



# Instructor Lesson Plan - Mainsail I

 		<b>Goal(s)</b> Be able to sail up/down wind with proper trim Be able to pass the yellow test
<b>Focus Skill</b>	Intermediate Sailing Maneuvers	
<b>Class Factors</b>	Setup <input type="text"/> minutes	
Students: 20 adults in 10 boats	Chalk Talk: Whiteboard and Demoboat	Land Drill: Demo boat
Time: 2 hrs		On Water: 2x marks
Weather:		

<b>Chalk Talk</b>	<input type="text"/> minutes
<b>Purpose Value Statement:</b> To help students pass the yellow test	
<input type="checkbox"/> <b>Prior Skill Knowledge:</b> Students should be confident in parts of the boat/rigging, and understand basic jargon	
<input type="checkbox"/> <b>Content:</b> <b>Shore School teach back</b> <ul style="list-style-type: none"> <li>- Have students teach you what they learned in Shore School</li> <li>- Review parts of ship/lines and what they do (have students name them)</li> <li>- Quick review (in order) wind direction, heading up/down, tack/gybe</li> </ul> <b>Tack and Gybe</b> <ul style="list-style-type: none"> <li>- Have a student explain the difference between a tack and a gybe</li> <li>- Review the steps of both tacks and gybes (recommended to write them on the board)</li> <li>- Explain that as a class, you will practice first in demo boats, then on the water.</li> </ul> <b>On the Water Prep</b> <ul style="list-style-type: none"> <li>- Draw course diagram on the board</li> <li>- Explain wind direction and that the goal is to successfully tack/gybe around the course</li> <li>- Ask students where they would need to tack/gybe on the course</li> <li>- <i>Course diagrams are available under on-the-water practice boxes</i></li> </ul>	
<input type="checkbox"/> <b>Check for Understanding</b>	

## Land Drill

▢ minutes

### Skill-Based

- Outline

- Demonstrate tacking on the demo boat
- Have students practice being the “skipper” and the “boat” through a tack
- Emphasize passing the tiller and mainsheet BEHIND the back after the boom passes
- You can wait for the boom, but the boom won’t wait for you**

- Individual practice

### Activity-Based

- Outline

- Demonstrate Gybing on demo boat
- Have students practice being the “skipper” and the “boat”
- Emphasize that gybes are more dangerous because the boom has farther to go in less time (moves faster) and to switch AFTER the boom passes

- Group practice

## On-the-Water Practice

▢ minutes

**SAFETY** - Make sure your radio is turned on and set to the right channel, wear your safety cord, count how many boats are part of your class, and radio the dockhouse if you need help, towing, or rescues.

- Rig and Sail Out

- On -Water Practice:

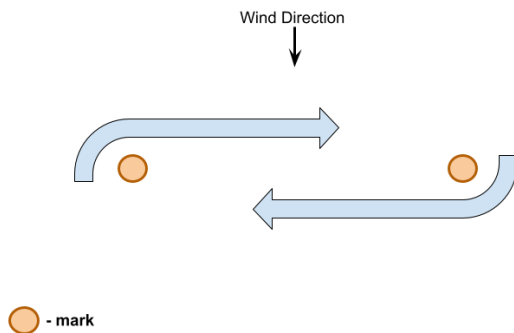
Description:

### Broad Reach Course:

- Set 2 marks perpendicular to the wind directions
- Have students sail around the two marks on a broad reach, tacking and gybing around the appropriate marks
- On a whistle, have students change directions around the course (ex. From clockwise to counter clockwise)

Graphic:

### Broad Reach Course



- On -Water Drill

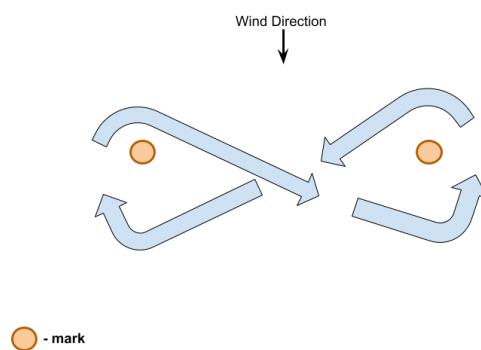
Description:

### Tack Attack (Figure 8):

- Set 3 marks with 2 across and 1 into the wind
- Have students sail around the two marks on a broad reach to the wind
- On a whistle, have students change directions around the course (ex. From clockwise to counter clockwise) & from tacks to gybes

Graphic:

### Tack Attack (Figure 8)



- Sail in and De-Rig

## Debrief

minutes

Students Self Assess

Provide your assessment of their performance as a group

## Reflections

## Notes

