

SAINTS GLOBAL

ACTIVITY PLAN

SAILING

PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The on-water sailing outing

Between Session 3 and Session 4, each pair of saints sails a real flatwater lake or sheltered cove. They rig the boat at the dock, launch, sail a route that puts them on every point of sail, recover from at least one intentional irons, run a single-line tow across at least twenty boat lengths, return, secure the boat, and stow the sails. The outing is the field test for everything the four sessions prepare for. A trained sailor and a powered safety boat are on the water with the group.

OUTDOOR — FLATWATER LAKE OR SHELTERED COVE WITH A DOCK OR BEACH LAUNCH; TRAINED SAILOR ON THE WATER AND A POWERED SAFETY BOAT ON CALL

4 SESSIONS IN THIS PLAN

SESSION 1 · PHYSICAL CORE

⌚ 60 min target

Water safety and hazards

Plan the trip around the wind and water before you plan the sailing.

🎯 WALK AWAY WITH

- Names common small-boat sailing hazards and gives one prevention, one mitigation, and one response for each
- Walks the nine Safety Afloat points on a real planned outing and names what would cause it to turn back
- Identifies the first response for hypothermia, cold-water shock, dehydration, heat illness, and a sprain on the water

📦 BRING / SET UP

- A real sailboat on a trailer or rack at the front of the room for reference, with a rigged PFD on each seat
- Printed Safety Afloat handout (one per saint) — the water-safety card from this session
- Three printed scenario cards: capsize in 60°F water far from shore, sudden squall on a beam reach, a paddler in the cockpit without a PFD
- A first-aid kit opened and laid out so saints can see what is in it
- Pens and the saint's BRC printout (one per saint)

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Closest call on the water

⌚ 5 min

Ask the group: "When were you closest to trouble on the water — wind that changed faster than you read it, a swim that took longer than it should have, a launch that went sideways?" Two or three saints share, briefly. The point is to put the word "hazard" in the room as something each youth has already lived close to. The rest of the hour turns those memories into a plan.

BLOCK 2 · SKILL PRACTICE Walk the Safety Afloat checklist

⌚ 18 min

1. Hand each youth a printed water-safety card. Stand by the sailboat at the front.
2. Read the nine Safety Afloat points aloud one at a time: qualified supervision, personal health review, swimming ability, PFDs, buddy system, skill proficiency, planning, equipment, and discipline. After each point, ask one youth to apply it to a real planned outing — the spring sail on the lake or whatever your group has next on the calendar.
3. For each point, name what would cause that outing to turn back. Example: if the forecast crosses the wind threshold by launch time, the trip holds at the dock, not at the first hard gust on the water.
4. Pair up. One youth names a real outing he wants to run; the other walks the Safety Afloat card against it and identifies one gap. Trade and repeat.
5. Each youth writes on his BRC margin: "The Safety Afloat point my next outing is weakest on is ____, and what I'll do about it before launch is ____."

REQ 1C

SESSION 1 · WATER SAFETY AND HAZARDS (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · ROLEPLAY **Three things that go wrong before you launch**

⌚ 15 min

1. Set up three scenario stations: (1) a saint shows up at the dock without a PFD; (2) you are on a beam reach when a squall builds on the far shore; (3) a paddler capsizes in 60°F water 100 yards from shore. Place a clipboard at each station for response notes.
2. Rotate pairs through all three stations, four minutes each. At each station, identify what is happening, name the first three actions in order, and write what would change if the partner could not swim well.
3. Pairs report back. The first actions are: missing PFD — the saint does not launch until he has one that fits; squall — head off the wind toward the nearest safe shore, drop the mainsail if the gust will hit before you land, then ride it out low in the cockpit; cold-water capsize — stay with the boat, account for the partner, climb on the hull before the cold robs your strength.
4. Each youth adds one of the three to his BRC margin as a stop rule: "If ____, my trip turns back or holds at ____."

