

Cal Sailing Keelboat Basic Instruction Program – Outline of Student Progression

Intro to Keelboats (Keelboat Faire)

On the dock session covering the following topics:

- Differences between keelboats and dinghies, and among CSC keelboats
- Boat inspection
- How to check safety gear
- How choose sails for the wind conditions and raise sails at the dock
- How to reef at the dock
- What to tell the crew to keep them safe
- Motor basics
- How to derig and put a keelboat away

Written Test – Keelboat Intro

Like the Junior Skipper test, and online test with 21 multiple-choice questions, 80% pass, and a wait for 24 hours to retake if you don't pass. Covers the material presented in the Intro to Keelboats session. You can read the test [here](#) and take the test [here](#) (you must be logged-in to use this like).

Lessons

There is a sign-off for each level on your White Card.

Level 1

Dockside follow-up and instruction

- Same skills as presented in Intro to Keelboats
- Each student will practice and demonstrate skills

Level 2

Sailing outside the Marina

- Basic boat handling
- Preparation, including sail plan
- Tacking/gybing/heaving to
- Basic rules of the road
- Collision avoidance

Level 3

Handling problems outside the Marina

- Managing wind
- Reefing
- COB (several different maneuvers)
- Managing crew
- Headsail change

Level 4

Sailing in close quarters

Boat handling inside the Marina (speed is life)

- Preparation and leaving the dock
- Pre-docking maneuvers
- Slow sailing and speed control
- Braking (rudder and backed main)
- Sculling
- Tiller snap
- Fly by
- Upwind docking

Level 5

Intermediate maneuvers and preparation for advanced instruction

- Jib-only sailing
- Dropping the main underway and crew coordination
- Cross-wind docking
- Down-wind docking

Next Steps

After completion of this program, you are eligible for advanced instruction directed toward the Senior Skipper rating. This will be arranged individually and will be one-on-one or in a very small group.