

## How to get started sailing at Cal Sailing

We are getting back to a "normal" sailing regimen, with instructors in the same boats as students, and with rated members able to go out with one other person independent of household or vaccination status. Our lessons still have limited capacity, and there is a lot of demand, so we are still requiring signups. We are no longer offering regular Ground School, and we do not require that you pass a Rigging Test in order to take lessons.

New members should become familiar with the COVID procedures in effect. These are described on the [Club Home Page](#) (scroll down to Limited Reopening). You should also subscribe to the [Announcements List](#) to get the latest information and changes.

### Lessons

Lessons are offered Saturday mornings and Monday and Thursday afternoons. Signup is required for all lessons. Watch the Announcements list for details including signup instructions. Note that low tides may affect when lessons are offered.

### Saturday Lessons

These are normally offered from 10am to 1pm every Saturday but may be at a different time due to low tides. There will be several lesson periods, and you sign up for one of them. The specific periods for a given Saturday will be in that week's announcement. You should be dressed and ready to go when your lesson period starts, including a wetsuit (the Club provides these). You will most likely be in a boat with an instructor. Please let us know when you sign up if you won't be comfortable sailing in a boat with an instructor, we will work to accommodate.

### Monday and Thursday Lessons

These are normally offered from 1pm on, with several lesson periods depending on instructor availability. The specific periods and signup instructions will be in the lesson announcement. You should be dressed and ready to go when your lesson period starts, including a wetsuit (the Club provides these). You will be in a boat with an instructor, and if you are in the first period, you should help inspect and rig the boat.

### Saturday Lessons Rigging Party/Practice/Volunteer Opportunity

A group will get boats inspected and rigged Saturdays beginning at 9am so that they are ready to go by lesson start. This is a good way to learn and practice rigging, get a rigging test, and earn work hours. Please contact [sat\\_am\\_lessons@cal-sailing.org](mailto:sat_am_lessons@cal-sailing.org) if you are interested in helping get boats in the water for lessons.

### If you are new to sailing

Start out by taking lessons and consider joining the Saturday morning Rigging Party. As you advance your skills, look into the [requirements for Sailing Ratings](#). You can decide whether to go for the Junior rating right away, or get a Novice rating to go out and practice your skills on your own or with another Club member. During your lesson, you can talk with your instructor