REQ 1A

BLOCK 4 · SKILL PRACTICE **First response on the water — five health risks**

⌚ 17 min

1. Lay out the first-aid kit so each youth can see what is in it. Walk the five most likely sailing-day health risks: hypothermia and cold-water shock, dehydration and heat illness, sprains and strains, sunburn and blisters.
2. Hypothermia and cold-water shock: cold-water shock hits in the first minute of immersion — gasp reflex, fast breathing, loss of grip. Hypothermia follows over minutes if exposure continues. Stop, dry layer on, calories and a warm sweet drink, insulate from the deck. Demonstrate the dry-layer swap on a saint who volunteers as the patient.
3. Dehydration and heat illness: hard sailing and sun on the water hide thirst until the saint is behind. Prevention is one bottle per hour underway. Treatment is heave to, shade under a tarp or sail, water with electrolytes, cool the neck.
4. Sprains and strains: a slip on a wet deck or a hard tack can twist an ankle or a wrist. RICE — rest, ice or cold water from the lake, compression, elevation. A real sprain ends that saint's sailing for the day.
5. Sunburn and blisters: sunscreen at launch and again at lunch; tape on the hands where the sheet rubs. Both are prevented at the dock or not at all.
6. Each youth names which of the five he is most likely to underestimate and one thing he will pack to address it.

REQ 1B

SESSION 1 · WATER SAFETY AND HAZARDS (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — One safety move**

⌚ 5 min

1. Each youth names one safety move he will bring to Session 2: his own PFD checked for fit, a sunscreen pack in his daybag, a dry layer in a stuff sack, his swimmer-classification status confirmed with the leader.
2. Reminder: Session 2 covers the boat by name, the float plan, and a knot block on dry land. Bring the BRC and the water-safety card.

AT THE CLOSE · DEBRIEF

1. Which of the nine Safety Afloat points would your next planned outing fail on if you ran it today?
2. Which of the three pre-launch scenarios felt most likely to happen to your group, and why?
3. Which of the five health risks have you actually felt on the water before, and what tipped you off?

📝 Initial 1a, 1b, and 1c on each saint's BRC after this session. Confirm each saint's swimmer-classification status before Session 2 and note any saint who still needs to take or retake the test.

SESSION 2 · PHYSICAL CORE

⌚ 60 min target

Boat, float plan, and knots

Learn the boat and the lines, write the float plan, tie the knots that hold the rig together.

🎯 WALK AWAY WITH

- Identifies the major parts of a small sailboat and explains how hull shape and sail plan affect performance
- Writes a basic float plan with route, crew, weather check, equipment, and return time
- Ties the bowline, cleat hitch, figure-eight, square knot, and two half hitches; coils and heaves a line correctly

📦 BRING / SET UP

- A real small sailboat on a trailer or rack with the mast stepped and the sails bagged
- A printed float-plan worksheet (one per saint) with fields for route, crew, weather check, equipment, return time, and emergency contact
- One 12-foot length of soft braided line per saint, plus a cleat fastened to a board for the cleat-hitch drill
- A whiteboard or large pad for the parts-of-the-boat walk-through
- The swimmer-classification record from Session 1, brought to the session by the leader
- Pens and BRCs

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Swimmer status

⌚ 5 min

Stand by the sailboat. Confirm each saint's swimmer-classification status one more time. The classification is honest about ability, not a rank; it tells the leader what each youth can do safely on the water. Anyone whose status is not current names how he will fix it before Session 3.

