

Syllabus for Sailing Fundamentals

by Gary Jobson

Sailing Fundamentals covers more material than is needed for sailing the club boats. This doesn't mean that the information won't come in handy someday. Quite often our members end up with larger vessels and larger sailing areas. Most of the material is true for all sailboats. If you can sail a small boat you can sail a large one. However large sailboats often have fixed keels, motors, radios and more stringent regulation that won't concern us. I have tried to filter the essential material for learning to sailing with the club. After being out on the water it is helpful to go back and reread sections of the book pertinent to what you have just practiced.

Overview pp.12, 13

Sailing Knowledge – The Basic Boat, Responsibilities pp. 14-26

Sailing Skills - Boarding, Getting Underway pp.36-60

Sailing Knowledge – Sail Trim pp.67-88

Safety - Hypothermia pp. 93-99

Sailing Skills - Man Overboard pp.101-107

Sailing Knowledge – Day Sailing pp.111-123

Sailing Skills – Anchoring, Heaving To pp.127-130

Sailing Skills – Mooring pg. 134

Sailing Knowledge – Terms, Duties, Rules pp.137–142

Essential Safety Equipment – PFDs pp. 144,145

Sailing Knowledge – Weather pp.166-178

Special Sailing Information – Dingy Sailing pp.189-194

Knots: Bowline, Figure 8 pg. 22

 Clove Hitch, 2 Half Hitches pg. 123

 Cleating A Line pg.133

 Reef Knot (Square) pg. 174

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