

| Area/Topic | Learn to Race | Intermediate Racer | Advanced Racer |
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| Course Foundations – Safety, Goals, Team Building | | | |
| Introduction, Goals, Team Building | Names, set tone, set goals, teamwork, etiquette club/SS rules, other expectations | Names, set tone, set goals, teamwork, etiquette club/SS rules, other expectations | Names, set tone, set goals, teamwork, etiquette club/SS rules, other expectations |
| Personal Safety | Safety and personal gear, swim check, dehydration, heat stress | Responsibility for safety on your boat | Review and check |
| Situational Safety | Capsizes, avoiding collisions, avoiding the boom, getting off the water quickly | Turtle recovery, weather and other hazards, hypothermia/heat stress | Person in water |
| Seamanship and Knowledge | | | |
| Sailing Knowledge | Basic parts of boat, basic points of sail, port, starboard, windward, leeward, basic courses | All parts of boat, all points of sail, sail controls, effect of heeling, laylines, rhumb line | Boat balance factors, sail shape, velocity made good, ladder rungs, clear air zones |
| Wind Awareness | Use mast pennant, telltales, flags to get velocity and approximate direction | Headers, lifts, sense wind direction using other boats, ripples on the water, smoke. | Apparent wind, expanding puffs, types of shifts, cloud effects, shore effects |
| Rigging and Tuning | Rigging, pre-sail checklist, tuning guide | Tuning to optimize performance – most conditions | Tuning to optimize performance - challenging conditions |
| Knots | Square knot, half hitch, figure eight, cleat hitch, bowline | Bowline, clove hitch, sheet bend, shorten a line, coiling, heaving. | Knots and straps for trailering |
| Boat Handling | | | |
| Departing and Returning | Leaving and returning to a dock in mild conditions, paddling, picking up a tow | Leaving and returning in challenging conditions, tying up to a dock or mooring | Review |
| Boat Handling | Sail on all points of sail, sailing in a straight line, holding tiller and sitting in boat, steering, weight placement, trimming/easing, recover from irons, hold safety position | Hiking, hand-over-hand sheeting, rudderless sailing, sailing backwards, slowing down, accelerating, penalty turns | Holding position, crabbing to windward |
| Tacking and Gybing | Basic tacking and gybing | Flat tack, roll tack, flat gybe | Roll tack, roll gybe, when to use flat vs. roll, heavy air tacks and gybes |
| Heavy Air and Waves | (10 mph winds) Depower with mainsheet, bail when not sailing | (15 mph winds) Depower with boards and sail controls, sail and bail, body weight movement | (20+ mph winds) Anticipate puffs, chop vs. waves, surf waves downwind, body weight movement |



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| Racing Skills | | | |
| Upwind Technique | Basic sail trim, puff response, board position | Angle of heel, steer to luff telltales, sail trim, ease-hike-trim, sail controls, balance | Constant adjustments, variations on ease-hike-trim, feathering, lull response, gears |
| Starting | Basic starting procedures | Line bias, traffic, find gap, judge line, recover from bad start | Variety of approaches, create/defend gap, hold lane after start |
| Upwind Strategy and Tactics | Sail the lifted tack in clear air, don't tack too much | Clear air, tack on headers, find pressure, avoid getting to layline early, monitor nearby boats, positioning, covering | Pre-race routine, priorities for different conditions, rotate focus, leverage, consolidating, crossing situations, covering, starboard advantage |
| Downwind Technique | Basic sail trim and balance | Body position, reverse heel, sail trim, avoiding capsizes | Sail by the lee, spinnaker handling, planing, surfing, trapezing |
| Downwind Strategy and Tactics | Sail to the mark on the headed gybe | Sail in pressure, up in lulls, down in puffs | Use apparent wind, sail the headed gybe, sail the long gybe, optimize VMG |
| Reaching technique and Tactics | Basic reaching sail trim | Raise board, sail to telltales, use vang and outhaul | Puffs and lulls, steering for balance |
| Reaching strategy | NA | Sail the rhumb line, clear air, inside position | Deviate from rhumb line when needed |
| Mark Rounding | Basic mark rounding technique, avoiding collisions | Fast rounding technique, judging laylines, clear air, mark room | Think ahead to next leg, seamanlike vs. tactical rounding, inside position, exit |
| Last Leg/Finishing | Identify finish line, avoiding collisions | Covering, shoot the line, starboard advantage | Favored end of finish line, tight vs. loose cover. |
| Competition Skills | | | |
| Racing Procedures and Rules | Basic racing procedures, flags, Rules 1,2, 10-12 and 14. | Racing rules - parts 2,3,4 | Racing rules – part 5 |
| Physical Fitness | Off-water physical activities | Fitness routines | |
| Sportsmanship, Teamwork, Mental Skills | Sportsmanship, attitude toward racing | Sportsmanship, attitude toward racing, goal setting, control emotion, skipper-crew teamwork | Sportsmanship, mental preparation, focus, risk taking, judgment, skipper-crew teamwork |
| Regatta Preparation | Regatta procedures and preparation | Regatta preparation, NOR/Sis, logistics, boat prep, lake knowledge, big fleets, launching, trailering, anchoring | |
| Team Racing | NA | Team racing | |