SESSION 2 · BOAT, FLOAT PLAN, AND KNOTS (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Walk the boat by name**

⌚ 18 min

1. Stand around the boat. Walk every major part by name with each youth touching it as you say it: hull, bow, stern, beam, cockpit, mast, boom, gooseneck, mainsail, jib, halyards, sheets, rudder, tiller, centerboard or keel, cleats, fairleads.
2. For each part, name what it does in one sentence. Example: "The boom is the spar that holds the foot of the mainsail; when you tack, the boom crosses the boat and you duck."
3. Compare hull shapes on the whiteboard: a planing hull rides on top of the water and accelerates in a puff; a displacement hull pushes through and stays steadier. A wider beam adds initial stability; a deeper keel adds final stability. Ask each youth to predict how each handles wind and waves before you give the answer.
4. Sail plan: a single-sail catboat is simpler; a sloop has a jib for upwind drive. The sail plan decides what the boat will and will not do — sloops point higher; catboats are easier to single-hand.
5. Each youth writes on his BRC margin: one part he could not name a week ago, and one thing the hull and sail plan of your boat are good at.

REQ 2A

REQ 2B

BLOCK 3 · SKILL PRACTICE **Write the float plan**

⌚ 14 min

1. Hand each youth the float-plan worksheet. Walk the five fields: route (put-in, leg legs, take-out), crew (names and swimmer status), weather check (wind speed, wind direction, gust forecast, lake or coastal forecast), safety equipment (PFDs, paddle, anchor, bailer, VHF or phone, throw bag), return time.
2. Each youth fills in the worksheet for a real upcoming outing — the planned outing between Sessions 3 and 4, or another sail his family has on the calendar. Use the weather forecast on the leader's phone for the next two-hour window.
3. Name the turn-back trigger for that outing in one sentence: "If the wind crosses ____ knots by ____ time, the trip turns back at the dock." Write it on the worksheet.
4. Each youth folds his worksheet and slides it into the back of his BRC. The leader keeps a photo of each one. Reminder that the float plan goes to someone on shore, not the saint's pocket.

REQ 2C

SESSION 2 · BOAT, FLOAT PLAN, AND KNOTS (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Tie, coil, and heave**

⌚ 18 min

1. Hand each youth a 12-foot length of line. Demonstrate each knot once at slow speed, then once at sailing speed: figure-eight (stopper at the end of a sheet), bowline (a loop that does not slip), cleat hitch (the only correct way to secure a line to a cleat), square knot (two lines of equal size), two half hitches (a line to a post or ring).
2. Each youth ties each knot three times. The leader walks the circle and corrects grip and lay. Sloppy knots get redone — a bowline that capsizes is not a bowline.
3. Walk line construction: braided nylon stretches and runs through hardware easily — sheets and halyards; three-strand laid line holds knots well and is easier to splice — anchor rodes and dock lines; small low-stretch line for control lines. Each fiber has a place.
4. Coiling and heaving: coil the line in a tight circle held in the hand, throwing-half in the other hand. Demonstrate the underhand heave to a partner across the room. Each youth heaves and recoils three times. A tangled coil will not feed, and a heave that lands at the partner's feet is a missed heave.

REQ 3G

BLOCK 5 · REFLECTION **Close — What you can now name and tie**

⌚ 5 min

1. Each youth names one part of the boat he could not name a week ago and one knot he can now tie cleanly under his hands.
2. Reminder: Session 3 is the rigging block and the capsize-and-recovery block. Come dressed to get wet and bring the swimmer-classification confirmation, the water-safety card, and the float plan.

AT THE CLOSE · DEBRIEF

1. Which part of the boat is the one you will forget the name of by Saturday if you do not say it again tonight?
2. What is the turn-back trigger you wrote on your float plan, and who on shore will hold the copy?
3. Which of the five knots was hardest under your hands, and what fixed it on the third try?

📝 Initial 2a, 2b, 2c, and 3g on each saint's BRC after this session. Note any saint whose knot work still needs a second pass before Session 3.

SESSION 3 · PHYSICAL CORE

⌚ 60 min target

Rigging, capsize, and points of sail

Capsize on purpose so a real capsize is a problem you have already solved.

