

# Island Yacht Club's Women's Sailing Seminar 2021

## Course Descriptions and Requirements

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### SESSIONS

- Sessions I and II are Saturday morning.
- Sessions III and IV are Saturday afternoon.
- Divas Session V is Sunday.
- All other tracks select from Racing or Cruising on Sunday.

### ABBREVIATIONS

- CR = classroom
- DS = dockside
- OTW = on the water

## Island Yacht Club's Women's Sailing Seminar 2021 Course Descriptions and Requirements

### BEGINNER TRACK

**Prerequisites:** None, except a desire to learn how to sail as captain or crew.

**Description:** Starts with, "This is a sailboat" and moves on from there. Geared to the novice who has never set foot on a boat, have only gone along for the ride, or done a little sailing but not really understood what's going on. Classes include Boat Speak (dockside or classroom), Basic Sailing (classroom), and Basic Sailing (on the water).

| Session I - DS   | Session II - CR  | Session III - OTW   | Session IV - OTW             |
|--|--|---|------------------------------|
| Climb aboard, introductory terminology and other good boating habits and protocol. | Basic sail trim skills and terminology, learn the how and why of changing the shape of the main and jib. | Basic Sailing - Time to hoist the sails and actually <i>do it</i> . Practice at the helm and on the winches - tacking and jibing. | Continuation of Session III. |

### CREW TRACK

**Prerequisites:** Beginners Track or equivalent. May have had previous sailing experience and can demonstrate knowledge of sailing ability through use of nautical terminology and procedures when describing experience level. You have the ability to recognize nautical directional terms, boat and sail parts. Can generally steer while at a wheel or tiller responding to verbal cues to harness the wind.

**Description:** Geared to the novice who has done a little sailing and is familiar with the parts of a boat and sail. Classes begin with review of nautical terminology, handling sheets and sails when tacking and jibing. Learn basic sail shape when wind direction and strength changes. Take command as the helmsperson. Learn bowline, square knots, round turn, half hitches, and clove hitch.

| Session I - OTW   | Session II - OTW  | Session III - DS   | Session IV - CR   |
|---|---|--|---|
| Safely board and step off a boat. Review terminology, rigging for an estuary day sail. Leave dock and practice tacking and jibing. Using Points of Sail diagram, trim jib and main to wind direction. | Continuation of Session I. Practice crew positions when tacking and jibing. Practice commands as helmsperson, instructing crew to adjust sheet tension to match sail shape to wind direction. | Learn knots - bowline, square knot, round turn, half hitch, and clove hitch. | Seamanship – Review directional terms and rigging. Review a checklist for boat equipment and crew briefing before leaving the dock. Casting off procedures. |

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## Course Descriptions and Requirements

### SAILOR TRACK

**Prerequisites:** You have enough sailing experience to be able to identify parts of a boat and sail, describe points of sail and identify wind direction, demonstrate safe boarding, line handling, and stepping-off procedures. You know what steps to take upon hearing the commands, "Ready to come about" and "Ready to jibe". You can steer a sailboat towards the wind without going into irons and off the wind without accidentally jibing in 7-12 knots of wind.

**Description:** Improve overall skills. Review of terms, procedures, safety and equipment, boat rigging and knots. Learn best practices for operating VHF radio. Utilize boat and sail hardware to maximize sail efficiency for various wind conditions. Practice sail trim and boat maneuvers on the water. Theory of sail shape to maximize efficiency or reduce power. Trim sails to match the wind velocity and direction by crew actions and adjustment of equipment. Fine tune sail adjustments under sail as conditions change.

| Session 1 - CR  | Session II - DS   | Session III - OTW  | Session IV - OTW            |
|---|---|--|-----------------------------|
| Review nautical terminology, procedures for tacking and jibing boat, and safety. Review points of sail. Sail trim and adjustments to change sail shape. | Rig a boat for a day sail on the bay including reefing and using basic knots. Use VHF radio. Adjust boat and sail parts to change sail shape. | Practice tacking, jibing and adjusting basic sail trim according to wind direction and conditions. Possibly, use VHF radio to hail another class boat. | Continuation of Session III |

## Island Yacht Club's Women's Sailing Seminar 2021 Course Descriptions and Requirements

### **DIVAS OF THE BAY – TWO-DAY COURSE**

**Prerequisites:** You are comfortable using nautical terminology and you can both give and respond to commands. You can use the sheets to bring the main and jib sails around when tacking or jibing. You can steer a sailboat towards the wind without going into irons and off the wind without accidentally jibing in 12-15 knots of wind. You know how to communicate using a VHF radio, selecting the correct channel to use under common situations. You can tie figure 8, square, and bowline knots. Tie round turns, clove and half hitches.

