

# Tradewinds Sailing School and Club

## Advanced Coastal Cruising (ASA 106) – Standard and Agenda

Included in this module are the daily agendas, equipment requirements, and basic ASA standards. As indicated below, there are no detailed day by day instruction modules.

### Prerequisites for the Class

- Basic Keelboat - ASA 101
- Basic Coastal Cruising - ASA 103
- Bareboat Charter - ASA 104
- Coastal Navigation - ASA 105

### Schedule & Crew

This is a four-day course. Day one is 6pm to 10pm, however, this may change based on departure requirements. Class will generally begin on day two at a time that is optimal to reach the Golden Gate Bridge timing for the slack before the morning flood. Timing may change at the discretion of the instructor, based on forecast conditions through the Golden Gate.

There will be a minimum of three and a maximum of four students and one instructor aboard.

### Description

Develop the skills to safely act as skipper and/or crew of a sailing vessel about 30 to 50 feet in length in near coastal waters. The goal is to provide students with the knowledge and skills needed to navigate a vessel on a multi-day coastal cruise. For example, from San Francisco to San Diego or Cabo San Lucas, Mexico. The standard requires day time and night time operations.

Students successfully completing this course can receive ASA 106 certification.

Topics Covered Include:

- Preventing and dealing with sea sickness
- Weather monitoring and interpretation
- Trip planning and filing a Float Plan
- Preparing for Abandon Ship and other emergency procedures
- Sailing and helmsmanship in heavy seas, dense fog and at night
- Sails and sail handling in various conditions.
- Application of Coastal Navigation skills and usage of RADAR
- Commercial traffic in shipping lanes
- Night-time Man Overboard Drills
- Engineering and troubleshooting
- Provisioning
- Meal preparation while underway (meals will be assigned prior to class start)

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## What Boats Are Used

In this class, you will instruct students using a boat in the 40 - 45 foot range. The boat should be outfitted with a working radar and electronic chart plotter.

## ASA Standard

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

<https://asa.com/certifications/asa-106-advanced-coastal-cruising/>

## Instructor Discretion

ASA 106 includes a great deal of discretion on the part of the instructor. Timing and intensity of tides and currents change with each class. Different weather forecasts and conditions in the sailing area will be the norm rather than the exception.

With this in mind, this instructor's manual includes only the basic structure of Tradewinds' policy to be followed, not a day by day, moment by moment breakdown of class timing and activities.

## Pre-Class Work

### Pre-class Homework Email and Class Assignments

Each instructor completes pre-class assignments differently.

One instructor might prefer to start sending a series of weekly emails beginning about 1 month prior to class departure.

Another instructor might send a single email 7 to 10 days prior to the start of class. Examples of both email options are included for your review. At a minimum, the following topics must be covered as part of the pre-class homework.

- Introductions
- Timeline/Agenda
- Homework
- Float Plan Preparation Instructions
- Go/no-go forecasting and decisions
- Meal planning
- Assign lectures for student presentations. Recommended topics include:
  - Diagrams for COE and CLR and how they are affected by changes in boat set-up
  - Practical methods for determining CLR
  - Actions to increase/decrease weather helm
  - Flat vs. Full sail(s)

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### Homework Follow-up

- Finalized meal planning 1 day before class
- Receipt of float plans 3 days before class
- Go/no-go decisions 1 day before class

### Example Emails

There are five separate emails in the multiple email sample. Begin mailing them to your class approximately 1 month prior to departure.

- Welcome
- Plan a Cruise Assignment
- Lecture Assignments
- Meals
- Weather/Sea State Go/No-go

Sample emails may be accessed via the online training manual.

### Day One Agenda

#### Planning and provisioning

Day one is a planning and provisioning day. Plan to meet at the Tradewinds office at 6pm (1800 hrs)

#### Lecture and Discussion (typically 1 to 2 hours)

- Review class area charts
- Review most recent Local Notices to Mariners
- Review Coast Pilot pages covering the class area.
- Explore the dangers of exiting the Golden Gate on the ebb as well as the chosen exit time.
- Establish watch schedule. A typical class will include four participants. A typical watch schedule might include one hour at each of the following "watch assignments".
  - Helm/Skipper
  - Navigator
  - Lookout
  - Off-watch (note: meal preparation should be completed by the off watch person. Attention should be paid to who is doing what meals while setting up the watch schedule).

#### Boat Preparation (2 to 3 hours)

- Complete vessel checkout
- Stow all gear and provisions (see ACC class gear list)
- Top off water tanks

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It is critical that all participants be on the boat at least 30 minutes prior to the established departure time.

All class participants should plan to sleep on board the vessel following preparation and provisioning.

### Day Two through Four Agenda

There is no set "on the water agenda" for day two through four, however, the following items must be covered.

Lectures done by the participants as planned and set up during the pre-class homework.

- Suggested lecture topics include:
  - Diagrams for COE and CLR and how they are affected by changes in boat set-up
  - Practical methods for determining CLR
  - Actions to increase/decrease weather helm
  - Flat vs. Full sail(s)

Daytime and nighttime crew overboard recovery practice. Daytime drills should be conducted in the open ocean. Night time drills may be conducted in the shelter of Drakes Bay if the instructor deems it prudent.

Each participant must get time as skipper and as crew during night time operations.

### Test

The test may be taken at any convenient time, although you should wait for all four participant lectures to be completed. Some examples follow:

- At anchor or at the dock during the final evening of class.
- Change the watch schedule on the final day so that there are two on and two off at all times. Allow the off watch team to work on the test while the on watch team sails home. Switch on and off watch teams each hour until everyone is done.
- Leave enough time at the end of the class to complete the test after returning to Tradewinds. This is not always a good option, as most students are exhausted after 4 days of class and cleaning and putting the away.

### Recommended Class Sailing Areas

As weather and conditions allow, the following "destinations" should be reached.

- Drakes Bay (plan to anchor out)
- Farallon Islands (plan to sail around the west side of Southeast Farallon Island if conditions allow)
- Pillar Point Harbor (you may choose to "get a slip" and spend the night at the dock or to anchor out.) Getting a slip allows the opportunity to demonstrate contacting the harbor master in an unknown harbor and "checking" in for the

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night. If you are in a slip you may elect to eat out at a local restaurant, or to eat  
aboard.

Pillar Point Harbor prefers to be contacted on VHF channel 74. Do not hail them on  
channel 16.

## Required Class Equipment

The following documents and/or equipment should be on board.

### For all classes

- Type I PFD for each person on board
- USCG Commercial approved ring buoy
- Coast Pilot and Updated Light List
- Current Local Notice to Mariners
- Drug Test Kit
- Safety Briefing Outline
- Dock lines and fenders

### Additional Equipment for Basic Coastal Cruising

- Life Raft and EPIRB
- Coastal Navigation Tools
- Crew Overboard Pole with light
- Tool Kit (hack saw/blades, hammer, crescent & adjustable wrenches, duct tape & electrical Tape, seizing wire)
- Butane Lighter
- Updated charts of the area (18649 SF Bay Entrance, 18645 Gulf of the Farallons, 18647 Half Moon Bay, 18682 Drakes Bay)
- Jack lines
- GPS unit in addition to Chart Plotter (handheld GPS, Phone, or GPS enabled Tablet)
- Radar Reflector
- Valid vessel documentation (verify that document number is permanently affixed to hull)