



MARINA SAILING SAN DIEGO COMPLETE SAILING COURSE ASA 101 & 103 LESSON PLAN

Get Started Now For Only \$695

All Courses taught aboard Cruising Sailboats 27-30 feet, over 2 weekends.

Day 1 - Introduction to Sailing

- Life jackets and Safety equipment
- Boat handling under power
- Pumping out holding tank
- Parts of the Boat and sails
- Rigging & safety check
- Introduction to knots – the cleat hitch, bowline, figure eight, clove hitch
- Hoisting the sails
- Sailing close-hauled (upwind)
- Coming about (changing tacks, bow through the wind)
- Port and Starboard tacks
- Jibing (changing tacks, stern through the wind)
- Points of Sail
- Heading up and Bearing away (falling off)
- Right of Way Rules
- Avoiding collisions in close quarters by tacking away, falling off, going astern and luffing up to slow down.
- Using telltales, holding course and trimming to shifts
- Docking under power
- Proper use of fenders
- De-rigging and boat clean up

Day 2 - Heavy weather, Crew Overboard Recovery, Ocean Sailing and Anchoring

- Review rigging and knots
- Weather radio reports, Storm warning flags and local weather hazards
- Plotting a course, use of charts, using parallels and dividers
- Review Right of way rules
- Sailing on a compass course
- Ocean sailing and steering through waves
- Reefing the main
- Sailing on mainsail alone
- Securing the jib
- Sailing on jib alone
- Man overboard recovery, figure 8 and quick stops
- Anchoring
- Picking up a mooring
- Docking under power
- De-rigging and boat clean up

Day 3 - Basic Coastal Navigation

- Chart selection, reading and symbols and data
- Aids to navigation, Lateral buoy system
- Plotting positions, latitude & longitude
- Plotting DR courses & compass correction
- International & Inland Navigation Rules
- Introduction to GPS
- Review of knots, rigging, hoisting sails, tacking, jibing, reefing and docking
- Man overboard recovery, figure 8 and quick stops
- Docking under power
- De-rigging and boat clean up

Day 4 –Certification Sail

- Charter skipper's responsibilities
- The preflight checklist
- Thru-hull fittings and marine plumbing
- Inboard engine checks: fluids, belts, lines, etc.
- Review of special boat systems
- Marine Electronics, GPS
- Review today's skipper's DR plot
- Sailing the charter boat as skipper
- Man overboard recovery, figure 8 and quick stops
- Boat handling under power
- Docking

Day 5 – 12pm-5pm On the Water Confidence Sail

Skipper checks crew out on boat. Learn how to use the head, safety procedures and boat systems. Cast off, stow away fenders and dock lines, navigate course and switch crew positions every half hour from helm, jib trimming, mainsail trimming, navigator, and lookout person. Review of ASA 101-103 curriculums.

The 101 and 103 test can be taken at any time during normal office hours.

- **103 about 2 hours**
- **101 about 1 hour**

The more time on the water the more comfortable and confident you will be!