

Tradewinds Sailing School and Club

Basic Coastal Cruising (ASA103) – Standard and Agenda

Included in this handout are the daily agendas, equipment requirements, and basic ASA standards for this course.

Prerequisites for the Class

- Basic Keelboat - ASA 101
- Completion of the Basic Keelboat practice exercises

Schedule & Crew

This is a three-day, 9am to 5pm course, with a minimum of two and a maximum of three students and one instructor aboard.

Description

The purpose of this course is to learn the fundamentals of coastal cruising on a sailing yacht during daylight hours. Subjects include Rules of the Road, required equipment, engines and troubleshooting, weather observations, heavy weather, basic navigation, intensive boat docking practice and instruction, and much more.

Students successfully completing this course are eligible to receive ASA 103 certification and have the skills necessary to independently skipper one of our Bronze and some Silver Fleet boats.

What Boats Are Used

In this class, you will instruct students using three Bronze Fleet boats.

ASA Standard

- Able to skipper a sloop-rigged auxiliary powered (inboard or outboard engine) keelboat of approximately 25 to 35 feet in length by day in moderate winds (up to 20 knots) and sea conditions.
- Knowledge of cruising sailboat terminology, basic boat systems, auxiliary engine operation, docking procedures, intermediate sail trim, navigation rules, basic coastal navigation, anchoring, weather interpretation, safety, and seamanship.

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Day One Agenda

Introductions

Discussion of Forces Impacting a Sailboat

Line Handling - Knots and Coils

Boat Systems

- Thru Hulls
- Inboard Engines
- Marine Toilet
- VHF Radio
- Navigation Lights

SAFETOGO and COOL

Departures & Docking (LOT)

- Location
- Orientation
- Transition

Maneuvering under Power

- Maneuvering in Forward in close quarters (e.g. in a fairway)
- Reversing in a Straight Line with the Bow to the Wind
- Back & Fill (Fairway Turn)

Sailing Review

- Tacks & Jibes
- Heave To
- Reefing
- Crew Overboard

Anchoring (may be completed day two if required)

Side Tie Docking and Departure (D Dock Pump Out Station)

- Forward into Lee side of dock (using a spring line)
- Springing the Stern Out

Pump Out

Boat Clean Up

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Day Two Agenda

Charts

SAFETOGO

Boat Handling

Sailing into Slips

- Upwind
- Downwind

Mooring Balls

Side Tie Docking and Departure (D Dock Pump Out Station)

- Reverse into Windward side of dock
- Springing out the Bow

Boat Clean Up

Day Three Agenda

Preparation ... Different Boat

Boat Handling

Sail to Ayala Cove

- 2 or 3 Bearing Fix Enroute
- Picking Up a Mooring
- Lunch on board

Sam's Anchor Café

Paradise Cove (if time allows)

Return to Tradewinds

Test

The test may be taken at any convenient time during day 3