



## **ASA 101: Basic Sailing Curriculum**

This course will teach you to sail a boat in moderate winds and sea conditions as both skipper and crew.

**Pre-study is vital to the success of your course.** There will be two tests for this course, one performance and one written. Upon successful completion of this course, you will receive your American Sailing Association, Basic Keelboat Sailing certification.

The textbook used for this course is "Sailing Made Easy" available directly from the American Sailing Association, Amazon.com or your local book store. Be sure to compare prices listed on the ASA website before purchasing from another source.

The Annapolis Book of Seamanship is an excellent book for your sailing library and can help you in your preparation for this course.

Please study the material outlined below so that you will be prepared at the time of your course and able to concentrate on the principles taught by the instructor.

Listed below are the standards set by the American Sailing Association which you will have mastered upon successful completion of the course.

**Updated August 9, 2012**

**Prerequisites:** None

**Description:** Demonstrated ability to skipper a sloop-rigged keelboat of approximately 20 to 27 feet in length by day in light to moderate winds and sea conditions. Knowledge of basic sailing terminology, parts and functions, helm commands, basic sail trim, points of sail, buoyage, seamanship and safety including basic navigation rules to avoid collisions and hazards. Auxiliary power operation is not required.

Note: The United States Coast Guard has granted approval for ASA101 Basic Keelboat Sailing to satisfy certain merchant mariner credential examination requirements and safe boating training requirements.

## KNOWLEDGE

### Basic Sailing Terminology

1. Describe and identify the following sailboat parts and their functions:

Hull	Rudder	Winch
Deck	Standing Rigging	Cleat
Transom	Shroud	Fender
Keel	Spreader	Docklines
Mast	Chainplate	Block
Boom	Headstay / Forestay	Fairlead
Gooseneck	Backstay	Cockpit
Bow	Stanchion	Cabin
Stern	Lifeline	
Helm / Tiller / Wheel	Pulpit	

2. Identify and describe the functions of the following sails, sail parts and sail controls:

Mainsail	Batten Pocket	Cunningham
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Jib / Genoa	Bolt Rope	Traveler
Tack	Running Rigging	Hank
Head	Halyard	Boom Topping Lift
Clew	Mainsheet	Telltale
Luff	Jibsheets	Roller Furler
Foot	Boom Vang	Shackle
Leech	Outhaul	
Batten	Downhaul	

3. Define the following terms:

Port	Draft	Ahead
Starboard	Freeboard	Astern
Forward	Skipper	Abeam
Aft	Helmsman	Windward
Beam	Crew	Leeward
Heel	Weather helm	

### Maneuvers & Points of Sail

4. Explain and identify using diagrams the following maneuvers, points of sail, and other terms:

No-Sail Zone	Closed Hauled	Sailing-by-the-Lee
In Irons	Close Reach	Stand-on
Luffing	Beam Reach	Give-way
Head-to-Wind	Broad Reach	Tacking
Port Tack	Run	Jibing
Starboard Tack		

5. Explain and utilize correctly the following helm commands and *crew responses*:

- 'Heading Up'
- 'Bearing Away'
- 'Ready About' ----- 'Ready' ----- 'Helms a-Lee' (or 'Coming About' or 'Tacking')
- 'Prepare to Jibe' ----- 'Ready' ----- 'Jibe-Ho' (or 'Jibing')

### Navigation Rules

6. Apply Rule 5 (Look-out) from the publication *Navigation Rules, International - Inland*.

For items 7 through 13, describe and use diagrams to apply the *Navigation Rules*. Identify the "stand-on" and "give-way" vessel in each situation.

7. Sailing vessels with the wind on different sides (starboard / port), Rule 12(a)(i)
8. Sailing vessels with the wind on same side (leeward / windward), Rule 12(a)(ii)
9. Sailing vessel on port tack cannot determine windward sailing vessel's tack, Rule 12(a)(iii)
10. Overtaking (Rule 13)
11. Power-driven vessels approaching each other head-on (Rule 14)

12. Power-driven vessel with another power-driven vessel on starboard side (Rule 15)
13. Describe appropriate actions to be taken when sailing in the vicinity of commercial traffic, including responding to a danger signal.

#### **Aids to Navigation**

14. Identify and state the purpose of lateral aids to navigation by color, shape & numbering, including preferred channel markers.
15. Identify safe water, information and regulatory markers.

#### **Safety Gear & Procedures**

16. List the federally required equipment for a recreational sailboat of 25-feet in length.
17. Identify the location and color of navigation lights used by a recreational vessel of 25-feet in length.
18. Describe the purpose of a Float Plan, give examples of information contained therein and to whom it should be submitted.
19. Describe when and to whom boating accidents must be reported.
20. State the Federal Blood Alcohol Content (BAC) limit for vessel operation.

#### **SKILLS**

##### **Safety Equipment**

21. Demonstrate the proper use of a lifejacket or personal flotation device (PFD).

##### **Sailing**

Rig/hoist/set sails safely and correctly to obtain proper sail trim using the following lines and controls, *if available* on the practice vessel

22. Halyards and/or furling devices
23. Downhaul or Cunningham
24. Outhaul
25. Boom Vang
26. Mainsheet
27. Jib sheets

28. Winches

29. Traveler

30. Lower/furl/stow sails and coil/flake/stow lines properly

Without coaching or assistance from the instructor, verbalize appropriate commands and demonstrate competence, safety and good seamanship in the role of Skipper / Helmsman during the maneuvers listed in items 37 - 46. Honor all aids to navigation and use properly the basic *Navigation Rules*. Ensure sails are trimmed correctly and the vessel is in control at all times.

31. Depart dock or mooring fully ready to get underway safely

32. Select and maintain a given tack and course

33. Demonstrate how to get out of "irons"

34. Head Up

35. Bear Away

36. Sail Close Hauled

37. Sail on a Close Reach

38. Sail on a Beam Reach

39. Sail on a Broad Reach

40. Sail on a Run

41. Tack

42. Jibe

43. As crew, give appropriate verbal responses and perform correct actions during the maneuvers listed above.

#### **Crew Overboard**

44. Describe and demonstrate the correct actions to be taken while under sail from the time a person falls overboard until safely recovered.

#### **Return & Secure**

45. Return to dock or mooring

46. Secure vessel, using appropriate mooring/dock lines, fenders, etc.

## **Knots**

47. Describe the purpose of, and construct without assistance in a timely manner, each of the following knots and hitches:

- Figure-8 Knot
- Square (Reef) Knot
- Clove Hitch
- Round Turn & 2 Half Hitches
- Cleat Hitch
- Bowline