

Boston Sailing Center

COASTAL PASSAGE MAKING STUDENT INFORMATION

GENERAL GOALS

- Develop competence at an advanced level of coastal cruising, including open water sailing and night sailing harbors
- Increase self-reliance through knowledge of systems, common problems and repair techniques
- Increase level of student's decision making and responsibility
- Qualify students for a Cruising 40 membership or to charter similar boats worldwide

PLANNING

The Instructor will email the group one week in advance

- Go over clothing and personal equipment list
- Discuss menu planning and provisioning
- Discuss itinerary
- Check current predictions for the Cape Cod Canal
- Determine departure time and destination

DAY 1 (9:00 AM START)

ON BOARD – BOAT SYSTEMS

- Engine, fresh water plumbing, stove, refrigeration, head, bilge pumps, and electronics
- Location of through-hull fittings
- Equipment check list
- Store provisions and personal gear
- Top off water and fuel

ON BOARD – MANUEVERING UNDER POWER

- Mooring
- Docking
- Use of spring lines in maneuvering on and off a dock
- In close quarters
- Maneuvering with a dingy in tow

ON BOARD – SHAKE DOWN SAIL

- Demonstrate sail handling systems - reefing, roller furling, winches, hydraulic vang and backstay
- Practice reefing and changing headsails

CLASSROOM – NAVIGATION & PASSAGE PLANNING

- Review: dead reckoning, running fix, danger bearing
- Keeping a navigation log

- Correcting for leeway
- Current problems - use of current diagrams for set and drift, current tables, "velocity of current at any time" current charts
- Night time land falls - geographic and luminous range tables
- Watch systems
- Discuss the weather forecast

DAY 1 (EVENING) THROUGH DAY 5

The itinerary for the cruise depends on weather and current predictions, but usually includes an evening departure Day One for Scituate or a destination in Buzzards Bay, with overnight stops on the Vineyard or Nantucket returning to Boston. When possible, the route for the return trip will be around the outside of Cape Cod. Topics to be covered on board...

SAILING & RIGGING

- Selecting and trimming sails for optimum comfort and speed
- Reefing including night drills
- Use of a preventer
- Going aloft in a bosun's chair for rig inspection
- Heavy weather procedures
- Use of harnesses and jacklines

NAVIGATION

- Students maintain a continuous DR plot throughout the course
- Practice techniques from classroom session
- Loran/GPS
- Techniques for navigating in low visibility
- Interpreting running lights

ANCHORING & DOCKING

- Setting two anchors
- Use of a trip line
- Anchoring under sail
- Effects of tide and current
- Mediterranean docking procedure
- Use of fender boards and spring lines
- Operation of a dingy with outboard

EQUIPMENT MAINTENANCE, TROUBLE SHOOTING & REPAIR

- Engine - trace and bleed the fuel line, trace the cooling system, inspect and clean the water strainer, replace impeller, adjust belt tension
- Electrical System - battery charging, trouble shooting common problems such as a running light failure
- Bilge pumps - inspect and clean intake screens, check for air leaks

SAFETY & EMERGENCY PROCEDURES

- Man overboard recovery
- Grounding

- Engine failure in close quarters
- Steering failure
- Clearing a fouled prop

LINE HANDLING

- Review: bowline, slippery reef knot, round turn and two half hitches.
- Snubbing a line under load and heaving
- Clove hitch
- Sheet bend
- Rolling hitch

EVALUATION

Upon completion of the course, each student will receive an informal verbal assessment of his or her strengths. The instructor will fill out a detailed written evaluation of each student, which the Sailing Center keeps as a charter reference.