

ASA 101 - KEELBOAT SAILING 1



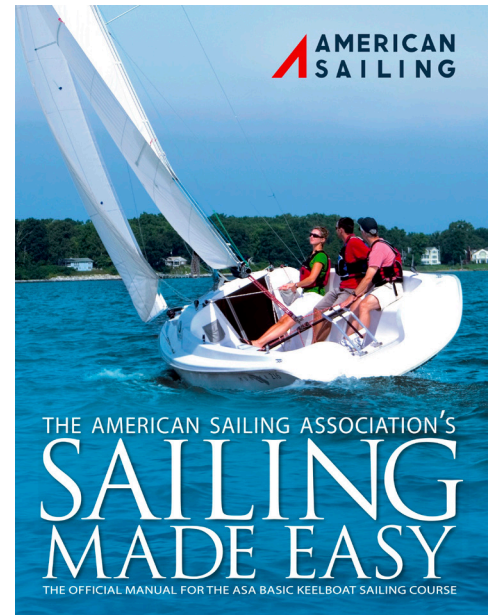
OVERVIEW:

Upon completing the ASA 101 Basic Keelboat Sailing course, you'll be equipped to skipper a sloop-rigged keelboat ranging from 20 to 27 feet in length, confidently navigating in daylight and in light to moderate conditions, with winds up to 15 knots. You'll master the essentials of sailing—everything from basic terminology and sail trim to helm commands, seamanship, and the all-important rules of navigation to keep you clear of hazards. The course covers the fundamentals of safe sailing, with auxiliary power operation as an added bonus. It's your ticket to a lifetime on the water.

PREREQUISITES:

- ASA 101 - Keelboat 1

And the ability to demonstrate competencies in all knowledge and skills elements of that Standard.



ASA 101 TEXTBOOK:
SAILING MADE EASY

STUDY MATERIALS:

- [Sailing Made Easy Textbook](#)
- USCG Navigation Rules & Regulations Handbook
- [A Boater's Guide to the Federal Requirements for Recreational Boats](#)

ONLINE CLASSES:

- [Online Intro to Sailing](#)

UPON COMPLETION:

You will receive the official ASA Logbook signed by your instructor, an ASA 101 Certification Sticker, and a 90-day trial [ASA Membership](#).

ASA 101 - KEELBOAT SAILING 1 STANDARDS



KNOWLEDGE:

BASIC SAILING TERMINOLOGY:

1. Describe and identify the following sailboat parts and their functions:

- Hull
- Deck
- Transom
- Keel
- Mast
- Boom
- Gooseneck
- Bow
- Stern
- Helm / Tiller / Wheel
- Rudder
- Cockpit
- Cabin
- Standing Rigging
- Shroud
- Spreader
- Chainplate
- Headstay / Forestay
- Backstay
- Stanchion
- Lifeline
- Pulpit
- Winch
- Cleat
- Block
- Fairlead
- Fender
- Docklines

2. Identify and describe the functions of the following sails, sail parts and sail controls:

- Mainsail
- Jib / Genoa
- Head
- Tack
- Clew
- Foot
- Luff
- Leech
- Downhaul / Cunningham
- Batten
- Batten Pocket
- Bolt Rope
- Hank
- Running Rigging
- Halyard
- Mainsheet
- Jibsheets
- Boom Topping Lift
- Boom Vang
- Telltale
- Outhaul
- Traveler
- Shackle
- Roller Furler

3. Define the following terms:

- Port
- Starboard
- Forward
- Aft
- Beam
- Ahead
- Astern
- Abeam
- Windward
- Leeward
- Draft
- Freeboard
- Heel
- Weather helm
- Skipper
- Helmsman
- Crew

ASA 101 - KEELBOAT SAILING 1 STANDARDS



KNOWLEDGE (CONTINUED):

MANEUVERS & POINTS OF SAIL:

4. Explain and identify using diagrams the following maneuvers, points of sail, and other terms:

- Head-to-Wind
- No-Sail Zone
- Closed Hauled
- Close Reach
- Beam Reach
- Broad Reach
- Run
- Sailing-by-the-Lee
- In Irons
- Luffing
- Port Tack
- Starboard Tack
- Tacking
- Jibing
- Stand-on
- Give-way

