

# BASIC KEELBOAT PRACTICE ROUTINE

To advance to Basic Coastal Cruising level, we recommend the following regimen of practice drills. These drills should be practiced in light winds of 5-10 knots. **Docking practices should be at Marina Bay only. No practicing in Brickyard Cove.**

## **RECORD DATES OF THE FOLLOWING PRACTICE ROUTINES AS SKIPPER:**

1. Sail close hauled to within 35° degrees relative to the apparent wind. Pick an objective directly upwind and sail as effectively as possible toward it.
2. Do 20 tacks while sailing upwind.

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3. Do 20 controlled jibes.

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4. Sail by the lee, **without jibing**, for 5 minutes.

5. Do *at least* 5 man-overboard drills. 

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6. Do 10 dock departures and returns under power.
 

5 upwind dockings	<table border="1" style="display: inline-table;"><tr><td></td><td></td><td></td><td></td><td></td></tr></table>					
5 downwind dockings	<table border="1" style="display: inline-table;"><tr><td></td><td></td><td></td><td></td><td></td></tr></table>					

7. Reef 3 times in less than 10 knots of wind and in smooth water. 

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8. Heave To 3 times 

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9. Put the boat in irons and back out 5 times. 

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10. Know these knots:
  - Knots: Bowline, Cleat Hitch, Clove Hitch, Coil, Figure 8, Full Round & 2 Half Hitches, Square (Reef).

Note: These are minimum requirements. Do as many additional exercises as time allows, focusing on the areas you feel you need to improve.

Questions or problems doing these practice routines, please call the office at (510) 232-7999.

Safe & Fun Sailing To You!!!