

ESA Ongoing Sailing Program

Thanks for trusting ESA to teach your child how to sail! This guide will provide you detailed information about ESA's Beginning Sailing program and a more general description of the intermediate and advanced programs and coaching clinic that follow.

ESA's priorities are safety, fun, and learning—in that order. During summer camp we emphasize fun, giving the students enough instruction to safely sail their boats but not spending a lot of time on refining their skills and techniques. In the ongoing program we still work to make learning fun, but we also expect the students to apply themselves and work to master the skills we're teaching.

Beginning Sailing

Beginning Sailing is a fast-paced one-semester program that builds on the start students received during summer camp. The skills we teach build on each other, so it's important that students attend every class.

Syllabus

Following is the planned syllabus. We may vary the specific days certain subjects are taught based on the weather.

Day 1:

- Rigging and derigging (the students will rig and derig their boats every sailing day)
- Fitting a life jacket
- Steering a straight course
- Departing and returning to the beach

Day 2:

- Solo capsize recovery
- Tacking and jibing
- Wind awareness
- Getting out of irons

Day 3:

- Sailing into the wind (close-hauled, close reach and beam reach)
- Steering into and away from the wind
- Safety position

Day 4:

- Sailing away from the wind (broad reach and run)
- Tell tales and sail trim
- Weather awareness

Day 5:

- Getting to an upwind destination (finding a layline, deciding when to tack)
- Taking a tow

Day 6:

- Rules of the road (basic)
- Controlling speed
- Depowering the boat
- Recovering crew overboard

Day 7: fun sailing day, and practice opportunity for students who plan on signing off on day 8

Day 8: sign-off day (see below), free/fun sailing for students who choose not to sign off

Sign Off

On day 6 we'll ask which students feel like they're ready to try to sign off on the skills required to graduate from beginning sailing. You can find those skills at the end of this guide. For those who are, we'll give them the opportunity to practice any skills they would like more time with on day 7. On day 8, we'll pair them up with an adult instructor or senior coach, and they'll spend the day demonstrating the skills. If they pass, they graduate to Intermediate Sailing.

We don't expect that every or even most students will be ready to graduate after one semester. In fact, Beginning Sailing used to be a two-semester program. For those who want a more relaxed pace of learning, we'll go back through the program in the spring and offer another opportunity to sign off at the end of the spring. Students can take beginning sailing as many times as they need.

Intermediate Sailing

Intermediate Sailing teaches students to rig and sail every boat in our fleet. Students will also learn how to sail as a crew and begin to gain seamanship skills. As was the case with Beginning Sailing, the skills we teach build on each other, making it important that students attend every class.

Syllabus

Specific skills we'll teach include:

- Rigging and sailing Sunfish, Optimist Dinghies, RS Quests, Hobie Holders, and Hake Skipper
- How to sail as a crew with a jib
- Precision boat-handling (360-degree turns, crew overboard, heaving to)
- Rules of the road (complete)
- Knots

Sign Off

On day 6 we'll ask which students feel like they're ready to try to sign off on the skills required to graduate from Intermediate Sailing. They'll have a chance to practice on day 7. On day 8 we'll pair them up with an adult instructor and they spend the morning demonstrating the skills. If the pass, they graduate to Advanced Sailing.

As was the case with Beginning Sailing, we don't expect that every student will master the skills of Intermediate Sailing in just one semester. We'll repeat the program every semester, and students can take it as many times as they need.

Advanced Sailing

Advanced Sailing is our ongoing program for our most senior sailors. Unlike Beginning and Intermediate Sailing, the lessons are independent of each other, and students who miss a day won't be behind their peers. Advanced Sailing also limits formal instruction to just half the day, allowing students to work on skills they select during the second half of the day.

Specific skills we'll teach include:

- Seamanship (anchoring, docking, navigation, charts, etc)
- Racing tactics
- Spinnaker sailing
- Boat balance
- Advanced sail trim

Coaching

ESA is very proud of our youth coaches. They volunteer their time during summer camps to help the next generation of sailors get their best start in the sport. In doing so, they gain valuable life skills like effective communication, teamwork, and teaching.

