

COMMENTS

Date: _____ Instructor: _____

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Sailing is Fun!



www.bcsailing.bc.ca

I Can Sail

Optimist Level 1

Name: _____



BC Sailing

Tel: 604.333.3628

www.bcsailing.bc.ca

I Can Sail

Ashore Skills

I tried

I can

Safety Rules

Clothing

Compass and Bearings

Code Flags

Name: Sail

Boom

Mast

Daggerboard

Rudder

Airbags

Mainsheet

Sprit Pole

Battens

Tiller & Extension

Boom Vang

Finding wind direction

Afloat Skills

I tried

I can

Holding the tiller extension

Double-handed sheeting

Sculling

Towing

Tacking: Preparing to tack

Pushing the tiller & ducking

Switching sides

Hand exchange

Gybing: Preparing to gybe

Pulling the tiller & ducking

Switching side

Hand exchange

Capsizing: Righting the boat

Climbing in over the stern

Bailing