**What should you be teaching your sailors and when?**

The more you coach, the more you will intuitively know the next logical step for your sailors. This list will help you while you’re learning the ropes and planning your lessons.

Level 1 – Learn to Sail

* Steering (straight to a buoy, sculling, tow line)
* Tacking (figure 8)
* Holding the tiller extension
* Double handed sheeting
* Gybing (sausage course, control gybes)
* Sailing Upwind
* Sailing Downwind
* Rigging & de-rigging
* Points of Sail
* Knots – figure 8
* Capsizing

Level 2

* Body position and boat balance
* Rounding a mark
* Stopping and starting
* Finding close haul
* Getting out of irons
* Knots – reef knot, bowline
* Improving upwind

Level 3

* Going around a race course
* Completing a 360
* Starting a race
* Increasing speed
* Adjusting sail for points of sail
* Tell tales
* Accelerating
* Right of way rules
* Sail Controls