We hold a coaching clinic at the end of each spring semester. The coaching clinic focuses on how to teach others to sail, including different modes of learning, how to give effective feedback, and treating others with respect. We also have a practical exercise where adult instructors act as summer campers, making mistakes and helping candidate coaches identify those mistakes and give corrective feedback.

Once a new sailor has completed their first coaching clinic they become a junior coach and are eligible to help at the next set of summer camps. Since they're volunteering their time we don't charge for attendance at camp. Usually by the fourth day of camp a large number of campers are able to sail without coaches, allowing some coaches to do some free sailing.

Englewood Sailing Association Beginning Sailing Skills

Skill	NOWS Standard	Additional Notes	Skills Signoff / Notes
Rigging	The operator: 1.5a Completely inspects the sailboat (e.g., hull, rigging, sails, lines, cleats, bilge, etc.). 1.6a Correctly rigs sail(s). 1.6b Correctly rigs all lines. 1.6c Uses all proper knots. 1.6d Ensures all sail controls (e.g., boom vang, downhaul, outhaul, mainsheet, etc.) are operational. 1.6e Ensures all equipment is operational.	-Check for plug and water inside hull -Stopper knots for mainsheet and downhaul -Inspect rigged boat before departing	
Derigging	(Not from NOWS) The operator: <ul style="list-style-type: none"> • Removes and stows underwater appendages prior to putting Pico on dolly • Puts Pico head to wind • Correctly derigs sail and spars Practices safe shore-side boat handling	-Short term (lunch): furl the sail -Long term: fold sail (rinse if necessary)	
Boat Parts and Terminology	(Not from NOWS) The operator can point out by name and name by sight the following parts of a Pico with 100% accuracy: <ul style="list-style-type: none"> • Bow and Stern, Port and Starboard, Gunwale, Daggerboard, Rudder, Tiller, Tiller extension, Mast Step, Boom, Cleat, Downhaul, Outhaul, Boom vang, Mainsheet., Traveler, Sail Corners (Tack, Clew, and Head), Sail Sides (Foot, Luff, and Leech) 	-Refer to the learn to sail handbook for Pico specifics	
Tacking	The operator: 4.6a Tacks boat from an upwind point of sail on one tack to an upwind point of sail on the other tack (close haul or close reach) and visa-versa. 4.6b Coordinates proper sail control, tiller movement, and body movement throughout maneuver.	-Make sure the way is clear to tack (look) -Face forward throughout the tack (aft foot first) -Pass the sheet and tiller behind back without losing control of either -Don't over or understeer the tack	
Jibing	The operator: 4.11a Jibes boat from a downwind point of sail (broad reach) on one tack to a downwind point of sail on the opposite tack, and vice versa. 4.11b Coordinates proper sail control, tiller movement, body movement throughout maneuver.	-All the tacking points listed above plus... -Sheet in prior to starting the jibe -Sheet out after sail moves to other side	
Safety Position	The operator: 4.2a Places boat in the safety position. 4.2b Adjusts sails as needed to resume sailing on prescribed tack. 4.2c Properly adjusts tiller.	-Boat pointed partially into wind with sail luffing -Continue steering, tiller toward boom once stopped -Center tiller and sheet in to resume sailing	

