

DBMS Adult Sailing Six-Pack

Private Lesson Outline

<p>Lesson 1</p>	<p><u>On Land</u></p> <ul style="list-style-type: none"> • Sail Theory • Wind Indicators • Points of Sail <ul style="list-style-type: none"> ◦ No go Zone ◦ Reaching <p><u>On Water</u></p> <ul style="list-style-type: none"> • Safety and Rules • Tacking • Capsize Prevention • Derigging
<p>Lesson 2</p>	<p><u>On Land</u></p> <ul style="list-style-type: none"> • Review Lesson 1 • Knots <ul style="list-style-type: none"> ◦ Cleat ◦ Clove Hitch ◦ Figure 8 <p><u>On Water</u></p> <ul style="list-style-type: none"> • Rigging • Breakdown
<p>Lesson 3</p>	<p><u>On Land</u></p> <ul style="list-style-type: none"> • Close Hauled • Running <p><u>On Water</u></p> <ul style="list-style-type: none"> • Gybing • Rules of the Road
<p>Lesson 4</p>	<p><u>On Land</u></p> <ul style="list-style-type: none"> • Bowline • Coil <p><u>On Water</u></p> <ul style="list-style-type: none"> • Sailing to destinations
<p>Lesson 5</p>	<p><u>On Land</u></p> <ul style="list-style-type: none"> • Leaving the Mooring • Returning to the Mooring • Radio Use <p><u>On Water</u></p> <ul style="list-style-type: none"> • Repeated mooring take off / landing practice
<p>Solo Practice</p>	
<p>Lesson 6</p>	<p><u>On Land</u></p> <ul style="list-style-type: none"> • Sudden Storm • Running aground • Person overboard <p><u>On Water</u></p> <ul style="list-style-type: none"> • Reefing • Person overboard