



BEST PRACTICES for Basic Learn-to-Cruise Students:

1. Finding the wind:

A number of techniques and practices can assist students determine where the wind is coming from including but not limited to the following:

- Look at flags, trees and smoke on shore
- Use the telltales (yarn) on the shrouds and/or backstay
- Use the wind indicator at top of mast
- Look at wind and waves on the water
- Feel wind on your face
- Which way are clouds moving?

2. Directionally challenged:

Some students are challenged with steering a boat for the first time especially when using a tiller

- Have students steer in a straight line at first, for instance on a reach
- Set up an obstacle course or use marks on the river as destination/turning points
- Get students to take helm in open water under power only to practice steering
- Coast up to a mark to give students appreciation for momentum of boat and make them realize that they cannot stop boat on a dime
- Use memory aids:

Heading Up: boat moves Towards the wind → Tiller moves Towards the sails

Bearing Away: boat moves Away from the wind → Tiller moves Away from the sails

3. Boat Acceleration / Deceleration

Out on the water while under sail, have students go into irons and then bear off again to close hauled a bunch of times to experience what happens to the boat (acceleration & deceleration). This also get's the student familiar with the "Close Hauled" point of sail.

4. Terminology:

New students are sometimes overwhelmed with all the new terminology they are exposed to.

- Ask students to review relevant sections in the student manual before attending class

- Review terminology on the boat and by visiting other boats around the harbor as opposed to in the classroom
- Do a quick review each day when arriving at the boat
- Perhaps use memory aids where possible
- Hand out diagrams for students to review
- Use the Standard to review terminology students are required to know

5. Husband/Wife dynamics and participation or overbearing personalities

- Set up a routine (i.e. assign positions) to rotate on a regular basis
- Keep husband/wife on different ends of boat/cockpit
- Ask and direct questions towards all students on the boat
- State from the beginning that the course is very much practically oriented and that everyone will be exposed to the different positions/roles on the boat and don't be afraid to make mistakes
- Practice slightly more challenging exercises or pose more difficult questions for those that have more knowledge

6. Anxiousness of being close to other boats.

Students tend to get anxious when they are close to other boats and are not confident of who has the right of way.

- Have students become more comfortable with stopping distance of the boat – use marks on the river while under power and then under sail
- Teach the Right of way rules (see #7)

7. Rules of the Road

- Use the “Pac-Man” teaching aid to demonstrate different “rules of the road”
- Get students to think about what colours they see or would see if nav lights were turned on:
 - ~ GREEN for GO (stand on vessel)
 - ~ RED for STOP (give way vessel)
- Constantly quiz students on the water, asking who has the right of way
- Use diagram or whiteboard on the boat to help explain rules

8. Anxiety about the Exam

- Exam Review nights - encourage your students to attend. Schedule and get them to reserve online
- Exam night – encourage your students to finish their certifications – there is a gift at the exam for those who attend. They need to reserve their exam night online by going to the AB website (www.advantageboating.com)
- Use the Standard as a guide for studying for the exam