



## ASA 101 Standard Course Syllabus

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This is the standard ASA Sailing Made Easy textbook reference syllabus used by the ASA Affiliate #598 for teaching four students the ASA 101 course.

### **Day 1 Lecture/Discussion (1 hr.):**

Introduction of ASA Affiliate and ASA Instructor  
Individual introduction of students and goals  
Introduction to ASA, position of 101 course in sailing, and logbook. Information  
Briefing on knowledge and skills testing procedures being used for certification  
Briefing on anti-pollution and plastic regulations  
Briefing on safety equipment and safe conduct  
Introduction to wind awareness and sails  
Briefing on Points of sail and apparent wind  
Introduction to naming parts of the keelboat  
How to determine if local conditions are suitable for departure

### **Day 1 On The Water (4 hrs.):**

Briefing on the marina organization and how to return  
Demonstrate safety procedures  
Teach figure 8 and cleat hitch  
Rig and prepare the sailboat for departure  
Practice the raising and lowering of sails  
Discuss undocking procedures, roles, and communications  
Instructor -Undock the boat and proceed under power  
Practice steering straight and steady  
Conduct wind awareness  
Raise sails  
Practice straight course helm and sail trim  
Practice coming about helm and sail trim  
Practice points of sail and standard commands  
Lower sails  
Ready the boat for arrival  
Review docking procedures and communications  
Instructor - Dock the boat  
Remove gear and clean the boat  
Secure the boat for being unattended

### **Day 2 Lecture/Discussion (1 hr.):**



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Review and questions from Day 1  
Discuss ColRegs terminology  
Present Powerboat ColRegs  
Present Sailboat ColRegs  
Illustrate ColRegs scenarios  
Discuss getting out of irons  
Discuss backwinding and heaving to  
Discuss single line and side tow procedures  
Teach all knots  
Determine if local conditions are suitable for departure

### **Day 2 On The Water (4 hrs.):**

Rig and prepare the sailboat for departure  
Practice the raising and lowering of sails  
Discuss undocking procedures, roles, and communications  
Student each undock and the boat  
Determine and proceed to sailing area for today  
Raise sails  
Practice sailing to destination  
Perform heave to  
Perform getting out of irons  
Ready the boat for arrival  
Review docking procedures and communications  
Student dock the boat  
Remove gear and clean the boat  
Secure the boat for being unattended



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### **Day 3 Lecture/Discussion (1 hr.):**

Review and questions from Day 1 and 2  
Discuss Federal and local regulations  
Discuss and illustrate required safety equipment and each use  
Discuss and illustrate required navigation lights for both sail and power boats  
Discuss Aids to Navigation IALA-B and local  
Illustrate navigation scenarios using the aids to navigation.  
Introduce and diagram the Crew Overboard Maneuver  
Determine if local conditions are suitable for departure

**Day 3 On The Water (4 hrs.) Note:** Indicate to the class that Day 4 will require all procedures to be accomplished under minimum Instructor coaching:

Skipper #1 - Rig and prepare the sailboat for departure  
Skipper #2 - Practice the raising and lowering of sails  
Skipper #3 - Discuss undocking procedures, roles, and communications  
Skipper #4 - Undock the boat and proceed under power  
Raise sails  
Discuss and the COB maneuvers  
Teach and demonstrate COB maneuvers  
Practice COB full procedure  
Verify ASA 101 logbook Skill element 44 COB  
Practice and review sail to destinations  
Skipper #4 Lower sails  
Skipper #3 - Ready the boat for arrival  
Skipper #1 - Review docking procedures and communications  
Skipper #1 - Dock the boat  
Remove gear and clean the boat  
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**Day 4 Lecture/Discussion (.75 hr.) Indicate that after this class the students will be on their own and that today will be conducted with minimum coaching.**

Review ASA Logbook items 4-52 answering or clarifying questions.  
Determine if local conditions are suitable for departure

### **Day 4 On The Water (3 hrs.)**

Skipper #4 - Rig and prepare the sailboat for departure

Skipper #3 - Practice the raising of sails

Review ASA 101 Logbook Items 1-3 at the boat with sails up

Skipper #3 Lower sails

Skipper #2 - Discuss undocking procedures, roles, and communications

Skipper #1 - Undock the boat and proceed under power

Raise sails

Test ASA 101 Logbook Skills elements 31-44

Skipper #3 - Ready the boat for arrival

Skipper #3 - Review docking procedures and communications

Skipper #3 - Dock the boat

Remove gear and clean the boat

Secure the boat for being unattended

### **Day 4 Written ASA-101 Test (1.25 Hrs.)**

Test is scored and reviewed

Certification is indicated in ASA Logbook.

Certification is submitted to ASA for processing