🎯 WALK AWAY WITH

- Performs a full pre-sail inspection and rigs the boat from bare hull to ready-to-launch
- Demonstrates a controlled capsize, recovery, and person-overboard sequence while staying in contact with the boat
- Sails on every point of sail, tacks and jibes cleanly, and recovers from irons by backing the sail
- Has the on-water outing on the calendar with partner, role, and pack confirmed

📦 BRING / SET UP

- Two sailboats rigged at the dock, with all hardware staged on the deck for the inspection drill
- A printed pre-sail inspection checklist (one per saint) — hull, rigging, lines, PFDs, anchor, paddle, bailer
- PFDs sized for every saint, checked again at the dock; complete changes of clothes in dry bags for every saint, staged on the bank
- A powered safety boat on the water with a trained sailor at the helm; a throw bag on each boat
- A printed trip log — names, partners, roles, target launch and return time for the on-water outing
- BRCs (final review)

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Plan the swim

⌚ 5 min

Stand on the dock with the boats already rigged. Walk through the order of the hour: pre-sail inspection, on-water capsize and recovery, points-of-sail drill, lock-in for the outing. Each saint confirms his swimmer classification one more time. The leader names who is on the safety boat with each pair. The point of running the capsize on purpose, today, is so the next one is a drill the saint has already done.

SESSION 3 · RIGGING, CAPSIZE, AND POINTS OF SAIL (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Rig the boat and inspect it**

⌚ 12 min

1. Pair up at the boats. Hand each youth the pre-sail inspection checklist.
2. Walk the inspection in order: hull (no cracks, drain plug in), rigging (shrouds and stays taut, no broken strands, pins seated and ringed), lines (no chafe at the blocks, sheets clear and uncled, halyards run free), sails (battens in, telltales on, no tears), hardware (rudder pintles in the gudgeons, tiller through the rudder head, centerboard line cleared), safety gear (PFD for every saint, anchor with rode coiled, paddle aboard, bailer or sponge aboard).
3. Each youth performs the inspection on his pair's boat. He checks each item, says it aloud, and signs the checklist. The leader spot-checks one item per saint.
4. Teaching point: pre-sail inspection is the habit that catches the broken pin before the wind finds it. Anything that fails the inspection holds the boat at the dock until it is fixed.

REQ 3A

BLOCK 3 · PHYSICAL **Capsize, right, and recover crew**

⌚ 22 min

1. Two pairs at a time launch and sail to a marked spot in deep water with the safety boat alongside. The rest of the group watches from the dock with the leader.
2. On the leader's call, the first pair luffs the sails and tips the boat together on a controlled capsize. Both saints stay with the boat — one hand on the hull at all times. Do not swim for shore. The boat floats higher than a saint and is the easier object for the safety crew to see.
3. Account for the crew first. The skipper calls each saint by name and confirms he is on the high side of the hull.
4. Right the boat: one saint swims to the centerboard or daggerboard, climbs on, and leans his weight back. The other saint stays at the bow and counterbalances. The boat rolls up. Hand the sheets free and let the sails luff as it comes up.
5. Climb back aboard over the transom or low side. The partner counterbalances from the far gunwale. The reentering saint kicks hard, gets his belly over the rail, then rolls in. Practice until it is smooth.
6. Person overboard from the second pair: the helmsman calls "man overboard," turns onto a broad reach, points at the swimmer, sails past, tacks, returns on a close reach with the sails luffing, and stops to windward of the swimmer so the boat drifts down to him. Recover the swimmer over the low side.
7. Switch roles. Each youth should run skipper and crew on both drills before the block ends. After every saint has run the drill, dry out and into the change of clothes on the bank.

