

Start Sailing Right Quick Reference Sheet

The curriculum is divided into *general skills* and *boat handling skills*:

I. General Skill Modules

- Wind Direction
- Rigging and unrigging
- Knots/Lines
- Rules of the Road

II. Boat Handling Skill Modules

- Departure/landing
- Steering
- Safety position
- Tacking
- Points of Sail
- Jibing
- Capsize recovery
- Overboard recovery
- Getting out of irons
- Upwind and downwind sailing

The curriculum is taught during the course of 5 classes. The page numbers refer to the US Sailing textbook *Start Sailing Right!*

Class I

Safety

Wind Direction (including starboard/port, no-go zone and close haul course): pp 20 – 27

Rigging and unrigging: pp 16 – 19 and 28 – 33

Knots I (figure-8, cleat hitch, coiling): 94 – 96

Steering: pp 34 – 36

Tacking: pp 48 – 51

Capsize prevention: pp 60 – 61

Class II

Knots II (bowline, two half hitches): 94 – 96

Jibing: pp 56 – 59

Points of Sail: pp 42 – 47

Safety Position: pp 40 – 41

Getting out of irons: pp 52 – 53

Class III

Knots III (square knot, sheet bend)

Rules of the Road: pp 80 – 83

Departure: pp 68

Landing: pp 69 – 71

Theoretical Overboard recovery: pp 66 – 67

Class IV

Upwind Sailing: pp 48 – 51 and 72 – 73

Downwind Sailing: pp 56 – 59

Practical Overboard recovery: pp 66 – 67

Written theory exam

Class V

Theoretical Capsize recovery: pp 60 – 65

Practical Capsize recovery: pp 60 – 65