

The Maryland School of Sailing and Seamanship

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ASA 103 Basic Coastal Cruising Course

Texts provided to students:

- *Nav Rules* book

References not provided to students:

- *ASA Sailing Fundamentals* by Gary Jobson (from ASA 101 Course)
- *Federal Requirements for Recreational Boaters* (from ASA 101 Course)
- *Docking Techniques* by Tom Tursi (from ASA 101 Course)

Summary of Course:

This is a four day sail training course conducted aboard a cruising type sailing yacht of 30 feet or more in length. Primary emphasis in the training will be the hands-on skills needed to safely and competently operate sailing vessels of this size under both sail and power. Sailing knowledge topics will be covered by pre-course reading assignments and review discussions during the course.

ASA 103 certification requires achieving the standards outlined in the *ASA International Logbook* and a written exam.

Instruction will normally be conducted starting at 9:00 am until about 5:00 pm with a lunch break on board, so it's necessary for students to pack a lunch. The yacht will be berthed at its home dock for the evening, and students may sleep on board and utilize the marina facilities.

The sequence of instruction is generally as follows although this may be varied to accommodate changing weather conditions.

- Day 1:
 - Inspection of yacht and equipment terminology, description and function.
 - Equipment lists.
 - Docking techniques and operation under power.

- Sail deployment and handling.
- Navigation rules for collision avoidance.
- Review of text study materials.
- Day 2:
 - Docking practice.
 - Points of sail training including tacking, gybing and sail trim.
 - Review of text study materials.
- Day 3:
 - Docking practice.
 - Man Overboard rescue drills under power and sail.
 - Anchoring procedures.
 - Knots
 - Review of text study materials.
- Day 4:
 - Docking practice.
 - Sailing practice.
 - Filling procedures for fuel and water tanks.
 - Pumpout procedures for holding tank.
 - Review of text study materials.
 - ASA 103 written exam.
 - Boat cleanup and departure.

Pre-Course Preparation:

In order to achieve maximum benefit from the hands on training aboard the yacht during the course, students are advised to read all of the text materials provided before coming to the course. This will allow more time during the course to practice essential hands on skills and for discussion and clarification of selected knowledge topics. Study the following portions of the texts:

- *ASA International Logbook: ASA 103 Student Standards*
- *ASA Sailing Fundamentals: Pages 135 to 209 and the Review Questions at the end of each chapter.*

- *Federal Requirements for Recreational Boaters: All*
- *Docking Techniques: All*

Policy Statements:

- Zero Tolerance Drug Policy: No illegal drugs or substances are allowed aboard the vessel to be used for this course. This vessel maintains a zero tolerance policy. The owner and operators of this vessel will not tolerate possession or use of illegal drugs by anyone while onboard this vessel. You are required to sign a statement acknowledging understanding and compliance with this policy.
- Smoking: We prefer that no smoking take place at any time aboard the yacht used for this course. However, if you must smoke, please do so only on deck on the leeward side. No smoking is permitted below decks at any time.
- Head Use: When in port, please use the toilets and showers in the marina. The yacht toilets may be used when underway and during sleeping hours.

Student Arrival:

Students may arrive the evening before the published first class day and sleep aboard the yacht to be ready for start of training on the morning of the first class day. Please notify the school office in advance of your intended arrival date and time and whether you intend to sleep aboard this first night.