

# Learn to Sail Competency Checklist



Student: \_\_\_\_\_

## **Sailing Element**

### **Criteria**

#### *Preparation*

- Knows appropriate clothing to suit conditions
  - Can identify and use appropriate safety equipment
  - Understand the need for protection from environmental elements
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#### *Boats and Equipment*

- Able to rig boat with assistance
  - Able to rig boat unassisted
  - Identify the commonly used parts of the boat
  - Identify all parts of the boat
  - Demonstrate correct boat, sailing gear and sail care
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#### *Ropework*

- Can tie a figure of eight knot
  - Can tie a bowline
  - Can tie a clove hitch
  - Can tie round turn and two half hitches
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#### *Safety and Emergencies*

- Perform capsize recovery in shallow water
  - Perform capsize recovery in deep water
  - Participate in single boat towing
  - Participate in multiple boat towing
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#### *Skills and Techniques*

- Able to launch and recover boat with assistance
  - Able to launch and recover boat unassisted
  - Correctly tack
  - Correctly gybe
  - Correctly stop the boat
  - Demonstrate correct crewing methods on all points of sail
  - Demonstrate correct helming methods on all points of sail
  - Demonstrate correct sail setting methods on all points of sail
  - Demonstrate correct centreboard positions on all points of sail
  - Demonstrate correct weight positioning on all points of sail
  - Successfully sail a windward/broad reach course
  - Successfully sail a triangle and windward/leeward course
  - Use tiller extension during all manoeuvres
  - Can perform man overboard recovery
  - Can perform heave to
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#### *Sailing Theory*

- Port/starboard
  - Windward/leeward
  - Overtaking vessels
  - Identify and apply the basic sailing rules while sailing
  - Explain the points of sail
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#### *Weather and the Environment*

- Identify wind direction and strength
  - React by showing an understanding of gusts and lulls
  - Able to source weather forecasts
  - Show an awareness of local tidal conditions
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Instructor: \_\_\_\_\_ Date: \_\_\_\_\_