Learning to Sail at

Clearwater Community Sailing Center
Clearwater Community Sailing Center

I am learning to sail at the Clearwater Community Sailing Center.

This sign means the Clearwater Community Sailing Center is a safe place for everyone.

1001 Gulf Boulevard  Clearwater, FL 33767  (727) 517-7776
I can use this calendar to know which days I will be sailing on. First, I will write the date for each day of the month with a water based marker. Then I will attach the Clearwater Community Sailing Center logo to the days that I will sail.

You will need to cut out these logos. Put a small dot of velcro in each calendar box and on the backs of the logos.

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Inside the Clearwater Community Sailing Center is the office. It is a small space. People who want to go sailing come in the office to schedule a boat. They might sign up for sailing classes. They might want to buy a sailing shirt or a snack.

When I’m in the office, I will try to:

- Wait quietly if I need help
- Keep my hands at my sides
- Tell the person working in the office what I need
- Step outside when I am done
Signing Up for Sailing

Before I can go sailing, I need to sign up.

The sailing instructor will talk with us.

Sometimes the instructor is a man. Other times the instructor is a woman.

The sailing instructor will explain the rules for sailing.

They will tell when class meets and what supplies are needed.

They will tell how much it will cost.

There could be some papers to read or sign.
Signing Up for Sailing

While we are signing up for sailing, I will try to:

- Listen carefully
- Ask questions if I have any
- Stay seated at the table or desk
- Agree to follow the rules
Learning to Sail

Part of learning to sail will happen in class.

The instructor will explain things to the class.

Class members will sit at the tables.

They will listen, watch and ask questions.

I will be a class member.

I will listen, watch and ask questions, too.
Learning about the Wind

The wind is what makes a sailboat move across the water.

It is important to understand the wind in order to sail a boat.

The instructor will explain about the wind.

The instructor will draw pictures and write words about the wind.

We will use books that explain about the wind.
Learning about Knots

In order to sail a sailboat, it is important to know how to tie knots.

Ropes are tied to the sailboat. They keep the sails in the right place to move the boat across the water.

The instructor will teach how to tie knots.
Getting Ready to Sail

There are many sailboats at the Clearwater Community Sailing Center.

We might sail one of these boats.

We might sail a different one.

First, we move the boat to the water.

Then we get ready to sail.
Wearing a Life Jacket

Everyone who goes sailing needs to wear a life jacket.

They help people who fall in the water to stay afloat.

Wearing a life jacket keeps people safe while sailing.

To put on a life jacket:

- Put both arms through the armholes.
- The opening goes in front.
- If the lifejacket has a zipper, pull it all the way up.
- If it has buckles, snap them all.
- Ask for help if you need it.
Raising the Mainsail

In order for the boat to move on the water, the mainsail must be up.

It must be positioned so the wind can push the sailboat.

When the mainsail is in the right position, it is tied to the boat with knots.

It is important to follow directions from the sailing instructor when raising the mainsail.
Getting on the Sailboat

Once the mainsail is raised, the sailboat can go into the water.

We guide it into the water....

...and climb aboard the trampoline.
Going for a Sail

Things to remember while on the water:

- Stay seated and hold onto the sailboat
- Keep your life jacket on
- Stay calm if the sailboat capsizes
- Watch out for other boats and sea life
If the sailboat tips over, it’s called a capsize.
Sailboats can capsize because of many reasons.
It is important to know what to do if the boat capsizes.
Righting a Capsize

Climb onto the hull of the sailboat.

Use the rigging of the mainsail to hold yourself up.

Lean back while pulling on the mainsail.

When the mainsail is parallel to the water, check the rigging for damage.

Reach for the rear crossbeam as the sailboat surfaces.

When the boat is upright, check the riggings and sails again for damage.
Returning to Land

When sailing is finished, it is time to return to land.

The sailboat is dragged back on shore. It is ready to be docked.

All these things must be done before I can leave.

The instructor will remind me what to do.

The sails are taken down.
The University of South Florida
Center for Autism
and Related Disabilities
1-800-333-4530
(813) 974-2532
http://card-usf.fmhi.usf.edu
http://learningcurve.fmhi.usf.edu/index.asp

Created for the Clearwater Community Sailing Center by