

Sail

Length: 9 Sessions

Cost:

A sail course created to serve the needs of the novice and experienced sailor, as well as the non-sailor, for basic skills and knowledge. The following topics are discussed:

- Basic sailboat designs and nomenclature
- Rigging
- Safety
- How sails work
- Sail types and applications
- Points of sail, sail trim, sail handling
- Helmsmanship
- Navigation rules review for sailors
- Introduction to heavy weather sailing

Course appendices provide an introduction to sailboat racing and sailing in Canadian waters.