**Description:** Sharpen overall skills. Review of terms, procedures, safety and equipment, advanced boat rigging including reefing, heaving to, and knots. Use best practices for operating VHF radio. Respond with correct maneuvers to rescue a crew member who has fallen overboard. Learn basic navigation and plan a course for a specified destination. Practice sail trim and boat maneuvers including anchoring and docking.

| Session I- CR, DS, or OTW   | Session II- CR, DS or CR   | Session III-OTW | Session IV-OTW | Session V-OTW  |
|---|--|-----------------|----------------|--|
| Review procedures for tacking, jibing, heaving to, reefing, anchoring and docking. Review boat rigging and basic sail trim according to weather conditions and point of sail. | Rules of the road, meaning and significance of symbols on nautical charts. Planning basic courses to arrive at a destination using a chart. Continue to use VHF radio. | Crew Overboard  | Crew Overboard | Rig boat for a day sail on the Bay. Using planned course, set sail for Berkeley Circle. Practice sailing maneuvers and rigging a preventer, heaving to and reefing. Pump out head. Practice anchoring and docking. |

## Island Yacht Club's Women's Sailing Seminar 2021 Course Descriptions and Requirements

### **RACING TRACK**

**Prerequisites:** You have enough sailing experience to be able to identify parts of a boat and sail, describe points of sail and identify wind direction, demonstrate safe boarding, line handling, and stepping off procedures. You know what steps to take upon hearing the commands, "Ready to come about" and "Ready to jibe". You can steer a sailboat towards the wind without going into irons and off the wind without accidentally jibing in 7-12 knots of wind.

**Description:** Racing is still the best way to learn how to sail. Allows the participant to learn from the best women racers on the west coast. The morning is spent in the classroom learning racing rules, visual and sound signals from the race deck, positioning of crew members during a race, and the all-important tactics of getting a good start. Afternoon is spent on the water rotating positions on the boat, practicing starts and buoy rounding. We recommend doing the RACING option on Sunday if you select this track.

| Session 1 - CR   | Session II - CR  | Session III - OTW  | Session IV - OTW                                  |
|--|--|--|---|
| Handicap and One Design Racing systems, racing rules. written, visual and sound communications before, during and at end of race, crew positioning, sailing tactics. | Rules of the road, start sequencing, pre-race and start tactics. | Practice crew positions during tacking and jibing, adjusting boat hardware and other equipment to attain maximum sail trim as weather conditions change while practice racing. | Practice start sequences and racing around marks. |

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**BOAT MAINTENANCE / UP THE MAST**

**Prerequisites:** None

**Description:** This track includes Boat Maintenance and Up the Mast courses:

**Boat Maintenance**

Time to turn the dream into reality – you have looked at advertisements and brochures, talked to sales people, attended boat shows and now you are ready to put down your hard-earned cash and/or sign the mortgage agreement. Buying a boat requires surveys, insurance, boat slips or dry storage. Owning a boat can bring hours of pleasure while racing or cruising, day sailing or long-distance travel. With the fun comes the responsibility of maintaining a vessel from the top of the mast to the bottom of the keel. This class includes use and maintenance of diesel engines.

**Up the Mast**

While changing sails at anchor, dock, or at sea, a halyard slips out of your fingers and flies up to the top of the mast. How will you keep the vessel moving? By climbing to the top of the mast to retrieve that errant halyard. Learn how to safely climb up to the top and get back to the deck without falling.

| Boat Maintenance                            |  | Up the Mast  |                              |
|---|--|--|------------------------------|
| Session I - DS                              | Session II - DS  | Session III - DS   | Session IV - DS              |
| Learn to keep a vessel ship shape and safe. | Overview of diesel engine or outboard motor and troubleshooting. | Journey to the top of the mast in a bosun's seat to retrieve a halyard or perform other maintenance at the top of your boat. Afraid of heights? Your help from the deck is still required. | Continuation of Session III. |