheeting in"
  - "ready about" – "ready"
  - "helms-a-lee" – "hard-alee"
  - "ready to jibe" – "ready" – "jibe-ho"
- ◆ Lower, fold and stow sails properly.

### *Crew Overboard*

- ◆ Describe and demonstrate the actions to be taken by a helmsman/skipper when sailing from the time a person falls overboard without warning until the crew member is safely recovered. Speed is secondary to safety in performing this procedure.
- ◆ Describe how to get an exhausted person aboard.
- ◆ Steer a sailboat by the lee for 100 yards without jibing.
- ◆ Steer a sailboat moving backwards for 20 yards with sails backed.
- ◆ Secure a sailboat to a dock so as to ensure limited movement and set out fenders properly.

### *Knots*

- ◆ Describe the function of and tie the following knots without assistance:
  - Bowline (in less than 20 seconds)
  - Figure Eight (in less than 15 seconds)
  - Cleat Hitch (in less than 15 seconds)
- ◆ Tie the following knots without assistance in less than 20 seconds:
  - Reef/Square Knot
  - Clove Hitch
  - Round turn and two Half Hitches