



Adult Summer Sailing Syllabus

For the love of the Vineyard and the sea

Think Sail MV

Racing

Gold

Silver

Bronze



Seamanship

Vondée

Volvo

Clipper

Sail Martha's Vineyard Adult Sailing Program



Class 1

Class 2

Class 3





CLASS 3 DINGHY

Know, Understand or Demonstrate

Students will know:

1. Wind direction
2. Parts of the boat
3. Sources of weather forecasts
4. Need for personal buoyancy
5. The need to wear the correct clothing
6. Being properly prepared for a day on the water

Students will understand:

1. How to put on a buoyancy aid
2. How to rig a double handed dinghy
3. How to launch and recover a dinghy

Students can demonstrate:

1. A reef knot
2. Sail on a beam reach and tack
3. Get out of Irons
4. Crew a double handed dinghy effectively
5. Stop a sailing dinghy
6. Fasten a line to a cleat
7. Tie a figure of 8
8. Effective sheeting



CLASS 2 DINGHY

Know, Understand or Demonstrate

Students will know:

1. Effects of wind on water
2. Basic rules of the road
3. Respect of other water users
4. Understand the points of sail (no go zone)
5. Capsize and how to stay with the boat
6. Basic safety equipment including flairs and VHF radios

Students will understand:

1. Wind direction
2. Parts of the boat
3. Sources of weather forecasts
4. Types of personal buoyancy and clothing
5. Rules of the road
6. 5 essentials

Students can demonstrate:

1. Rigging a dinghy alone, or with a crew
2. Launching and landing with assistance
3. Sail a basic triangle including a Jibe (instructor in the boat)
4. Recover a capsized dingy (with assistance)
5. Tie a Bowling
6. Tie a round turn and two half hitches



CLASS 1 DINGHY

Know, Understand or Demonstrate

Students will know:

1. Basic tides and their effects
2. Interpreting a marine weather forecast (including Beaufort wind scale)
3. How to use rig set up and sail controls to prepare the boat correctly according to weather conditions
4. IRPCS

Students will understand:

1. Understand the principle of a Dry capsize
2. Can check and spinnaker is correctly rigged

Students can demonstrate:

1. Demonstrate the 5 essentials on all points of sail
2. Man overboard
3. Basic hove too
4. Launching and landing with assistance (lee and windward shores)
5. Sail a basic triangle including a Gybe solo
6. Recover a capsized dingy (without assistance)
7. Use of tell tales
8. How to avoid a capsize
9. Tie a Clove hitch
10. Tie a rolling hitch
11. Basic use of a winch