REQ 3D

SESSION 3 · RIGGING, CAPSIZE, AND POINTS OF SAIL (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 4 · PHYSICAL **Sail the points — tack, jibe, recover from irons**

🕒 16 min

1. Pair up. Each pair launches and sails out to a clear stretch of water with the safety boat watching from windward.
2. Walk the points of sail from the no-go zone to the run: into the wind (no-go), close-hauled, close reach, beam reach, broad reach, run. Each saint helms each point for at least 60 seconds before the next pair gets the boat.
3. Tack on the leader's call: head up, ease the mainsheet, push the tiller across, duck the boom, switch sides, trim in on the new tack. Saints call "ready about" and "helm's-a-lee" — the words exist so the crew is not surprised.
4. Jibe under control: ease through the run, pull the mainsheet to center, push the tiller, let the boom cross slowly, ease the sheet out on the new tack. An uncontrolled jibe is the most common cause of an unplanned capsize on a small boat — slow the boom on purpose.
5. Recover from irons: when the bow is pointed at the wind and the sails are luffing, back the jib to push the bow off, then trim both sails on the new tack. Each saint puts the boat into irons on purpose and recovers from it before the block ends.
6. Teaching point: each point of sail feels different in the boat's body — the heel angle, the load on the tiller, the noise of the rig.

REQ 3B

REQ 3C

BLOCK 5 · REFLECTION **Close — Lock the outing**

🕒 5 min

1. Confirm the outing date, the launch site, the planned route, the expected on-water time, and the return time. Each youth writes all five on his BRC margin and updates his float plan.
2. Assign pairs and roles. The leader names who is paired with whom and who is skipper or crew on the first leg. Each youth reads his role aloud.
3. Check kit: PFD that fits, a full change of clothes in a dry bag, water, sunscreen, hat, the water-safety card and the float plan. Anyone missing an item names how he will fix it before Saturday.
4. Reminder: Session 4 runs after the outing. Bring the trip log and any photos or sketches of the route.

BY TIER

ENTRY	Pair with an established saint for the outing. Take crew on the launch and the helm on the return — the established saint coaches each switch.
ESTABLISHED	Take the helm for the outing. Hold the points cleanly, call the tacks early, run a clean jibe.
MENTOR	Take the helm for one pair and ride out on the safety boat as a check on a second pair. Watch their first ten minutes, then leave them to it.

SESSION 3 · RIGGING, CAPSIZE, AND POINTS OF SAIL (PAGE 4 OF 4)

🗨 AT THE CLOSE · DEBRIEF

1. Which step of the capsize drill felt different in the water than it had on the dock walk-through?
 2. Which point of sail did the boat feel best on under your hand, and which one did the tiller fight you on?
 3. What is the one piece of kit you are most likely to forget by Saturday, and where will you put it tonight so you do not?
- 📝 *Initial 3a, 3b, 3c, 3d, and 3g (if not already initialed in Session 2) on each saint's BRC after this session. Confirm the outing date, pairs, roles, and kit list before saints leave the dock.*

SESSION 4 · PHYSICAL CORE

⌚ 60 min target

Trip review and BRC sign-off

Account for what the outing taught and finish the badge.

🎯 WALK AWAY WITH

- Names the sailing skill that took the most judgment or calmness on the outing and how practice changed it
- Describes how sailing develops responsibility, teamwork, and respect for wind and water
- Walks away with a written charge for the next sail and a signed BRC

📦 BRING / SET UP

- Each saint brings: his trip log, BRC, float plan, and the water-safety card from Session 1
- Half-sheets of paper and pens (one per saint for the written charge)
- A whiteboard or large pad for the group note on shared lessons
- The leader holds the master trip log and the leader-key sheet

🔧 THE HOUR

BLOCK 1 · DISCUSSION Opener — Trip report

⌚ 5 min

Go around the circle. Each saint answers in one sentence: what was the outing like? Do not comment or compare; let each saint name his version. Answers usually range from "calmer than I expected" to "harder than the drills made it look." That range sets up the judgment stories in the next block.

BLOCK 2 · REFLECTION The skill that took the most calm

⌚ 18 min

1. Pair up with a saint who was not your boat partner on the outing. Eight minutes each — one talks, the other listens. No advice and no comparing.
2. Each youth describes the one moment on the water where calm or judgment mattered most — a gust that loaded the rig, an irons recovery that took two tries, a grounding scare in shallow water, a tow on the way home, a sail he was not sure he could trim. Name what he thought during it and what practice changed between the first sail and the outing.
3. Switch and repeat.
4. Each pair reports back one phrase from the partner's story — only what the partner gave permission to share.
5. Teaching point: practice closes the gap between a hard moment and the saint's first move.
6. Each youth writes in his BRC margin: "The skill that took the most calm was ____, and what practice changed about it was ____."

