



AS-104 Bareboat Cruising syllabus

This document offers suggestions for the instructor leading the AS-104 Bareboat Cruising certification class. The class runs over two weekends. On the first weekend, class is from 9:30 to 16:30 on both days. On the second weekend, class runs from 17:00 Friday to 16:30 Sunday. The second weekend is a two-night, 48-hour “cruise.” Students stay on the boat at the Spinnaker docks Friday night leading into the second weekend.

Weekend 1

- Saturday — Do boat and equipment checks. Sailing/anchoring/docking practice.
- Sunday — Select second weekend cruise destination; make assignments for provisioning, reservations; assign homework. Sailing/anchoring/docking practice in port.

Sailing/anchoring/docking practice

- Docking bow-in, side tie, Med tie.
- Maneuvering under power.
- Anchoring — One anchor, Med tie.
- Crew overboard rescue — at least two methods under sail, also under power.
- Reefing.
- Heaving to.

Homework: Each student should create waypoint-by-waypoint cruise plan from Spinnaker marina to destination.

- Possible cruise destinations: South Beach, Sausalito, Oakland Jack London Square, Alameda, Clipper Cove, Angel Island, Horseshoe Cove, Richmond, Berkeley, South Berkeley Cove; Pier 39.

Weekend 2

Cruise of at least 48 hours.

- Friday evening/night on board at Spinnaker dock — Do boat check out in the evening.
- Saturday — cruise to central SF bay.
- Saturday evening/night at venue in central SF bay.
- Sunday cruise back to RWC — Clean up boat, including pump-out, before final docking.
- Use stove at least once.
- Costs for food and overnight fees for second weekend to be split among everyone on board.

Boat check out items

- Engine Daily Checklist
- Engine Weekly Checklist
- First Aid Kit
- Stove operation
- Head
- Electronics
- Hull
- Rigging
- Sails

- Safety/legal
- Anchor system
- Emergency steering

Skills to practice

Docking and maneuvering

1. Side tie docking; bow-in docking; med-tie.
2. Backing up.
3. Back and fill.

Anchoring

Anchor using one anchor. Discuss how/why to use two anchors. Practice Med-tie.

Sailing

Work on points of sail, heading up and bearing away, reefing & crew overboard. Each student must be able to use at least **two** different methods of Crew Overboard under sail.

Navigation

- Establish a dead reckoning position using time, speed and direction from previous position/fix.
- Establish a fix using compass bearings.
- Use electronic navigation tools .

Knots

BKS knots and BCC knots plus Trucker's Hitch.

Destination Info

- South Beach Harbor in San Francisco (415) 495-4911
(Online form at [https://sfport.com/files/2023-06/Guest Transient Form.pdf](https://sfport.com/files/2023-06/Guest%20Transient%20Form.pdf)).
- Schoonmaker Point Marina in Sausalito 415 331-5550.
- Clipper Yacht Harbor, Sausalito 415 332-3500.
- San Francisco Marina 415 831-6322.
(Online form at <https://sfrecpark.org/1228/Marina-Yacht-Harbor>)
- Oakland Marinas including Jack London 510 834-4591.

Suggestions for what to bring for overnight.

- Bedding or sleeping bag including pillow
- Sailing gear such as gloves
- Hat
- Foul weather gear
- Sunscreen
- Sunglasses, etc.
- Water bottle
- Provisioning items as assigned.

AS-104 Bareboat Cruising written exam

The AS-104 written test must be taken in person at Spinnaker. Students may schedule it by sending an email to the office and telling them when they'd like to take it.

There is no classroom time for this class. Students are responsible for all material in the AS-104 course materials, including in Bareboat Cruising Made Easy, plus all knowledge and skills required for AS-101 and AS-103.

This document last updated: April 5, 2026.