

SAILBOATS UNLIMITED

ASA SAILING INSTRUCTION 101/103



Sailboats Unlimited offers a sailing program which combines and provides ASA certification for both Basic Keelboat and Basic Coastal Cruising. This is the introductory program which does not require any previous sailing experience. The course involves a three day program with both classroom but mostly on-the-water sailing instruction.

Although the boat will be returning to the marina both Friday and Saturday, students are welcome to stay onboard their boat to prepare and enjoy live aboard life. When successfully completed, students will be certified to skipper and crew a 20-30' sailing boat in moderate winds and sea conditions. Our next level course, ASA 104-Bareboat Chartering, can be combined into a five-day program for those students wishing a "fast-track" to enable more advanced chartering and cruising.

Sailboats Unlimited 's Coast Guard licensed Captain and certified ASA Instructor is very competent to prepare you for the sailing cruisers life. Significant attention is given to both developing critical strengths as well as to identify and assist you with overcoming concerns and weaknesses. The fundamental purpose will be for you to gain the necessary confidence and skills to enable you to begin the sailing life. To accomplish this, your program will generally proceed as follows:

FR1 : 8:00AM -10:00AM Classroom-Introduction to ASA 101 Standards:

- . Terminology and sailboat functions including parts, running rigging, Standing rigging, and equipment.
- . General sailing physics including sail trim and points of sail.
- . Introduction to marlinspike, navigation rules, sound signals, aids to navigation, safety equipment and running lights.

FR1: 10:15AM -6:00PM On Board:

- . Review of all classroom instruction on board and while underway.
- . Docking, line handling, and procedures for getting underway.
- . While underway, instruct and perform all sailing maneuvers including hoisting sails, sail trim, sailing points of sail, lowering and securing of sails.
- . Introduction & demonstration of crew overboard procedures.

SAT 8:00AM 3:00PM On Board

- Crew practices and demonstrates docking procedures.
- Crew practices and demonstrates sailing and general other underway procedures.
- Continued review of marlinspike, navigation rules, sound signals, & aids to navigation while underway.
- Crew practices and demonstrates crew overboard procedures.
- Lunch while underway.

SAT 3:30PM 6:00PM Classroom

- Review of ASA 101 Basic Keelboat Standards
- ASA 101 Exam
- Grading and review of ASA 101 exam

SUN 8:00AM -10:00AM Classroom-Introduction to ASA 103 Standards

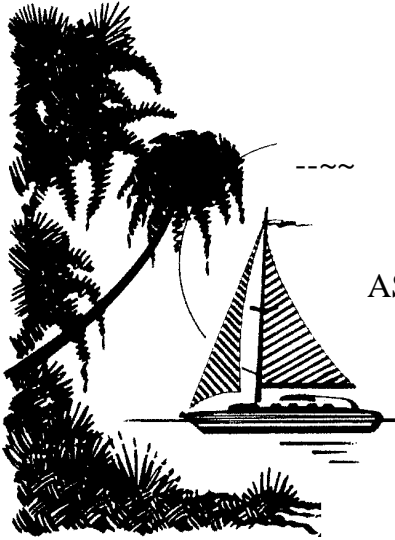
- Terminology, Federal required and ASA recommended gear and equipment, and general safety issues and procedures.
- General review of weather, on board responsibilities, and general seamanship.
- Introduction to anchoring procedures.

SUN 10:15AM-3:00PM On Board

- Review of all classroom instruction on board and while underway.
- Demonstration and crew practice of general boat handling under sail and under power.
- Crew practices and demonstrates crew overboard procedures.
- Demonstration and crew practice of reefing and heaving to.
- Demonstration and crew practice of anchoring.
- Lunch while underway.

SUN 3:30PM -6:00PM Classroom

- Review of ASA 103 Basic Coastal Cruising Standards
- ASA 103 Exam
- Grading and review of ASA 103 Exam



ASA 104 Bareboat Chartering (Intermediate Coastal Cruising)

Sailboats Unlimited offers a sailing program which provides ASA certification at the Bareboat Chartering level. This program requires prior certification in both ASA 101-Basic Keelboat and 103-Basic Coastal Cruising. The course involves a three day cruise from

Naples to the barrier Islands of Sanibel and Captiva. Students will be living aboard and sailing one of Sailboats Unlimited larger charter boats. When successfully completed, students will be certified to skipper a 30-50' sailing boat by day in coastal waters. For those new to sailing, the Bareboat Chartering course can be combined with both ASA 101 & 103 to provide a comprehensive five-day sailing program.

The Bareboat Chartering program will typically start on Friday morning and conclude Sunday afternoon; however, we can make accommodations during the week. While the student will be very busy with the extensive material to be covered, it is also intended that the joy and satisfaction of sailing be experienced. Our Coast Guard licensed Captain and certified ASA Instructor is very competent to provide you a safe but challenging cruising experience. Over the course of the three days, the program will generally proceed as follows:

FRIDAY

8:00AM-10:00AM Classroom - Planning the Cruise

- Boat systems, equipment, instruments, and general maintenance.
- Provisioning and fuel planning
- Navigation: Charts & routes

10: 15AM-11 :30AM On Board -Preparing To Be Underway

- Complete check lists including boat maintenance, provisions, systems, and equipment.

11 :30AM-6:00PM Underway to Sanibel Island.

While underway, crew will receive instruction, practice, and perform sailing skills related to:

- Sailing the boat under various conditions and points of sail.
- Operating on board systems and equipment.

ASA 104 Bareboat Chartering (Intermediate Coastal Cruising)

Underway to Sanibel Island -con't

- General navigation including laying the course utilizing plotting tools & compass, chart reading, dead reckoning, and more advanced levels of both rules & aids to navigation.

- Crew care and safety including meal planning and preparation, first aid, seasickness, man overboard procedures, and general comfort.

- Basic weather prediction, hazards, and related safety procedures for boat and crew.

Late afternoon, upon arriving in the Sanibel cruising area, the crew will anchor and enjoy the well deserved rest and onboard pleasure of the coastal cruiser .

SATURDAY

The crew will continue sail in the Sanibel and Captiva barrier island area. Throughout the day, instruction and practice continues enabling the student to develop the knowledge and seamanship techniques of the previous day. In addition, the crew is further introduced to:

- Assessing anchorage, rafting, and mooring conditions. Anchoring boat utilizing different types of anchors and procedures.

- Review and practice of man overboard methods.

- Maneuvering under power in docking situations and assessment of wind and current forces

- Engine maintenance, problems, and troubleshooting.

- Marlinspike

SUNDAY

The crew will set sail for the return trip to Naples. Along the way, sail trim, helmsman, and general seamanship skills will be further developed. Of particular importance, the return sail will also focus on review of the sailing knowledge and skill standards for Bareboat Chartering certification. Upon return to the dock and securing of the boat, students will take, be graded, and review the ASA 104 exam.