

Boston Sailing Center

CARRIBEAN CRUISING COURSE

GENERAL GOALS

- Develop the skills necessary to sail and motor a cruising boat with auxiliary inboard power
- Increase competence at daytime coastal cruising
- Qualify students for a Cruising 30 or 35 Membership or bareboat chartering in locations like the Virgin Islands

PLANNING MEETING AT BSC

- A couple weeks before the course kicks off, your instructor will contact students to find a mutually convenient day for everyone to meet
- Fill out medical information sheet
- Discuss itinerary, clothing, personal equipment, and seasickness
- Menu planning and provisioning

DAY 1

BOAT SYSTEMS

- Required and recommended safety equipment
- Through hull fittings, seacocks, stuffing box
- Holding tank and head
- Fresh water system
- Stowage areas and techniques
- Galley, refrigeration, stove
- Batteries, explosion switch, electrical system
- Diesel engine and fuel system
- VHF radio
- Nav station, equipment and charts
- Running lights
- Use of flares and fire extinguishers

- Demonstrate sail handling systems - reefing gear, roller furling, winches
- Practice reefing
- Change head sails

DAYS 2 – 7

NAVIGATION

- Review: latitude/longitude, deviation, variation, plotting courses, LOPs, fixes, buoyage system, and chart symbols
- Dead reckoning
- Running fix
- Bow and beam bearings
- Rules of the road - passing signals, interpreting running lights
- Use of tide tables including secondary stations, rule of twelfths, height of tide at any time table
- Low visibility navigation

MOTORING & DOCKING PRACTICE

- Leaving a slip
- Motoring in forward and reverse
- Motoring in close quarters
- Picking up a mooring
- Docking, with consideration of wind, current, tide, and momentum
- Tying up to a dock, including mast placement, fenders and dock lines
- Review line handling: figure eight, bowline, round turn and two half hitches, cleating, coiling, and heaving a line. Introduce the slippery reef knot and how to snub a line under load.

CRUISING SKILLS

- Preparation of the boat for a cruise
- Evaluating weather forecasts
- Planning a sensible route with alternatives
- Selecting and trimming sails for optimum comfort and speed
- Reefing
- Man overboard procedures
- Coastal navigation

- Techniques for sailing in poor visibility
- Applying the rules of the road
- Use of published materials to evaluate harbors and shoreside facilities
- Identifying good anchorages, anchoring with one and two anchors
- Docking and mooring in unfamiliar harbors
- Maneuvering with a dinghy in tow
- Cooking and housekeeping afloat
- Discuss common problems and potential emergencies with appropriate responses
- Unloading, cleaning, and securing a boat after a cruise