

Beginning sailors should start with ASA101 Basic Keelboat Sailing. Students who complete ASA101 learn how to sail on a basic level, and are prepared to take ASA103 Basic Coastal Cruising, where the remaining sailing concepts are taught.

Prerequisites: None

Class taught on Lake Nockamixon.
\$379. Two day class includes text, required ASA membership, test, ASA logbook, and certification.

ASA101 Challenge for those with significant experience
\$165. Includes test and certification.

Phone: 215-499-0335

ASA101 Basic Keelboat Sailing Standard

Nockamixon Sailing School, Inc.

Two Day Class:

See Schedule page on website for class dates.

SAILING KNOWLEDGE

A Certified Sailor has successfully demonstrated his or her ability to:

Identify the following parts of a sailboat:

Hull	Mast	Mainsail	Keel	Boom
Bow	Bow Pulpit	Gooseneck	Jib	Traveler
Stern	Stern Pulpit	Deck	Lifelines	Cabin
Spreaders	Shrouds	Headstay	Forestay	Backstay



Superna on Lake Nockamixon

ASA 101 is taught on a Catalina Capri, named 'Superna' rigged with Outhaul, Cunningham, Main sheet, Genoa sheet, Backstay adjustor, Dutchman, and Spinnaker.



Discover the Captain in You

Describe the functions of the following items on a sailboat:

Mainsheet	Rudder	Tiller/Wheel	Boomvang	Boom Topping Lift
Jib Sheets	Halyards	Winches	Fairlead vs Padeye	Downhaul
Outhaul	Cunningham	Stays/Shrouds	Shackle	Telltails
Spring/Breast lines	Fenders	Cleats		

Define the following terms:

Port	Starboard	Skipper	Helmsman	Crew
Forward	Aft	Coming About	Gybing	Running Rigging
Standing Rigging	Heel	Ahead	Abeam	Astern
Windward	Leeward	Beam		

Identify the following sails and parts of a sail:

Mainsail	Jib	Storm Jib	Spinnaker	Genoa
Hanks	Battens	Batten Pockets	Bolt Rope	Luff
Leech	Foot	Head	Tack	Clew

Explain the following terms and points of sail and identify them from diagrams:

In-Irons	Head to wind	Luffing	Close hauled	Close Reach
Beam Reach	Broad Reach	Running	Starboard Tack	Port Tack
Windward Boat	Leeward Boat	Heading up	Heading down/Bearing Away	Sailing by the lee



Superna under sail



Discover the Captain in You

- Apply the Navigation Rules (International and Inland Navigational Rules for prevention of collision) by means of diagrams in the following situations and identify the sailboat or powerboat that is the "stand-on" and "give-way" boat.
 - port tack and starboard tack sailboats
 - windward and leeward sailboats
 - overtaking situation
 - boat on the right (danger zone)
 - boats meeting head-on
 - Apply Rule 5 (Look-out Rule) contained in the Navigation Rules (International and Inland Navigation Rules for prevention of collision)
 - Describe the actions to be taken when sailing in the vicinity of commercial shipping (Rule 9. Nav. Rules)
- Define hull identification number.
- Describe the difference between planning and displacement hulls.
- Describe proper means of waste disposal including penalties for improper disposal and means for Notification of authorities in the event of oil spillage.
- Describe how and when to file a float plan.
- Describe registration numbers and how to display them.
- Describe a capacity plate, where to find one and the information which is contained on the plate.
- Describe an alternate means of determining a boat's passenger capacity.
- State the **federal** standards for determining intoxication using Blood Alcohol Content (BAC).
- What is the BAC of the **state** in which you sail?
- Give 5 situations which may be considered negligent operation on the part of boater.
- Describe when and to whom boating accidents must be reported.
- Describe under what circumstances an operator must render assistance to another boater in danger.
- Describe the information an operator should acquire before operating his/her boat in an unfamiliar area. Local Knowledge.
- Describe where a boater would get the information in the item above.
- Be able to identify Safe water, Information and Regulatory Markers by color, shape, and numbering.
- List required safety equipment for recreational vessels between 23 and 40 feet.
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- List required safety equipment for recreational vessels between 23 and 40 feet.
- Describe procedures for safely trailoring and launching a boat.
- Describe sound signals used by recreational vessels and their meanings.
- Identify the location and color of running lights used by recreational vessels.
- Describe common anchor types and anchoring procedures.



Portside view of Superna



Discover the Captain in You

SAILING SKILLS

GEAR AND EQUIPMENT

- Select and properly use a personal flotation device.
- Select proper clothing for sailing.

SAILING

- Hoist the basic sails, set appropriate luff tensions, and coil and hang halyards and other lines.
- Without direction, act as helmsman / skipper and crew on a sailboat using proper commands and responses while sailing away and back to a dock and mooring under various wind directions. Sail a windward / leeward course while performing successful come about and gybe.

Sample Commands:

"Ease Sheets" "Easing Sheets"
"Heading-up, Sheet in" "Sheeting in"
"Ready About" "Ready"
"Helms a Lee" "Hard alee"
"Ready to Gybe" "Ready" "Gybe-ho"

- Lower, fold, and stow sails properly.

CREW OVERBOARD

- Describe and demonstrate the actions to be taken by a helmsman / skipper when sailing from the time a person falls overboard without warning until the crew member is safely recovered.
- Describe how to get an exhausted person aboard.
- Secure a sailboat to a dock so as to ensure limited movement and set out fenders properly.

KNOTS

- Describe the function of and tie the following knots without assistance:
 - bowline (in less than 20 seconds)
 - figure eight (in less than 15 seconds)
 - cleat hitch (in less than 15 seconds)
- Tie the following knots without assistance in less than 20 seconds:
 - reef / square knot
 - clove hitch
 - round turn and two half hitches



Discover the Captain in You



Captain Mike on board Superna