

Laguna Woods Yacht Club Sailing Academy

Fall 2019

Intermediate Sailboat Handling Skills

When: Five Weeks, beginning Monday 7 October and ending 4 November.
Where: Building 2400 Game Room (parking level).
Dana Point Harbor (Lab Sessions: TBA).
Text: Coastal Cruising Made Easy, ASA Editors.
Navigation Rules and Regulations Handbook, USCG
http://www.navcen.uscg.gov/pdf/navRules/CG_NRHB_20141118.pdf
Instructors: Sailing Academy Instructors: Sailing Academy Committee (see below).
Labs: Jim Updike, Bill Chen, Terry Miles, Wayne Carlson (others).
Contact: Jeff Sadler, email: sallybear@yahoo.com; phone: 208-484-6652

Enrollment Requirements:

Member in good standing of LWYC
Attend first class to confirm pre-enrollment reservation
Enrollment Fee: \$25

Course Requirements:

Attend classes and labs (absence by arrangement necessary).
Read Assigned text sections, come prepared to discuss and ask questions.
Do all quizzes. Complete all written assignments.
Pass all tests, both written and skills.
Keep a Sailing Log

The course objective is to provide students an opportunity to attain more advanced sailing knowledge. Boat handling instruction will include the rigging and handling of an intermediate sized sloop-rigged auxiliary sailboat and will focus particularly on the club's boat S/V Hiatus. In addition to classroom instruction, this will entail significant on-the-water time and practice.

First Session (7 Oct)

Introduction and Organization. (Jeff Sadler)
Getting under way preparation, including the log sheet.
Mechanics and Motoring Fundamentals.

Terminology (Wayne Carlson). Read pp. 12-25.

Knots and Lines – to be continued at each session. (Bill Chen)

Read Introduction, Forward and Chapter 1, pp. 8-25; Getting acquainted with the boat. Boating Safety, procedures and equipment: developing a safety sense, Text pp. 46-53.

Second Session (14 Oct)

Maneuvering under sail. (Tammy Rones)

Finding the wind

Points of Sail

Sail position and trim.

Read pp. 60-75.

Physics of Sailing (Lloyd Chase)

Third Session (21 Oct)

Navigation (Darrel Vorderstrasse)

Dead Reckoning and Triangulation

Aids to Navigation – Buoys and Lights

Compass and its use

Rules of the Road (Jim Updike)

Read: Rules and Tools for Navigators, pp. 82-107.

Fourth Session (28 Oct)

Maneuvering under power (Bill Chen) pp. 34-38, 114-20.

Prop Walk and Prop-wash.

Side Docking.

Maneuvering Under Sail – cont. (Jeff Sadler). Pp. 76-9.

Special situations

Heaving to

Reefing Underway

Preventers.

Read: Marine Weather, pp 128-133.

Session Five (4 Nov)

Handling Emergencies (Jim Updike)

Man Overboard (MOB)

First Aid

Communication (VHF Radio)

Review Questions, pp 164-5.

Read: Handling emergencies, pp 136-141.

Instrumentation and communication, pp 134-5.