

## COMMENTS

Date: \_\_\_\_\_ Club: \_\_\_\_\_

Instructor: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Club: \_\_\_\_\_

Instructor: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Club: \_\_\_\_\_

Instructor: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

*Sailing is Fun!*



[www.bcsailing.bc.ca](http://www.bcsailing.bc.ca)

# White Sail 1

Name: \_\_\_\_\_



**BC Sailing**

Tel: 604.333.3628

[www.bcsailing.bc.ca](http://www.bcsailing.bc.ca)

# White Sail 1

## Ashore Skills

I tried

I can

PFD vs. Lifejacket

Clothing

Identify wind direction

Name: Main sail

Jib

Mast

Boom

Rudder

Centreboard

Tiller & Extension

Mainsheet

Jib Sheet

Boom Vang

Knots: Figure 8

Bowline

Coiling

## Afloat Skills

I tried

I can

Rig & de-rig

Stop the boat

Launch and dock/beach

Right a capsized boat

### **Skippering skills:**

Hold the tiller extension

Steer in a straight line

"Crab Claw" sheeting

Tacking and Gybing:

Push tiller and duck

Back foot across

Sit down then switch hands

### **Crewing skills:**

Tacking and gybing:

Switch jib

Face forward when switching sides

Pull vang over