



## **Instructor guide for the Maneuvering and Docking endorsement, AS-118**

This document is a guide to teaching Maneuvering and Docking, AS-118, at Spinnaker Sailing. Instructors should consider what follows as advice on how to teach this class as they develop their means and style.

The course consists of one two-hour Zoom session on a Thursday evening and one On-the-Water session from 9:30 a.m. to 4:30 p.m. on a weekend day following the Zoom session. By the end of the course, students should be able to maneuver a sailboat in port with confidence in varying circumstances.

Student success in the course involves mastering certain theoretical knowledge about how sailboats maneuver and mastering a number of techniques on the water. Students will prove their theoretical knowledge by passing a written (multiple-choice) test. They will show their maneuvering proficiency to the instructor during the course's on-the-water session. The test should take students about an hour and they should schedule that test at their convenience with the Spinnaker Sailing office.

### **Zoom Classroom**

Students are expected to read the textbook, "Docking and Maneuvering Made Easy," before the start of the Zoom session. The Zoom session consists largely of the instructor guiding students through the review questions Spinnaker has created as a study aid for the written test.

# On the water

## Line handling — 20 min.

This takes place on land outside Spinnaker Sailing's office.

The instructor guides students through three exercises...

- Coiling a line without kinks.
- Heaving a line at least 20 feet.
- Tying the knots required for this course:
  - Cleat hitch
  - Clove hitch
  - Round turn and two half hitches
  - Cow-horn hitch (see illustration in instructional images)

## Engine — 20 min.

On the boat, the instructor guides students through starting the engine...

- Ensure engine fluids are good.
- Electrical power on.
- Power cord disattached from boat.
- Engine started and cooling water verified.
- Go over operation of engine controls and gauges.
- Test transmission...
  - Put motor in forward gear at idle. Observe water motion off stern.
  - Put motor in reverse at idle (stopping for a beat in neutral!). Observe water flow off port side (none!). Observe water flow off starboard (lots!).
  - Discuss prop walk.

## Preparing to cast off — 20 min

Instructor guides students through setting up ducklines to cast off from aboard.

- Remove downwind lines as necessary.
- Active dock lines looped around dock cleats.
- Dock line handler aboard holding bitter end of dock line and the other part of the line with slack taken out. This makes it much easier to cast off by letting the bitter end run.
- Dock line handler should have three points of contact with boat. Standing with support or on knees, for example.

Instructor discusses roles dock line handlers...

- Dock line handlers hold lines until told to cast off.
- Dock line handler's pull line clear on command to "Cast off."
- Dock line handlers shout "bow line clear" or "stern line clear" when line is off cleat.
- Dock line handlers ensure no lines are in the water.

Instructor discusses role of skipper at helm...

- Skipper reviews with crew how he/she expects to undock.
- When everyone is in position, skipper *asks* crew if everyone is ready to cast off. (Posing this as a question usually avoids the common error of dock lines being cast off when the skipper says “prepare to cast off.”)
- Skipper, with aid of crew, verifies there’s no traffic in the way.
- Skipper tells crew to cast off. (Note: Depending on the situation, sometimes all crew will cast off all lines simultaneously. Other times, the skipper will ask crew to cast off specific lines individually.)
- Skipper motors carefully out of the slip avoiding hitting dock fingers while turning.

### **Activities under way — About 5 hours under way, with break for lunch partway through**

The following activities can be done in any order the instructor chooses.

#### **Docking**

Instructor guides students through multiple docking and undocking situations...

- Docking and undocking at side tie with bow into wind.
- Docking and undocking with bow into slip, using prop walk and spring lines to advantage.
- Docking and undocking at side tie with wind onto dock, using spring lines to undock two ways. Assume boats fore and aft limit motion along dock.
- Docking and undocking with wind off slip, using aft-led spring line to dock. Assume boats fore and aft limit motion along dock.
- Mediterranean docking. Simulate an anchor drop or assume dock has a slime line.

#### **Maneuvering**

Instructor guides students through multiple maneuvers...

- Stopping with bow at a mooring. (Instructor can use COB buoy as mark.)
- Drive forward, stop and reverse in a straight line.
- Back in a straight line from a standing stop.
- Standing turn/back and fill.
- Figure-8 in forward gear around two marks. Instructor can use two COB buoys as marks.
- Figure-8 in reverse around two marks.