Union Lake Sailing & Tennis Club

Adult Sail “Camp”

July 16, July 23, July 30, August 6, 2018 6:00pm

July 16

Safety –

1. Always wear a PFD
2. Basic PFD Types

Points of Sail (POS)

1. Where’s the wind? – The magic watch
2. No Sail Zone
3. Today just turning through the no sail zone (tacking or coming about)
4. Next week having the wind cross at 6:00 (Jibing)

Parts of Boat (POV

1. Sheet Line or Main Sheet – The gas pedal
2. Tiller – The steering wheel – It’s backwards
3. Rudder
4. Daggerboard, Centerboard, Keel - Leave it down for now
5. “When in doubt – let it out” – and sit in the middle of the boat
6. Ask for help if you are not sure – Now that you are a sailor, we all watch out for each other

Just do it

1. Sail to the mark, tack-come about, sail back & stop

July 23

Safety-

1. The ditty bag and its contents
2. Capsizing – Hold onto the boat and wait for help. (righting the boat takes a lot out of you)

Points of Sail (POS)

1. Where’s the wind?
2. Sail positions relative to the direction of the wind

Parts of Boat (POB)

1. Mast
2. Boom
3. Halyard

Just Do it

1. Sail to mark and tack-come about
2. Sail downwind and jibe.

July 30

Safety-

The 3 rules

1. Starboard / Port
2. Windward / Leeward
3. Overtaking from behind

Points of Sail (POS) – the magic watch again

1. Where’s the wind?
2. Sail positions relative to the wind and their names.

Parts of Boat (POB)

1. Bow
2. Stern
3. Port
4. Starboard

Just Do It

1. Sail around the tri angle.

August 6

We’re sailors – Let’s go sailing!

Things we did not cover:

Capsize – Stay with the boat (hold on to the rudder) – wait for help

 Trying to right the boat for an adult is very physically taxing

Irons –

Sculling -

Resources - Videos on your own

1. You tube – learn to sail - <https://www.youtube.com/watch?v=b477nzyJum0&t=529>s
2. Sailing Knots - <https://www.youtube.com/watch?v=hrampH94LY8>
3. Rig a Sunfish - <https://www.youtube.com/watch?v=2AwrTrg-kN8>
4. Rig a Sailboat - <https://www.youtube.com/watch?v=4Dj0pHoH4dg>
5. How to get around - <https://www.youtube.com/watch?v=ClWlxjeGQS>
6. Capsize recovery - <https://www.youtube.com/watch?v=Td_a0K6y6Vg>