

PDP WF 101 Sailing, Beginning

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Meets once per week: 1.0 Credit

Course Description:

Prerequisite: Successful completion of the Boating Swim Test or Waiver. This is an introductory course for those with little or no sailing experience. All students must have passed the boating swim test or sign the swim test waiver in order to take the class. The swim test or waiver must be completed before students can use the sailboats and preferably by the second class period.

More Info on the Boating Swim Test Here: <https://docs.google.com/document/d/1U9B0hH5j2wZwKQb-5FctQqXRLg5FcGb5VysdPN4Ek30/edit?usp=drivesdk>

The course will explore boat rigging, basic nautical terminology, safety procedures, and elementary sailing maneuvers. The course meets for two hours once a week at the BU Sailing Pavilion and will be a combination of land-based lectures and practice as well as on the water instruction.

THIS IS A NONSTANDARD COURSE which means that the deadlines to drop this course differ from most university courses. Please check the Student Link to review these deadlines

Required Attire:

Sailing is a water sport. Attire depends on the weather. For warm weather, it is good to wear a swimsuit or other quick-drying clothing as well as bring a towel and change of clothes. For cold weather, one should dress in layers. The outermost layer should be waterproof with the rest for warmth. Wool and Fleece work well. Do not wear cotton. Closed toe shoes are best and a waterproof boot or neoprene booties work well for the cold. Students will not be allowed to participate and will be marked as absent if the instructor deems their attire is inappropriate for the weather conditions. Lifejackets are mandatory and are provided by the sailing pavilion.

Course Goals:

Upon successful completion of the course, students will be able to:

- Explain the principles of good seamanship and safe boating
- Properly rig and de-rig sailboats
- Demonstrate familiarity with technical sailing vocabulary
- Tie three nautical knots: square, figure eight, bowline
- Demonstrate situational awareness with the wind
- Sail a dinghy in light to moderate wind conditions:
 - Steer a steady course on three points of sail
 - Change tacks appropriately
 - Position self for boat balance
 - Demonstrate sail sheeting techniques
 - Hold course while slowing
 - Safely capsize and right a dinghy
 - Demonstrate knowledge of right of way rules

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 2 absences. There are no excused absences. If you have more than 2 absences, you will need to arrange to make up the classes you have missed. In order to make-up a class, you may attend one of the other sailing sections or you may sail during the recreational sailing hours if you have purchased a sailing pass. Two hours of rec sailing will make up for one class. Auditing is not allowed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their

access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Recommended Resources:

Brown, Harold "Hatcht." *Sailing and the Tech Dinghy: Instruction Manual*. 2nd ed. Cambridge, MA: MIT, 1995. <http://sailing.mit.edu/its/sailing-booklet/>. This is an accessible and free beginner's guide to sailing. It is available as a pdf and html.

Intercollegiate Sailing Association. "Sailing 101". Part of the "Starting Line" Resources for new sailors from the ICSA Task force on Inclusion, Diversity, and Equity. (TIDE) <https://docs.google.com/document/u/0/d/1tfHfMpLUW0z7qvV1XKnBv45lpk3FrIj3BmsK8CTIe6I/mobilebasic>

McCurdy, Sheila. *Learn Sailing Right! Beginning Sailing*. Edited by Andy German. 1 edition. Portsmouth, RI: US Sailing, 2008. This is the official learn to sail textbook promoted by US Sailing.

U.S. Coast Guard. "Boating Safety Resource Center." <http://www.uscgboating.org/>. The U.S. Coast Guard maintains the authoritative resource center for boating safety and polices most navigable waterways along the US coast.

Sailing in Boston

"Boston Sailing Center: Sailing School, Sailing Club - Lessons, Memberships, Racing, Cruising, Charters, Instruction." <http://www.bostonsailingcenter.com/>. Located in the Boston Harbor on Lewis Warf, the BSC offers extensive training in all levels of keel boat sailing and racing, hosting a series of classes and competitive sailing races.

"Community Boating, Inc. - Boston, MA | Sailing for All Since 1946." <http://www.community-boating.org/>. Community Boating sails on the Charles River near the Hatch Memorial Shell on the Esplanade. They have a wide variety of boats and classes.

"Courageous Sailing." Accessed December 10, 2014. <https://mapsengine.google.com/map/viewer?mid=zBIPX3NvuG8w.kRiPrp0C-V24>. Courageous Sailing is on the Boston Harbor and offers a wide range of keel boat sailing classes and racing.

"MIT Sailing" <http://sailing.mit.edu/> MIT Sailing, on the Cambridge side of the Charles River, has sailing classes and a weekly racing series in the summer.

"BU Sailing Pavilion" <http://www.bu.edu/fitrec/recreation/sailing/> The BU Sailing Pavilion offers a wide range of dinghy sailing classes on the Charles River and a recreational sailing program.