REQ 4A

SESSION 4 · TRIP REVIEW AND BRC SIGN-OFF (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · DISCUSSION **Responsibility, teamwork, and the wind**

⌚ 17 min

1. Sit in a circle. Open round: name one moment on the outing when a partner's call kept the boat on its line. "Ready about." "Boom!" "Hold the trim." The skipper steers and the crew works the sheets; the boat works when each tells the other what the other cannot see.
2. Second round: name one moment when responsibility for the partner showed up on the water — a PFD check at launch, a kit item passed across, a hand on the rail during a tack.
3. Third round: name one moment when the conditions decided the route — a wind shift you had to read, a forecast you had to honor, a stretch where the wind picked the heading and you adjusted. Respecting the conditions is part of seamanship; reading them honestly is what keeps a boat off a rock.
4. Each youth writes one sentence in his BRC margin: a moment on the outing when responsibility for the partner showed up, and a moment when the conditions made the call.

REQ 4B

BLOCK 4 · CREATIVE **The charge — Three keep, one drop**

⌚ 15 min

1. Each youth writes for four minutes on a half-sheet, in two columns. Column A: "Three on-water habits I will keep on the next sail." Column B: "One civilian habit the outing showed me is in my way on the water."
2. Each youth reads both columns aloud to the group. No commentary. The leader listens for who is stretching, who is being tepid, and who needs a follow-up before the next sailing day.
3. Teaching point: three habits to keep gives the next outing somewhere to land; one habit to drop names what the outing exposed.
4. Each youth folds his half-sheet and slides it into the back of his BRC.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 5 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement against the trip log and the previous sessions.
2. For 3e and 3f, the outing is the field confirmation — initial both. For 4a and 4b, the work in this session covers them — initial both.
3. Leader and saint each sign the BRC. The saint takes the BRC home.

SESSION 4 · TRIP REVIEW AND BRC SIGN-OFF (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. Which moment on the outing took the most calm out of you, and what did practice change about it?
 2. Which call from your partner kept the boat on its line at a point you would have missed on your own?
 3. What is the one civilian habit the outing showed you is in your way on the water, and what will you do about it before the next sail?
- ☑ *Walk the BRC with each saint one at a time and initial 3e, 3f, 4a, and 4b. Confirm 3b is initialed from the outing under real conditions. Sign and hand the BRC back to the saint.*

HANDOUT 1 OF 2

FROM SESSION 1 — WALK THE SAFETY AFLOAT CHECKLIST

Water-Safety Card — Safety Afloat & Hazards

Carry this to every session. Walk it through before every launch.

SAILING · POCKET CARD

Walk the safety card before every launch.

PFDs on. Buddy named. Conditions checked. Then sail.

THREE THINGS THAT GO WRONG BEFORE YOU SAIL

1 No PFD at the dock

a saint shows up without one or with one that does not fit

FIRST THREE

- 1 Saint stays on the dock.
- 2 Borrow or fit a spare PFD.
- 3 Check the fit on the dock.

CHECK

Snug at the shoulders. Zipped and clipped. Should not ride up under the chin when the straps are tightened.

2 Sudden squall builds

wind picks up, dark clouds on the far shore, water turns choppy

FIRST THREE

- 1 Head off the wind toward shore.
- 2 Drop the main if it will hit first.
- 3 Stay low. Wait it out.

STOP RULE

Cross open water only when the forecast is clear for the next two hours. A clear horizon at launch is not the same forecast.

3 Cold-water capsize

water under 70°F · cold steals strength fast

FIRST THREE

- 1 Stay with the boat — both hands.
- 2 Account for partner by name.
- 3 Right the boat or climb on.

