

# Sailing Counselor 2 Day Course Outline



## Sailing Counselor Course Outline (Day 1)

**Reference materials:** *Learn Sailing Right!* (LSR), *Small Boat Sailor Certification Record Book* (LRB), and *Risk Management for the Sailing Counselor* (RM)

### DAY 1

#### **Morning** (8:30 a.m. - noon)

- :15 Welcome, orientation, housekeeping
- :15 Team building
- :10 US SAILING Programs - training services and products
- :30 Risk Management [initial site inspection and PFD's (pp. 9, LSR; RM)]
- :10 Nomenclature (pp. 10-11, LSR)
- :40 Rigging Demo [incl. appropriate knots (pp. 51, LSR), wind direction (pp. 18-19, LSR)]
- :20 Rigging practice (pp. 14-17, LSR)

**BREAK:** 15 min. - change into swim attire

#### Chalk Talk:

- :25 Capsize/Swim check chalk talk or video [incl. hand signals]
- On-the-Water:
- :10 Conduct Swim check
- :20 Tethered capsize and Scoop Method recovery (pp. 56-57, LSR)

**LUNCH:** 1 hr.

#### **Afternoon** (1 - 5 p.m.)

#### Chalk Talk:

- :05 Land Drills
- :05 Figure 8 course
- :10 Steering (p. 24-25, LSR)
- :15 Tacking [incl. getting out of irons (p. 37, 39, 40-41, LSR)]
- :05 Starting and Stopping (pp. 27, LSR)
- :05 Avoiding collisions (p. 52-55, LSR)
- :05 Controlling boat speed (p. 27, 36, LSR)
- :05 Safety Position (whistle signals) (p. 22, LSR)

**BREAK:** 15 min.

- :65 On-the-Water:
  - Rig
  - Demo departure, seating, steering, tacking, docking
  - Sail Figure 8 Course
  - Docking (pp. 32-33, 48-49, LSR)
- :15 Debrief:
  - Q&A
  - Rules of the Road (pp. 52-55, LSR)

**BREAK:** 15 min.

- :65 On-the-water:
    - Sail Figure 8 Course (incl. Safety Position whistle drill)
    - Dock & unrig
  - :10 Debrief:
    - Q&A
- Preview Day 2



## Sailing Counselor Course Outline (Day 2)

### DAY 2

#### **Morning** (8:30 a.m.- noon)

- :05 Review
- :45 Risk Management (legal and sponsor requirements, counselor responsibilities) (RM)
- :50 Safety [prevention, MOB, capsizing, hypo/hyper-thermia (pp. 56-59, LSR)]  
Rescues - people first, self-rescue, heaving line, hand signals (pp. 56-59, LSR)  
Weather - emergency procedures (p. 19, LSR)  
Emergency Action Plans (RM)

#### **BREAK:** 10 min.

- :10 Sailing Smart - Instructor Handbook & Activity Book  
LSR & sample lesson plans  
On-water communication
- :20 Chalk Talk:  
Sausage Course  
Jibing [including accidental jibes (pp.44-47, LSR)]
- :60 On-the-Water:  
Rig & Launch (demo jibing first)  
Sail Sausage Course
- :10 Dock & Debrief

#### **LUNCH:** 1 hr.

#### **Afternoon** (1 - 5 p.m.)

- :40 Chalk Talk :  
Points of Sail (pp. 20-23, LSR)  
Upwind Sailing (pp. 28, LSR)
- :70 On-the-Water:  
Rig and launch  
Sail Windward-Leeward Course  
Dock
- :10 Debrief

#### **BREAK:** 15 min.

- :20 Chalk Talk:  
Sail Trim [summarize upwind, downwind, reaching (pp. 36-37, 38, 42-43, LSR)]  
Overboard Drill briefing (p.58, LSR)
- :60 On-the-Water:  
Sail Triangle Course [include Overboard Drill  
Dock  
Unrig
- :10 Debrief  
Q&A
- :15 Summary  
Present Participation Certificates  
Dismissal