

Tradewinds Sailing School and Club

Basic Keelboat (ASA101) – Standard and Agenda

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

Prerequisites for the Class

None

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

Able to skipper a sloop-rigged keelboat of approximately 20 to 27 feet in length by day in light to moderate winds (up to 15 knots) and sea conditions. Knowledge of basic sailing terminology, parts and functions, helm commands, basic sail trim, points of sail, buoyage, seamanship and safety including basic navigation rules to avoid collisions and hazards. Auxiliary power operation is not required.

Recommended Class Sailing Areas

Each day's sailing location is up to the discretion of the individual instructor. One recommended schedule of locations is as follows:

- Two days in – Marina Bay
- One day in – the Keller Cove Practice Area

It's generally recommended you remain in Marina Bay on day one. A portion of either day two or day three should be at Keller Cove. The remaining day should be in Marina Bay.

What Boats Are Used

Catalina Capri 22

ASA Standard

The American Sailing Association Standard for all classes can be found in the American Sailing Association Official Certification Logbook.

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Day One Agenda

Classroom

- Introductions
- Materials
- Liability Forms
- Physical Restrictions and Special Considerations
- Logistical Considerations
- Class Timing
- Commercial Vessel Traffic and expected hazards in the BKB Area of Operation

On dock and boat

- Dock and Boat Safety
- Line Handling
 - Basic knots
 - Coils
- Terminology
 - aka Tack, Tack, and Tacking
- S.A.F.E.T.O.G.O. and C.O.O.L.
 - Getting the boat ready to sail
 - Skipper's Log
 - Paper and Electronic Pre and Post Cruise Checklist
- Tides, Currents, & Weather
- Motoring
 - Departing the dock
 - Boat handling under power
 - Docking
 - Picking up a mooring (optional but recommended)
- Sail Handling
 - Parts of a Sail
 - Raising and Lowering Sails
 - Reefing
- Sailing under a Main
 - Reaching
 - Heading Up
 - Bearing Away (falling off)
 - Sail Trim
 - Tacking
 - Jibing
- Boat Clean Up

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Day Two Agenda

Classroom Discussion

- Boat Parts
- Rules of the Road
- Aids to Navigation (ATONs)
- Charts
- Practice Area
- Commercial Vessel Traffic and expected hazards in the BKB Area of Operation

Maneuvering Under Sail

- Tacking with Main and Jib
- Jibing with Main and Jib
- Heave To
- Figure 8 Crew Overboard
- Reefing Underway
- Anchoring under sail

Boat Clean Up

Day Three Agenda

Classroom

- Review Boat Parts
- Review Rules of the Road
- Review Knots
- Discuss Navigation Lights
- Commercial Vessel Traffic and expected hazards in the BKB Area of Operation

Lunch

Onboard

- Docking Practice
- Practice All Sailing Skills

Boat Clean Up

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