



Helping Students Learn Points of Sail:

An important topic when teaching sailing is “Wind Awareness”. Getting the students to identify where the wind is coming from will help them with “points of sail”.

POINT OF SAIL → The Angle of your boat to the wind (is not dependent on sails)

Some ideas include:

- Get students to point where the wind is coming from while the helmsperson goes through 360 °
- Use yarn telltales on shrouds
- Give student “wind” homework – where ever you are, figure out where the wind is coming from
- Another exercise for the student – if walking pretend that you are a boat and figure out what point of sail you are on
- Ask students to close their eyes and point to where the wind is coming from
- Use teaching aids: Pac-man and whiteboard

Other suggestions:

- Focus on wind awareness
- Go through the points of sail without the sails up when out on the water
- Constantly emphasize where the wind is coming from (repeat, repeat, repeat)
- Use different aids – people learn differently
- Don’t use or minimize use of the wind indicator at the top of the mast