Skill	NOWS Standard	Additional Notes	Skills Signoff / Notes
Getting Out of Irons	<p>The operator:</p> <p>3.2a Turns boat away from wind and gets sailing again on intended tack on first attempt*.</p> <p>3.2b Properly adjusts sails.</p> <p>3.2c Properly adjusts tiller.</p> <p>3.2d Uses tiller and sail(s) in a coordinated motion.</p>	<p>-Point tiller in the desired direction of sailing</p> <p>-Hold sail slightly out (optional, should speed up the process) and wait for boat to turn</p> <p>-Center tiller and sheet in to resume sailing</p> <p>-Note: Pico needs a passenger in the bow to stay in irons</p>	
Steering and Balance	<p>The operator:</p> <p>4.1a Steers straight within +/- 10 degrees.</p> <p>4.1b Uses effective sail trim to maintain steady course.</p> <p>4.1c Uses minimal tiller movement to maintain steady course.</p> <p>4.1d Consistently adjusts boat's heading to accommodate changes in wind speed and wind direction.</p> <p>4.1e Maintains course for 10 boat lengths.</p>	<p>-Heading adjustments: Head Up and Fall Off</p> <p>-Adjust sail trim for heading change</p> <p>-Balance boat front to back: Sit forward for upwind or reach, sit further back for run</p>	
Speed Control / Depower	<p>The operator:</p> <p>7.1a Depowers boat quickly with no delay.</p> <p>7.1b Adjusts sails quickly.</p> <p>7.1c Adjusts tiller appropriately to maintain control of boat (e.g., holds tiller steady if sailing upwind, heads quickly upwind to depower boat if sailing downwind, etc.).</p>	<p>-Head up if necessary (can't depower if sailing downwind)</p> <p>-Sheet out to depower</p> <p>-Maintain enough speed to control steering</p>	
Beach Departure	<p>The operator:</p> <p>1.4a Maintains balance (e.g., no sudden recovery motions) while boarding and moving about the sailboat</p> <p>1.4b Keeps boat reasonably stable (e.g., minimal rocking) while boarding and moving about the boat.</p> <p>1.8a, 2.2a Positions boat appropriately considering wind and current.</p> <p>1.8c Communications comprehensive departure plan (e.g., sequence of events, crew assignments, etc.)</p> <p>2.1a Secures rudder position correctly so that there is no contact with the ground or objects in the water.</p> <p>2.1b Secures centerboard position correctly with little to no contact with the ground or objects in the water.</p> <p>2.2d Maintains control of boat and sails throughout the process.</p> <p>2.3a Performs complete 360-degree scan to confirm a clear path of departure.</p> <p>2.3b Identifies all potential conflicts between intended departure path and other boats/activities in the vicinity.</p> <p>2.3c Pushes or turns boat in appropriate direction.</p> <p>2.3d Coordinates proper sail control, tiller movement, and body movement throughout maneuver.</p> <p>2.3e Gets boat under control right away.</p>	<p>-Sail should be luffing until boat is pushed off</p> <p>-Consider wind direction and any obstacles when planning departure (anchored safety boats, shoals, sea wall, etc.)</p>	

