

DBYC WIND WARRIORS SAILING PROGRAM – COURSE OUTLINE

Day 1 – Introduction to Sailing

10:00 Attendance

10:05 Water safety. Do's & Don'ts. Rules of the "road". Importance of following orders and understanding them.

10:15 Knots and their uses. Overhand Figure of Eight knot, Reef knot (vs. Grannie knot), Bowline.

10:30 Parts of a sailboat: mast, boom, boom vang, sail (tack, clew, luff), rudder, tiller and extension, centreboard, etc.

10:45 Sailing terms: tacking, gibing, heading up, falling off, etc.

11:00 Demonstration on how to rig a boat (where things are stored).

11:30 Demonstration of launching a boat. Prepare 1 laser (instructor).

12 – 12:30 **LUNCH**

12:30 Instructor demonstrates points of sailing

1:30 - on the water

- Going in a circle – tacking & gibing

- Righting the boat

3:00 Return to clubhouse

3:30 De-rig boats, rinse off sails, rigging and hulls

Day 2 – Sailing Basics

10:00 Knots and their uses

Review: Reef knot, Figure of Eight knot, Bowline

- Round turn and two half hitches, Clove Hitch, Rolling Hitch

10:15 Review of parts of a sailboat

- Tacking & gibing – definitions

- Parts of a sail – main, clew, tack, leech and luff, head and foot

10:30 Students rig their boats and launch

10:45 On the water – beside the clubhouse

- Follow the leader around a marked course

- Practice tacking and gibing

12 – 12:30 **LUNCH**

12:30 General discussion on morning sail – questions – points of sail

1:00 Sailing – on the water

3:30 Return boats, de-rig & store properly, rinse off hulls, sails & spars

Day 3 – Gaining Experience

10:00 Review of knots and parts of sail

10:30 Repeat of Day 2

Day 4 – You have arrived

10:00 Review

10:30 Repeat of Day 3

3:30 Awarding of certificates

IMPORTANT ITEMS TO BRING

- Personal Flotation Device (PFD) (must be DOT approved) 9 must NOT be self inflating)
- Rubber soled sneakers – no bare feet, sandals or flip flops
- Hat & Sunscreen
- Gloves (gardening gloves with the fingers cut out will do)
- Sunglasses
- Towel / Blanket / Sweatshirt
- Change of clothes – you WILL get wet
- Water or juice (in plastic containers)
- Lunch

If your child has a wetsuit, it would be advisable for them to bring it.

Please note – parents must be available to pick up their child on short notice if necessary.

If you have any questions, please contact:

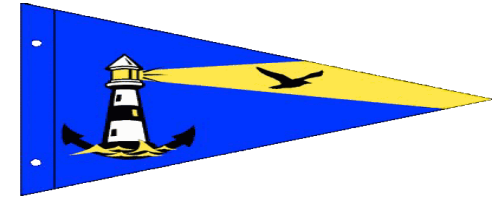
George Gutsche at:

250-757-8480

HAVE FUN!

LEARN!

BE SAFE!



DEEP BAY WIND WARRIORS SAILING PROGRAM



Session 1 – July 4, 5, 6, 7

Session 2 – July 11, 12, 13, 14

Session 3 – July 18, 19, 20, 21

Session 4 – July 25, 26, 27, 28