

Northport Yacht Club Adult Sailing Program

The mission of the Adult Sailing Program at the Northport Yacht Club is to make sailing a safe, rewarding and enjoyable experience for all participants.

- **Safety** is the essential building block of all activities on any sailboat. It will be incorporated throughout the program by all of our instructors.
- The ability to bring a sailboat from a mooring or dock, out for a sail, and then back again, safely and confidently, is a very rewarding experience.
- We strive to make the program casual enough to encourage any and all questions, yet structured enough to allow for the development of real sailing skills in a relaxed atmosphere.

Our instructors are fellow members who have volunteered their time and who are sailors with a broad range of experience. We can tailor the course level and speed to the interests and skill levels of the participants. The program runs over the course of six Tuesday evenings. The last session is traditionally a group raft-up, which has proven to be a wonderful way to wrap up the program and exchange stories and experiences.

The following course outline is provided to give both the skippers and participants an idea of what topics can be covered during the program:

Introduction:

- Introduction of instructors and participants
- Review outline of course topics
- Review safety procedures and basic rules-of-the-road
- Review individual layouts and equipment

Mooring:

- Mooring set-up, casting off, powering off
- Sailing off a mooring
- Retrieval of a mooring under power or sail

Basic Sailing:

- Setting Sail
- Sail terminology, points of sail, sail trim
- Tacking and Gybing

If time and interest allow, the following topics can be covered:

Docking:

- Review boat prep and set-up
- Prepare dock lines and fenders
- Come into the dock, practice procedure
- Cast off from the dock, practice procedure

Anchoring:

- Review anchoring terminology, including scope, swing room, chain, rode and anchor types.
- Review anchoring procedure
- Start engine, lower sails, prepare anchor
- Anchor boat, allow practice in cockpit and bow
- Retrieve anchor and stow

Man Overboard

- Review MOB recovery techniques
- MOB drill using floating cushion

Piloting:

- Discuss basic piloting on the water, charts, GPS navigation
- Piloting under sail
- Currents, their effects, and how to compensate

Other Topics:

- Review participant questions and goals
- Practice and review any maneuvering
- Practice and review any sailing

Raft-up:

- Rafting technique
- Departing a raft-up

Rainy Day Topics:

- Review charts and symbols
- Latitude and longitude
- GPS
- Basic course plotting
- Tides and currents
- Float plans
- Rules of the road
- Safety procedures
- Knots