

Fundamentals of Sailing

Syllabus Spring 2020

Text: David Seidman, *The Complete Sailor* (2nd Ed. 2011, McGraw-Hill).

Instructors: Jeff Sadler, Jim Updike, Bill Chen, Wayne Carlson and Tammy Rones, Pat Rojek and others.

Requirements: Complete all assignments; maintain a Sailing Log Book.

Location: "LWYC Club House", Bldg#2400, Parking Level. Via Mariposa W (near CH#4)

Session 1: The Wind.

Reading Assignment: Complete Sailor, pp 10-29.

Video Assignment:

Introduction and organization. (Jeff)

Wind Sense

Working the Winds

Points of Sail

Sailing Etiquette (Tammy)

Responsibilities of the skipper and crew.

Operations necessary under sail and cockpit positions.

Terminology (Wayne) and Knots (Bill) to be repeated each session)

Session 2: Getting Underway.

Reading: The Complete Sailor, pp 30-27; 60-63.

Lab session 1 (at the slip) TBA

Vessel preparation and setup. (Jim)

Squaring Away after the sail. (Jim)

Terminology and knots

Session 3: Hulls, Rigging and Sails.

Reading: The Complete Sailor, pp 84-114.

Video Assignment: "The Physics of Sailing".

General hull and rigging configurations. (Pat)

Sails and sail set. (Pat)

How the wind makes the boat go (sailing physics) TBA.

Points of sail (Pat).

Terminology and knots

Session 4: Rules of the Road and Practical Navigation.

Reading: The Complete Sailor, pp. 180-93; pp 146-50; pp 122-9.

Video Assignment: COLREGS Part 1; COLREGS Part 3.

Lab Session 2 (at the slip) TBA.

Rules of the Road (Jim)

Practical Navigation (TBA)

Terminology and knots.

Session 5: Safety and Emergencies.

Reading: The Complete Sailor, pp 158167.

Video Assignment: MOB Video

Onboard Safety practices and equipment. (Jim)

Emergencies.

VHF Radio

First Aid, gear and procedures.

“What if-s” – dealing with the unexpected.

Terminology and knots