



Sailing Course Outline

Day 1- Introduction to Flying Scot pre-sail preparation and rigging

- 9 AM-noon: Location of sails, all rigging equipment, and Flying Scots (FS). FSs rolled out, onto the dock to hoist. Introduction to rigging. FSs hoisted into water. Sails raised, rudder and centerboard lowered. Instructor skippers boat to overnight parking area. Boat derigged for overnight parking.
- Noon-1 PM: Lunch and questions
- 1-4 PM: Classroom time: Coverage of variety of topics; Safety, Governance, wind direction and strength, upwind sailing techniques, points of sail, tacking, boat and wind terminology, tacking practice with sheet and tiller hand transfer. Review of sailors' equipment – PFDs, appropriate clothing, footwear, and sun protection.

Day 2- Sailing Instruction: Reaching and docking

- 9 – 10 AM: Review of previous day's work and reading. Rig boat and hoist sails.
- 10 AM – Noon: Reach and tacking practice, upwind introduction, followed by docking instruction.
- Noon – 1 PM: Lunch and debriefing of morning's work.
- 1-4 PM: Continue reaching/upwind sailing techniques, docking practice, de-rig boat.

Day 3- Sailing Instruction: Upwind

- 9-10 AM: Overview of wind awareness, and upwind reading and techniques. Rig boat and hoist sails.
- 10 AM – Noon: Spend the day on a trip up the bay to Heart's Desire beach, practicing upwind sailing techniques. Sailors take turns skippering and crewing.
- Noon- 1 PM: Lunch on beach and debriefing of morning's work.
- 1-4 PM: Introduction of downwind sailing and jibing techniques. De-rig boat.

Day 4- Sailing Directions and Tides/Currents

- 9-10 AM: Overview of previous night's reading, and previous day's downwind practice. Rig FSs and hoist sails.
- 10 AM – Noon: Sailors practice on racing-style course. Sailors take turns skippering and crewing.
- Noon- 1 PM: Lunch and debriefing of morning's work.
- 1-4 PM: Continuation of morning sailing activities, sailing on course. If time allows, practice basic racing starts and skills. De-rig boat.

Day 5 – Right of Way, Man Overboard Recovery

- 9-10 AM: Overview for day's plan on Tomales Bay, course review and debrief. Rig boat and hoist sails.
- 10 AM – Noon: Sailors practice sailing courses, and right of way. Then practice basic racing starts and skills, applying all skills. Sailors take turns skippering and crewing.
- Noon – 1 PM: Lunch and debriefing of morning's work.
- 1–3 PM: Man Overboard practice, capsized recovery review.
- 3-4 PM: Derig FSs, wash sails, clean and put away boats and equipment.
- 4-5 PM: Debriefing and graduation celebration.