

MYCBC Education Program

1. MYCBC Cruising

Objective

To provide information and training that will assist our members to cruise safely in our Pacific Northwest Waters. Presented at Club Nights, workshops and informally on all our Cruises.

1. Passage Planning
2. Tide Gates
3. Motor Sailing
4. MacGregor Specific Sailing 101

2. MYCBC Confidence Cruises

Cruise Objectives:

- Short on-the-water group sails that build confidence in different areas of seamanship
- Everyone sails together on-board member host boat(s) in a controlled environment.
- Host boats must be equipped with full safety gear, and operate with full ballast at all times.
- All participating members must wear PFD's at all times.
- Maximum of six members per boat.

1. Night Sailing

1. Conducted during one or all of our annual Summer Cruise's.
2. Go onboard at night with other members for a short night sail.
3. Experience sailing at night.
4. Practice navigation lights recognition, basic do's and don't.

2. Securing for the Night (On and Off the Hook)

1. Conducted once annually during the summer months. Day-sail between 10:00-15:00.
2. Anchoring: (under power and sail)
3. Mooring Balls: (under power and sail)
4. Dock Lines:

3. MacSkills – B.O.A.T. 101 (Basic Operation And Techniques)

1. During this 4 hour on the water day sail, we will review most key aspects of general seamanship and basic safety, along with practical hands-on participation that include; casting off and docking, boat handling and piloting, navigation, marine etiquette, VHF radios, and an introduction to sailing and boat balance. We also review the differences between the late model sport hulls (X, M) that allow planning ability and higher speeds verses the displacement hull models (S, D).
2. We highly recommended this 4 hour day sail for people who are new to boating, new to sailing, but also for those who have previous keel boat experience so as to understand the functions of adjustable keels and retractable rudders and water

ballast verses lead keel ballast. This session is also a prerequisite for those wanting to sail with us on our MacFoulie. This is not a substitute for certified instruction.

3. Participants will sail on a member's boat with a sail coach in the early spring in the protected waters of Indian Arm. Sign up is first come first serve (maximum 5 participants) on the MYCBC website MacSkills page under MacEvents Calendar

4. MacSailing

1. During this 4 hour on the water day sail, we will focus only on the "Sailing Aspects" of a Macgregor. With practical hands-on participation that include;
 1. Boat Balance (Heel & Helm, Reefing)
 2. Sail Shape (Lift, Draft & Twist, Shape Tools)
 3. Points of Sail (Sail Position, Reaching & Running)
2. We highly recommended this 4 hour day sail for people who are new to sailing, but also for those who have previous keel boat experience so as to understand the functions of adjustable keels and retractable rudders and water ballast verses lead keel ballast. We recommend that participating members have previously sailed with us on our "MacSkills" session in preparation for a MacSailing, or have previous sailing experience This session is also a prerequisite for those wanting to sail with us on our MacFoulie. This is not a substitute for certified instruction.
3. Participants will sail on a member's boat with a sail coach in the spring in a location to be determined. Sign up is first come first serve (maximum 5 participants) on the MYCBC website MacSailing page under MacEvents Calendar
4. Members must have completed the MacSkills Cruise or have equivalent experience as determined by the sail coach.
5. Priority will be given to full Members over Trial Members.

5. Fall Mac Foulie

1. We focus the day on sharing foul weather sailing strategies, techniques, and preventive measures one might consider using when encountering inclement weather conditions while underway, including; wet, cold, strong wind, high waves, reduced visibility, safety and overboard emergencies.
2. During this day-sail we share heavy weather concepts and apply practical techniques using standard equipment found onboard most MacGregor boats that may help us better understand the principles of boat balance, sail reefing and trim, piloting, and general seamanship that go well beyond the basic fundamental skills that we explore during our BOAT-101 session. (Basic Operation and Techniques)
3. Participants will sail on a members boat with a sail coach. Sign up is first come first serve (maximum 5 participants) on the MYCBC website MacFoulie page under MacEvents Calendar.
4. This "Open Water" MacFoulie day-sail is not recommended as a first time experience on the MacGregor water ballast trailer sailboat, or the first time being under sail. We recommend that participating members have previously sailed with us on our "MacSkills" and "MacSailing" sessions or have equivalent experience as determined by the sail coach. This is not a substitute for certified instruction.

5. Priority will be given to full Members over Trial Members.
 6. first Saturday/Sunday in October, Open Water – Advanced techniques. Suggested location English Bay. Focus on advanced techniques in bigger waters. Conducted in weather that may be inclement and require foul weather gear.
- 6. Women's Only Confidence Cruise**
1. This on the water women's only session is part of our "Confidence Cruise Series".
 2. It is a unique opportunity created specifically for our woman club members to spend time together on the water with other women, and with a woman sail coach (when possible).
 3. We highly recommend this sail for women of all experience levels, so no previous boating or sailing experience is required, and members with extensive sailing experience will also enjoy participating in the fun. This is a stand-alone Confidence Cruise, meaning there are no prerequisites required.
 4. **This 4 hour day sail on a MacGregor will be tailored by the sail coach to match the specific needs of the group onboard that day. There is however a general outline that will cover various aspects of the MacGregor boat, as well as some tips on basic boating and safety. We encourage everyone onboard to have fun while learning, and for those that wish, plenty of opportunity for some hands-on participation including; casting off and docking, boat handling and piloting under power, basic sailing and boat balance, marine etiquette, VHF radios, and more!**
 5. Participants will sail on a member's boat with a sail coach. Sign up is first come first serve (maximum 5 participants) on the MYCBC website Women's Confidence Cruise page under MacEvents Calendar.
 6. **This is not a substitute for certified instruction.**

3. MYCBC Regatta Safety-Sail

Objective:

- Safety maneuvers are often done under pressure and this fun exercise will help build skills and confidence.
- This exercise will help ensure safety equipment is always easily accessible and in good working order.
- To compete in a fun sailing exercise that encourages members to understand and complete four (4) specific safety maneuvers while underway and being timed.
- Refresh member's knowledge and application of:
 - 1) Emergency Anchoring.
 - 2) Crew Over Board.
 - 3) Mainsail Reefing.
 - 4) Heave To
 - 4) VHF Communication.