

American Sailing Academy at Key Lime Sailing Club In-House Sail Endorsement

Practice / Theory - 90% / 10%

Theory

Day 1

1. Wind
2. Points of Sail
3. Terminology
 - a. Boat
 - b. Orientation
 - i. Port, Starboard
 - ii. Forward, Aft
 - iii. Ahead, Astern
 - c. Standing Rigging Holds up the rig
 - d. Running Rigging Controls the Sails
 - e. Sails

Day 2

4. Rules of the Road
 - a. Rule #5
 - b. POW
 - c. Head On and Crossing
 - d. RAM
5. Safety Equipment & USCG Requirements (PFD, Sound, Sight, Fire, Registration)
6. Before you go: Cell phone, Chart of Area, weather, contact info, let someone know (float plan)
7. Knots

Practice

Day 1

1. Docking – leaving and coming in – Docklines
2. Outboard
3. Raising and lowering sails
4. Sailing on the Main
5. Sailing on main & Jib
6. Points of sail
7. Tack & Jibe
8. Centerboard drop and retrieve

Day 2

9. Sail Trim
10. Reefing
11. Heave to
12. MOB Figure 8
13. Anchoring