



Instructor Lesson Plan - Mainsail II

 		Goal(s) Be able to show understanding of basic weight placement while sailing Be able to land safely on the dock, ideally unassisted Prepare students for the yellow test
Focus Skill	Intermediate Sail Control	
Class Factors		Setup <input type="checkbox"/> minutes
Students: 20 adults in 10 boats		Chalk Talk: Whiteboard and Demoboat
Time: 2 hrs		Land Drill: Demo boat
Weather:		On Water: 2x marks

Chalk Talk		<input type="checkbox"/> minutes
Purpose Value Statement: To help students pass the yellow test		
<input type="checkbox"/> Prior Skill Knowledge: Students should be confident in sailing both up and down wind		
<input type="checkbox"/> Content: Review tacking and gybing <ul style="list-style-type: none"> - Discuss all the lines (show locations and share names/purposes), - Discuss use of tiller use during tack and gybe Weight Placement <ul style="list-style-type: none"> - Go over "Hike, Ease, Trim" - Discuss how weight placement affects movement of the boat - The goal is to have a flat boat ("a flat boat is a fast boat") - Sit forward of the side cleat - Hiking- moving body weight windward (upwind) to reduce heel (boat leans away from wind) - Ease- letting some tension out of the mainsail to manually reduce heel - Trim- adjusting sail trim to find a balance between heel and speed Safe Landing <ul style="list-style-type: none"> - Landing safely is done by approaching the dock, then turning up into the wind and easing the sail - Demonstrate on the whiteboard with magnetic boats what that looks like with different wind directions - Emphasize that reapproaching is ok if sailors think they can't land safely - IF wind direction is blowing directly into the dock, coach students through approaching then running alongside the dock while easing the sail to reduce speed 		
<input type="checkbox"/> Check for Understanding		

Land Drill

minutes

Skill-Based

Outline

- Demonstrate weight placement on a demo boat
- Discuss weight placement during gybes
- Have students practice hiking while using the tiller extension

Individual practice

Activity-Based

Outline

- Have students practice a simulated landing in the demoboat

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

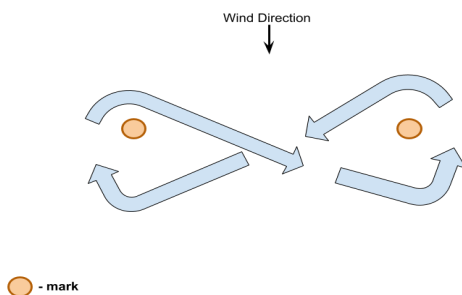
On -Water Practice:

Description:

Tack Attack (Figure 8):

- Set 2 marks across 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
- This time, have students focus on keeping their boats as flat as possible using Hike, Ease, Trim

Tack Attack (Figure 8)



On -Water Drill

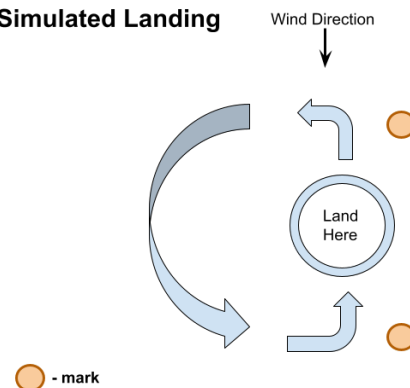
Description:

Simulated Landing

- Ask dockhouse if you can use longfellow dock to practice landings. If unavailable, set two marks in the river
- While other students practice on course 1, pull a boat or two to practice docking
- Coach them through turning into the wind and easing the mainsheet

Graphic

Simulated Landing



Sail in and De-Rig

Debrief

minutes

Students Self Assess

Provide your assessment of their performance as a group

Reflections

Reference Materials

Notes

