

Students will work in pairs and be given stations on the boat. Each pair will rotate through the stations. For example: steering the boat, manning and controlling the sails.

Daily Schedule

9am to 10am: lesson, usually taught at the dock.

10am to noon: Pick our lunch destination and sail there with the Students manning their stations and sailing the boat under guidance

12 to 1pm: Lunch and free time

1pm to 2: ecology/science lesson

2pm to 4pm: sail back to dock, have Students dock and put away boat.

Students will be given a one hour dock lesson before they get on the boat. The morning lesson will include the weekly knot and the topics for that week. The morning and afternoon sail will work on the skill focus and the **after** lunch hour will cover the science focus. Students will be given a list of books to read about boats, sailing and adventure.

MONTH ONE

Week 1:

Knot - How to belay a cleat

Science focus - Wind

Topics covered - types of boats, basic commands and terminology

Skill focus - How to steer a straight course, how to use winches to control sails, tacking and gybing

Week 2 :

Knot - Bowline

Science focus - Tide and current, geology of the river

Topics covered - Points of sail and correct sail trim, tactics for sailing against tide, how do sails propel boat on different points of sail, attached flow

Skill focus - How to trim sails properly on different points of sail, how to do a safe gybe. At this point students will be sailing the boat themselves under supervision and the two boats, will race each other, forcing kids to hone their skills in a slightly competitive environment

Week 3:

Knot - Square knot

Science focus - meteorology, how to read clouds, barometric pressure, chart reading

Topics covered - Rules of the road, Navigation

Skills covered - How to plan a trip based on tide, current and wind

Week 4:

Knot - sheet bend

Science focus - River ecology, pollution, migratory patterns of fish, invasive species.

Topics covered - River safety

Skills covered - Man overboard drills, what to do in the event of a capsize, how to swim out of the tide, safe times to swim, basic first aid

MONTH TWO

For those students who are continuing with sailing camp for the second month the basic four week program will be the same but taught at a more advanced level. More skilled students will be teamed with beginners.

Week 5

Knot - figure eight knot

Topics covered - Advance sail trim, and how to control sail shape, how sails work together, how motor works, internal systems of the boat, how blocks work thru mechanical advantage

Skills covered - How to maximize power from the sails, how to use motor safely

Science focus - wind patterns throughout the world, and how they are affected by man

Week 6

Knot - truckers hitch

Topics covered - how to maximize boat performance by commanding the crew smoothly and effectively

Science focus - how of global warming affects river height, how salt line is affected by drought, how rain and storm surges affect river height and tide

Skills covered - How to maximize upwind performance with advanced sail trim, how crew weight and position affect performance.

Week 7

Knot - clove hitch

Topics covered - More in depth rules of the road, rules governing commercial vessels.

Science focus - Navigation: how to triangulate position, dead reckoning, navigation lights and how to read them

Skills covered - Chart reading, students will have a scavenger hunt using a chart science focus: How to predict storms based on clouds and barometric pressure

Week 8

Knot - slip knot

Topics covered - fire safety, what to do in collision, what to do if boat starts taking on water, role of the coast guard, how to use radio, how "epirbs" work, hypothermia

Skills covered - advanced life saving and rescue

Science focus - Current ecological problems, role of the Clearwater, problems at Indian Point, how the Riverkeeper Organization is fighting to keep the river clean

Weeks 9 and 10

These 2 weeks will be time for review and to allow the students to use all their skills to sail and race. Most of all have fun and enjoy the river.