Skill	NOWS Standard	Additional Notes	Skills Signoff / Notes
Beach Landing	<p>The operator:</p> <p>5.1a Positions boat appropriately for arrival, considering wind and current.</p> <p>5.1b Configures sails appropriately for arrival, considering wind and current.</p> <p>5.2a Adjusts rudder correctly so that there is no contact with the ground or objects in the water during arrival.</p> <p>5.2b Adjusts centerboard correctly with little to no contact with the ground or objects in the water.</p> <p>5.2c Causes no damage to boat during arrival.</p> <p>5.3a Performs complete 360-degree scan of arrival area.</p> <p>5.3b Identifies all potential conflicts between intended arrival path and other boats/activities in the vicinity.</p> <p>5.3c Turns boat in appropriate direction.</p> <p>5.3d Uses tiller and sail(s) in a coordinated motion.</p> <p>5.3e Stops boat smoothly (e.g., slight contact or no contact at all with dock; does not run over mooring ball; boat just touches shoreline, etc.).</p> <p>5.3f Stops within a distance allowing boat to be secured easily (e.g., dock within a 1 foot; mooring within boat hook reach; shoreline where operator can step out on to beach or into shallow water).</p> <p>6.2a Properly stows all equipment/gear, lines and sails.</p> <p>6.3a Gets off boat keeping it reasonably stable with no sudden recovery motions.</p>	<p>-Consider wind direction and any obstacles when planning landing (anchored safety boats, shoals, sea wall, etc.)</p> <p>-Boat should be turned into wind (sail luffing) and come to a stop (or nearly so) before getting out</p>	
Points of Sail: Close Reach and Beam Reach	<p>The operator:</p> <p>4.8a Sails the boat on a reach (across the wind; i.e., deep close reach, beam reach or shallow broad reach).</p> <p>4.8b Consistently trims sails properly.</p> <p>4.8c Moves tiller just enough to maintain sailing on a reach.</p> <p>4.8d Avoids unintentional tack or jibe.</p>	<p>-Maintain heading and adjust sail trim to keep sail slightly in from the point of luffing</p>	
Points of Sail: Close Hauled	<p>The operator:</p> <p>4.8a Sails the boat on a reach (across the wind; i.e., deep close reach, beam reach or shallow broad reach).</p> <p>4.8b Consistently trims sails properly.</p> <p>4.8c Moves tiller just enough to maintain sailing on a reach.</p> <p>4.8d Avoids unintentional tack or jibe.</p>	<p>Keep sail trimmed fully in. Adjust heading of the boat to keep sail on the verge of luffing</p>	
Points of Sail: Broad Reach and Run	<p>The operator:</p> <p>4.9a Sails the boat downwind (i.e., on a deep broad reach or run).</p> <p>4.9b Consistently trims sails properly.</p> <p>4.9c Moves tiller just enough to maintain sailing downwind.</p> <p>4.9d Avoids unintentional tack or jibe.</p>	<p>Broad Reach: Sail most of the way out</p> <p>Run: Sail all the way out</p>	

Skill	NOWS Standard	Additional Notes	Skills Signoff / Notes
Capsize Recovery	<p>The operator:</p> <p>7.5a Returns boat to upright position without assistance in one attempt using appropriate and effective techniques (e.g., positions front of boat toward wind prior to righting).</p> <p>7.5b Re-enters boat on first attempt without assistance, using proper techniques.</p> <p>7.5c Completely readies boat for sailing (e.g., removes all water, re-stows gear, readies lines, etc.).</p>	<p>-Give safety boat crew the OK sign (thumbs up, OK, or hands together over head) if OK</p> <p>-Wave arms over head if help needed</p>	
Weather	<p>The operator:</p> <p>1.1a Gathers information about weather conditions (e.g., wind speed/direction, air temperature, precipitation, cloud cover, water conditions, etc.).</p> <p>1.1c Gathers information about other environmental factors.</p> <p>1.1d Accurately determines suitability for the trip (makes correct go/no go decision) before trip.</p> <p>1.1e Gathers information relative to time and duration of trip.</p>	<p>-ESA website has links to Lemon Bay weather</p> <p>-Cancel for Lightning within 20 miles or wind over 20 mph</p>	
Wind Awareness	<p>(Not from NOWS): The operator shall determine approximate wind direction by one or more methods, including: Feel (face into wind, feel wind equally on both ears), ripples on water, smoke, direction of boats at anchor, flags or streamers</p> <p>-</p>		
PDF Fitting and Inspection	<p>The operator:</p> <p>1.2b Ensures life jacket is sized correctly.</p> <p>1.2c Ensures life jacket is serviceable.</p> <p>1.2d Puts on life jacket.</p> <p>1.2e Adjusts life jacket to proper fit.</p>	<p>-Zipper works</p> <p>-All straps present and functional</p> <p>-No tears or missing floatation</p> <p>-Each PFD should have a whistle</p>	
Rules of the Road	<p>(Not from NOWS) The operator shall demonstrate avoiding potential hazards using the “tiller towards trouble” method. The operator shall correctly identify which boat must give way in a scenario where boats are on opposite tacks.</p>		
Crew Overboard (COB)	<p>The operator:</p> <p>7.4a Executes the figure eight recovery maneuver.</p> <p>7.4b Stops the boat with the COB on the windward side within arms reach.</p>		