



YOUR GUIDE TO SAILSUPERIOR'S

BASIC SAIL

sailsuperior.com

LAKE SUPERIOR ADVENTURES

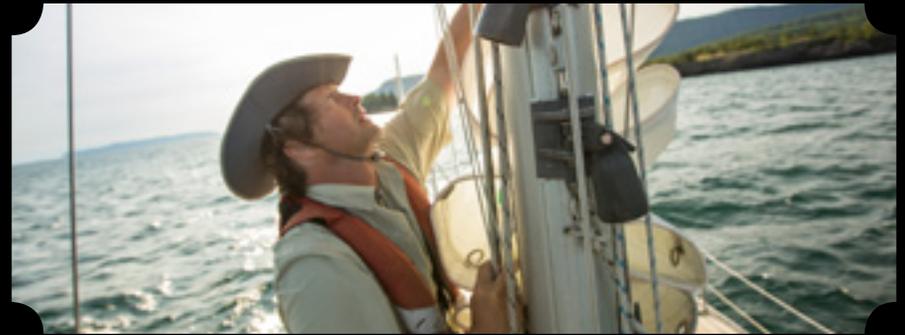
10 hours of fun-filled on the water training. No books, no tests, no homework. This course is for the beginner, anyone who just wants to see if sailing is for them.

THE COURSE

We supply life jackets, sailing gloves, boats and great instructors. Delivered over two days, this course is also the prerequisite for those of you wishing to join our Monday, Tuesday or Friday summer long clinics. If you like sailing and want to continue learning, you can use your 10 hours towards the first level ISPA certification course, the Competent Crew.

We recommend you pack a own lunch. Once we leave the dock we won't return until the end of the days' lessons. Bring a windbreaker, a fleece, and **non scuffing** runners or **closed-toe** sandals, Check the days weather - you might need protection from the rain or sun or both. Don't forget a hat, sunglasses and sunscreen.

Sail Superior Sailing School is recognized as a RBS (Recreational Boating School) by ISPA and Transport Canada. You will be provided an official log book to monitor your progress in becoming a safe and proficient boater, and proof of certification for sailing worldwide.



LOCATION

WHERE TO FIND US

We are located in the Marina Park, in the city of Thunder Bay, on Pier 3 near the Water Garden Pavilion and up from Bight Restaurant. New to Thunder Bay? [Here](#) are some driving directions from the highway.

PARKING

There's plenty of free parking right next to the boat, and one handicap parking spot within 10m/35ft of our facilities.

The Schedule

Day 1:

Start-0:15 Orientation - waiver forms and final payments aboard the sailboat. Gloves.

0:15-1:00 Parts of the sailboat - safe areas - proper use of gear. Life Jackets.

1:00-1:15 Leave the dock: Crew's role in docking.

1:15-2:15 First Crew overboard drill. Setting sails, adjusting sails, reefing sails, control lines.

2:15-4:15 Sailing all points of sail - "wind diagram".

4:15-4:45 Take the wheel sail/motor back while stowing sails and gear.

4:45-5:00 Talk about the things you learned on day 1.

Above subject to change as the instructor deems appropriate. We eat on the fly as time permits.

Day 2:

Start-0:15 Prep boat for departure. Leave dock

0:15-1:00 Points of sail and "wind diagram" review.

1:00-1:15 Second Crew Overboard drills.

1:15-3:15 Adjusting sails - reefing. Take the helm sail 360s and recover MOB pole, Tacking and Gybing

3:15-5:00 Practice Practice Practice, Return to dock.

Thinking about the weather? We will sail in everything but a torrential downpour or lightning. If it looks like rain - bring a rain jacket. Times are hours and minutes from start of course and not actual clock time. Verify your course start times!



QUESTIONS?

Have any questions about Basic Sailing? E-mail us or give us a call. Want to know more about our sailing clinics or what else Sail Superior.com has to offer? [Visit our website.](#)

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