5. Explain and utilize correctly the following **helm commands** and *crew responses*:

- “Heading Up”
- “Bearing Away”
- “Ready About” -- “*Ready*” -- “Helms a-Lee” (or “Coming About” or “Tacking”)
- “Prepare to Jibe” -- “*Ready*” -- “Jibe-Ho” (or “Jibing”)

NAVIGATION RULES:

For items 6 through 12, describe, using diagrams as appropriate, the applicable rules for a 25-foot recreational sailing vessel, as found in the USCG Navigation Rules and Regulations Handbook. Identify the “stand-on” and “give-way” vessel in each situation.

6. Look-out, Rule 5.
7. Sailing vessels with the wind on different sides (starboard / port), Rule 12(a)(i)
8. Sailing vessels with the wind on same side (leeward / windward), Rule 12(a)(ii)
9. Sailing vessel on port tack cannot determine windward sailing vessel’s tack, Rule 12(a)(iii)
10. Overtaking (Rule 13)
11. Power-driven vessels approaching each other head-on (Rule 14)
12. Power-driven vessel with another power-driven vessel on starboard side (Rule 15)
13. Describe appropriate actions to be taken when sailing in the vicinity of commercial traffic, including responding to a danger signal.

AIDS TO NAVIGATION:

14. Identify and state the purpose of lateral aids to navigation by color, shape & numbering, including preferred channel markers.
15. Identify safe water, information and regulatory markers.

ASA 101 - KEELBOAT SAILING 1 STANDARDS



KNOWLEDGE (CONTINUED):

SAFETY GEAR & PROCEDURES:

16. List the federally required equipment for a recreational sailboat of 25-feet in length.
17. Identify the location and color of navigation lights used by a recreational vessel of 25-feet in length.
18. Describe the purpose of a Float Plan, give examples of information contained therein and to whom it should be submitted.
19. Describe when and to whom boating accidents must be reported.
20. State the Federal Blood Alcohol Content (BAC) limit for vessel operation.

SKILLS:

SAFETY EQUIPMENT:

21. Demonstrate the proper use of a lifejacket or personal flotation device (PFD).

SAILING:

A Certified Sailor has successfully demonstrated his or her ability to:

Rig/hoist/set sails safely and correctly to obtain proper sail trim using the following lines and controls, if available on the practice vessel

22. Halyards and/or furling devices
23. Downhaul or Cunningham
24. Outhaul
25. Boom Vang
26. Mainsheet
27. Jibsheet
28. Winches
29. Traveler
30. Lower/furl/stow sails and coil/flake/stow lines properly

ASA 101 - KEELBOAT SAILING 1 STANDARDS



SKILLS (CONTINUED):

Without coaching or assistance, verbalize appropriate commands and demonstrate competence, safety and good seamanship in the role of Skipper / Helmsman during the maneuvers listed in elements 31 – 42. Honor all aids to navigation and use properly the basic Navigation Rules. Ensure sails are trimmed correctly and the vessel is in control at all times.

31. Depart dock or mooring fully ready to get underway safely
32. Select and maintain a given tack and course
33. Demonstrate how to get out of “irons”
34. Head Up
35. Bear Away
36. Sail Close Hauled
37. Sail on a Close Reach
38. Sail on a Beam Reach
39. Sail on a Broad Reach
40. Sail on a Run
41. Tack
42. Jibe
43. As crew, give appropriate verbal responses and perform correct actions during the maneuvers listed above.

CREW OVERBOARD:

44. Describe and demonstrate the correct actions to be taken while under sail from the time a person falls overboard until safely recovered.

RETURN & SECURE:

45. Return to dock or mooring
46. Secure vessel, using appropriate mooring/dock lines, fenders, etc.

KNOTS:

Describe the purpose of, and construct without assistance in a timely manner, each of the following knots and hitches:

- | | | |
|------------------------|---------------------------------|-----------------|
| 47. Figure-8 Knot | 49. Clove Hitch | 51. Cleat Hitch |
| 48. Square (Reef) Knot | 50. Round Turn & 2 Half Hitches | 52. Bowline |