PDP WF 201 Sailing, Intermediate

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Meets once per week: 1.0 Credit

Course Description:
Prerequisites: PDP WF 101 or the equivalent sailing experience and successful completion of the Boating Swim Test or Waiver. 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. The course will introduce the technical skills and racing aspects of sailing for students who have completed an introductory sailing course or have had some sailing experience. 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.

Required Equipment:
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
- Apply the problem-solving approach summarized by the phrase, “The next right decision.”
- Properly rig and de-rig sailboats
- Demonstrate familiarity with technical sailing vocabulary
- Sail a dinghy in moderate to heavy wind conditions
- Understand the basic rules of sailboat racing pass
- Successfully compete in a sailboat race
- Safely capsize and right a dinghy and perform man-overboard-drill

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
Recommended Resources:

Learn to Sail Books

Sailboat Racing Books

Sailing Organizations
“35th America’s Cup.” [http://www.americascup.com/en/home.html](http://www.americascup.com/en/home.html). The America’s Cup is the longest continually contested trophy in international sport and the pinnacle of competitive match racing, the most recent series featuring seventy-two foot long flying catamarans. This is definitely a spectacle worth checking out.

Sailing in Boston
Courageous Sailing is on the Boston Harbor and offers a wide range of keel boat sailing classes and racing.
