



2021 CRUISING COURSE STUDENT INFORMATION

GENERAL GOALS

- Develop the skills necessary to sail and motor a cruising boat with auxiliary inboard power
- Increase coastal cruising competency in day and nighttime sailing in familiar waters
- Qualify students for a Cruising 30 or 35 membership or bareboat chartering in locations like the Virgin Islands

FORMAT: Wednesday evening through Sunday evening

This course has been reformatted. With the social distancing guidelines as they stand, it is not possible to allow for our students and instructor to stay onboard the boat, so we will be returning to BSC each evening. The standards of the cruising course and what is covered will not change from our original offering, just the time spent overnight on the boat. Students will head home at the end of each day. Masks will be required at our facility and onboard. We will revert to the standard overnight from Friday evening through Sunday if possible.

Day 1: Wednesday 6:00 PM - 8:00 PM

Online classroom session: Going over boat systems on the Jeanneau 389

Day 2: Thursday 6:00 PM - 9:00 PM

Onboard: Running rigging orientation and docking/maneuvering under power

Day 3: Friday 6:00 PM - 9:00 PM

Onboard: Sailing and Night Sailing including crew overboard practice

Day 4: Saturday 10:00 AM - 10:00 PM

Onboard: Full day sail out of Boston Harbor, destination based on weather.

Day 5: Sunday 10:00 AM - 6:00 PM

Onboard: Full day sail to an unfamiliar anchorage, destination based on weather.

REQUIRED CLOTHING & GEAR

General Sailing List

- Sufficient food and water for yourself for time onboard. There is space onboard for everyone to bring a small cooler. We sell ice on site.
- A face mask must be worn while on the water or within 6 feet of others.
- Comfortable nonskid shoes or sneakers
- Dress in layers to adjust for changing weather conditions

- A small drybag for anything valuable you do not want to get wet like phones, etc. Gill and Helly Hansen sell inexpensive, quality drybags.
- We do not have storage in the riverboat, so only bring items you are comfortable bringing on the boat.
- Water bottles are encouraged. There is no drinking water available at BSC, so you should bring sufficient water from home, or there is a small grocery store called The Golden Goose on Commercial Street – just a few minutes' walk from BSC.
- Sunblock (even for overcast days) and sunglasses
- We do have limited foul weather gear for our students to borrow, but it is recommended that you bring your own. A light waterproof jacket and pants are best. Our office team can recommend some good options for you.

Packing List

Face Mask and spares
 Foul Weather Gear: Bibs and Jacket
 Boots or waterproof shoes
 1 or 2 pairs of wool socks
 Wind Shell
 Warm hat and warm gloves
 Long Underwear
 Several appropriate warm layers (fleece or wool)
 Long sleeve shirt/long pants (for sun)
 Sunglasses
 Sunscreen
 Sun hat
 Deck shoes
 Sailing Gloves

Personal Items

Towel
 Seasickness prevention
 Reading Glasses (for chart work)
 Flashlight or headlamp
 Toiletries/Medications

Optional Items

Knife or Leatherman
 Travel Mug (good idea in cold weather)
 Binoculars
 Bearing Compass
 Handheld GPS
 Bathing suit

COURSE CONTENT

In no particular order, to be spaced out over the five days

- General briefing
- Clothing and personal equipment
- Hypothermia and seasickness
- Line handling: Review figure eight, bowline, round turn and two half hitches, cleating, coiling, and heaving a line. Introduce the reef knot and how to snub a line under load.

Boat systems

- Required and recommended safety equipment
- Through hull fittings, seacocks and stuffing box
- Holding tank and head
- Fresh water system
- Stowage areas and techniques
- Galley, icebox, stove
- Batteries, battery switch, electrical system

- Diesel engine and fuel system
- VHF radio
- Nav station, equipment and charts
- Running lights

Motoring and docking

- Leaving the dock
- Motoring in forward and reverse
- 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
- Planning and provisioning
- Schedule, itinerary and alternatives
- Use of tide tables, Sail handling systems
- Demonstrate reefing gear, roller furling, winches
- Practice reefing
- Change head sails

Cruising skills

- Preparation of the boat for a cruise
- Evaluating weather forecasts
- Selecting and trimming sails for optimum comfort and speed
- Use of a spinnaker for cruising* If time and conditions allow
- Reefing and headsail changes
- Crew overboard procedures
- Coastal navigation – buoy systems, chart symbols
- Night sailing
- Techniques for sailing in poor visibility
- Applying the rules of the road; interpreting running lights
- Use of published materials to evaluate harbors and shoreside facilities
- Identifying good anchorages, anchoring
- Docking and mooring in unfamiliar harbors
- Discuss common problems and potential emergencies and appropriate responses
- Unloading, cleaning and securing a boat after a cruise

EVALUATION

Upon completion of the course, each student will receive a verbal evaluation of their strengths.

The instructor will fill out a written evaluation of each student which will remain on file at the Boston Sailing Center for future membership/charter reference.

AFTER YOU COMPLETE YOUR COURSE

ASA CERTIFICATION

American Sailing Association is a system of certification standards recognized worldwide. Upon successful completion of our Cruising Course, you are qualified to take the ASA 104 Coastal Cruising written exam to obtain your certification. The water portion is covered in our course.

You have one year from graduation to complete your ASA testing to obtain your certification (no exceptions).

Please note that you will have to write the ASA 101 and 103 exams as well if you have not done so already. If you need to get your ASA 101 and/or 103, contact the office to arrange. An additional \$35 fee will apply per test, and a \$39 fee if you are not already an ASA member.

FULL MEMBERSHIP

After successful course completion, you will be qualified for a Cruising 30 or 35 at 10% off the full price. This calendar year long membership will give you access to the boats within your category and all of the categories below, and a 7-day extended cruise. The 10% discount also applies to any full Daysailing or Mid-Range membership level, with the exception of 30-day minis. This discount is valid for the 7-days after graduation.

There is no student membership associated with the Cruising Course, unless you are a Macro Student. If you are unsure of your student status, please contact the office.

COVID POLICIES

Subject to change based on guidance from the City of Boston

Do not come to the Boston Sailing Center if you have symptoms, someone in your household has Covid-19, or you have been asked to self-isolate or quarantine by your doctor or a health official. We will reschedule your course. Please wash your hands with soap and water for at least 20 seconds or use hand sanitizer before boarding a boat. There are hand washing stations on the dock. The use of sailing gloves is encouraged.

Arrive ready to sail. If you arrive earlier than the time designated for your sailing session, please wait off premises in the parking lot or on the seawall. Bathrooms are located on the upper deck of the riverboat. We do ask that students and members should spray down the bathroom after use with provided bleach solution. Bathrooms will be fogged daily with a disinfectant.

Please be aware of those around you and maintain social distancing at all times.