

BVBC-MHPYC Women on the Water Program Overview

The Bay View Boat Club and Mariposa Hunters Point Yacht Club program is run by dedicated vulture members of the BVBC and MHPYC of San Francisco, CA> The lessons take place inside the cove between Pier 50 and Pier 54 where the water is protected and calm. This area of the Port is roughly 15 acres in size and is well protected from conditions of San Francisco Bay.

Close monitoring, instruction and guidance are provided on the water by sailing instructors riding in the boat with you or in safety boats. The students are constantly close at hand and are encouraged to no sail if they feel uneasy about it. The motto is "is in doubt, don't go out."

This saying is stressed over and over again during the preliminary on-short chalk-talks where we discuss safety and seamanship.

The classes emphasize safety-conscious FUN sailing, considering weather, tides, traffic, etc at all times. Besides learning general seamanship like knots and equipment care, students learn boat nomenclature, rigging, boat handling, proper upwind sailing, tacking, downwind sailing, jibing, teamwork and sportsmanship.

There are a total of 2 program days, each starting at 10:00 AM and ending at 3:00 PM.

By checking the Program Overview box on the website, I confirm that I have read and understand the program and all terms and conditions.

The Program

The 2 days are organized in a way so that the participants can build upon skills, both on land and water, with plenty of time to practice on the water. Our goals for the WOW program is to have students at many levels participate at their own pace and to improve overall skills at each meeting time. There will be opportunities for more advanced students to challenge themselves on the water with different boats - FJ boats, lasers, and power boats. Also, the program is set up in a way that not only do we have wonderful volunteers who will be helping with guidance and coaching, and also, we encourage peer to peer support as well.

WOW's classroom time is geared to the novice and beginner student who has done a little sailing and is familiar with the parts of a boat and sail. The land classroom begins with review of nautical terminology, handling sheets and sails when tacking and jibing. Learn basic sail shape when wind direction and strength changes. Learn boat rigging and knots, i.e. figure eight, bowline, and square knots. How much is covered on one given day will depend on what will be covered on the other days.

The Sailboats and Boats

- Class material:
 - Our class reference book, “The Handbook of Sailing: A Complete Guide to All Sailing Techniques and Procedures for the Beginner and the Experienced Sailor” will be provided. You will also receive your own personal sailing journal for keeping notes, contacts and progress.
 - Must wear a Coast Guard approved life vest, Personal Floatation Device, rated for their weight
 - Must wear closed toe shoes, hat, and sunscreen
 - Please bring a bagged lunch. We also recommend bringing a towel and change of clothing. ▪
- The non-refundable fee for one or both days is \$75 which includes your text and journal, the use of the Bay View and Mariposa boats, and plenty of small group and individual coaching.