

**BASIC SAILING COURSE SYLLABUS**  
**(Basic Keelboat)**

**Block 1: “Introduction”**

Overview of Course  
Parts of a Sailboat—Hull & Rig  
How a Sailboat Works  
Sail Trim  
Points of Sail  
Tacking and Jibing

**Block 2: “Preparation”**

How to Dress  
Reading the Wind  
Sails

- Parts
- Fitting
- Rigging
- Hoisting
- Controlling
- Stowing

**Block 3: “Sailing”**

Getting Under Way  
Steering  
Starting and Stopping  
Sail Trimming  
More about Tacking & Jibing

Heaving-to  
Returning & Docking

**Block 4: “Theory & Practice”**

Sail Shape  
Yet more about Tacking & Jibing  
Wind Shifts  
More about Leaving & Returning  
Knots and Lines

**Block 5: “Boating Knowledge”**

Weather  
Winds  
Rules of the Road  
Navigation & Navigation Lights  
Under Power (outboard motor)

**Block 6: “Safety”**

Medical Emergencies  
Hazards  
Man Overboard Recovery  
Reducing Sail  
Grounding  
Anchoring  
Safety Equipment