



Shawnee Yacht Club

Introduction to Sailing

Lesson Plan / Skills Checklist

Student: _____

Instructor: _____

Topic	Pages ¹	Instructor Initials	Date
1. Introduction to Sailing	4 ²		
2. Safety and Preparation	5 ²		
3. Sailing Area	6 ²		
4. Parts of the Boat	7-9 ²		
5. Wind Sensing	10		
6. How Sailboats Work: Beginner	11		
7. Sailing Directions: Points of Sail	12-14		
8. Starting the Boat	15		
9. Stopping and Slowing the Boat	16		
10. Steering the Boat: Use of the Tiller	17		
11. Tacking	18		
12. Sailing Upwind: Beating	19		
13. Gybing	20		
14. Navigational Rules of the Road	21-23 ²		
15. Capsize Recovery	24-25 ²		
16. Person Overboard Recovery	26		
17. Knots Beginner	27-29		
18. Rigging	30-35 ²		
19. Launching	36 ²		
20. Docking	37 ²		
21. Derigging	38-41 ²		

¹ In the booklet "Learning to Sail, Small Boat Sailing at the UCLA Marine Aquatic Center"
<https://recreation.ucla.edu/file/09c1d56d-adb9-4035-8800-95462ac514a6>.

² See booklet exceptions on next page.

This individual is certified to participate in the SYC Boatshare Program.

Instructor: _____

Print

Sign

Date

UCLA Booklet Exceptions For SYC

Pages	Topic	Change
4	WHAT TO BRING	No need for: 6. Towel and bathing supplies 7. A lock for our day-use lockers
4	PROVIDED	Not Provided: 2. Wetsuit 3. Rack for keys available in the issue room 4. Day-use lockers (bring your own lock)
4	RECOMMENDED	Not Recommended: 2. Dinghy sailing boots or wet suit booties
5	PERSONAL FLOATATION DEVICE	PFDs are in the SYC Storage Shed.
5	SAILING KNIFE	Not required but a knife of some kind can be helpful.
6	SAILING AREA	All booklet material is specific to UCLA. On Lake Shawnee, sailing is allowed everywhere except in the Ski area at the north end of the lake between sunrise and sunset from April 15 th to September 14 th .
7-9	PARTS OF A BOAT	There are many different classes of sailboats with many different configurations, but these booklet pages cover the basics that are common to all sailboats.
23	IN THE EVENT OF A COLLISION	All booklet material is specific to UCLA. In the event of a collision on Lake Shawnee, consult with SYC personnel for guidance.
24-25	CAPSIZE RECOVERY	Capsize recovery can be somewhat different for different types of boats. Some SYC club boats are equipped with a special recovery line to assist in righting the boat.
30-35	RIGGING	Different classes of boats are rigged in slightly different ways.
36	LAUNCHING	Booklet material is specific to UCLA. Your instructor will cover launch procedures at SYC. Typically, it's best to leave the dock from the leeward side.
37	DOCKING	Booklet material is specific to UCLA. Your instructor will cover docking procedures at SYC. Typically, it's best to approach parallel to the dock on the leeward side about 2 boat lengths away, then turn into the wind and drift toward the dock with sails luffing.
38-41	DERIGGING	Different classes of boats are derigged in slightly different ways.