REASON

Cold strips strength in minutes. The hull floats; a swimmer is harder to see and tires fast. The boat is the larger target.

SAFETY AFLOAT — THE NINE POINTS

1 Qualified supervision

A trained sailor on the water.

2 Personal health review

Each saint cleared to sail.

3 Swimming ability

Classification known and current.

4 PFDs

Worn and fitted by every saint.

5 Buddy system

A named partner for every saint.

6 Skill proficiency

Tacks, jibes, recovery practiced.

7 Planning

Route, weather, turn-back rule.

8 Equipment

Boat, sails, anchor, paddle, bailer.

9 Discipline

The plan holds when it costs you.

BEFORE YOU LAUNCH

Walk all nine. Any point that does not pass holds the trip at the dock, not at the first hard gust. Turning back is part of the plan, not a failure.

Walk the card at the dock before the lines come off the cleats. Hold the trip if a point does not pass.

Print this handout for in-person reference during session 1 — walk the safety afloat checklist.

HANDOUT 2 OF 2

FROM SESSION 3 — SAIL THE POINTS — TACK, JIBE, RECOVER FROM IRONS

Points of Sail and Reading the Wind

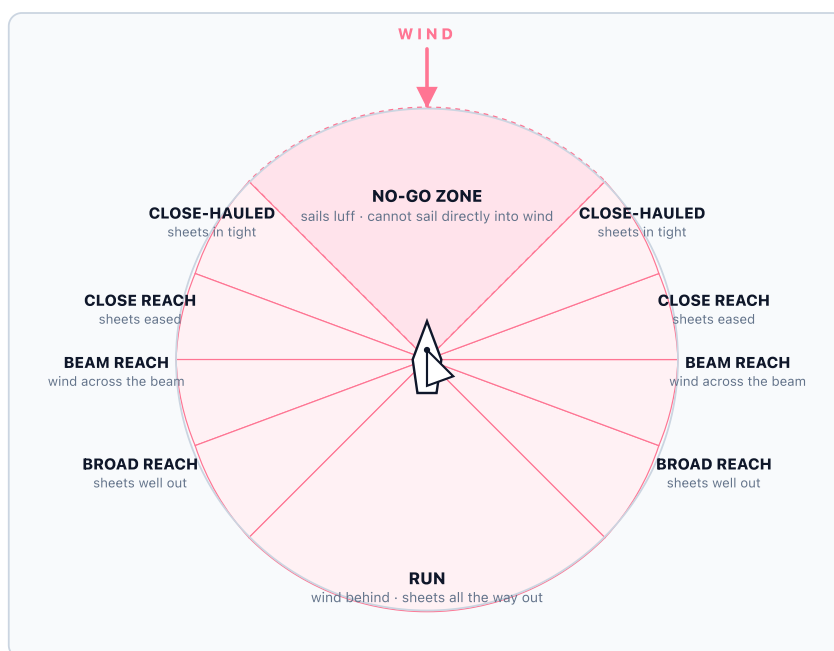
Print and bring to the dock. Run the points by name before you launch.

SAILING · FIELD CARD

Name the point of sail before you trim.

Wind comes from one direction. Every other heading is one of six points.

THE SIX POINTS AROUND THE BOAT



READING WIND ON THE WATER

- 1 Telltales on the sail**
Stream straight back when trim is right. Flutter on the windward side when the sail is too tight.
- 2 Ripples on the water**
Dark patches show a gust coming. Read upwind so you see it before it hits the boat.
- 3 Flags and smoke ashore**
A flag on the dock shows the wind near the launch. Smoke shows direction where flags are still.
- 4 Your own face**
Turn slowly until the wind hits both ears the same. That heading is straight into the wind.

Name the point of sail aloud before each tack. Trim the sheets to match the point you are on.

Print this handout for in-person reference during session 3 — sail the points — tack, jibe, recover from irons.