

COMMENTS

Date: _____ Club: _____

Instructor: _____

Comments: _____

Signature: _____

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Sailing is Fun!



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BC Sailing

Tel: 604.333.3628

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White Sail 3

Name: _____



White Sail 3

Ashore Skills

I tried

I can

Hypothermia signs and treatment

Lateral buoyage system

Local geographic hazards

Sources of local weather info

Local weather hazards

Identify parts of the boat

Describe function of parts

Identify sail anatomy

Different types of sailboats

Sailing rules

Start sequence

Minimum required equipment

Knots:

Sheet bend

Aussie bowline

Afloat Skills

I tried

I can

Paddle a boat 30m

Towing

Crew overboard

Sail by the lee for 90m

Heeling to assist steering

Sail trim to assist steering

Skipper/crew communication

Dry roll capsize

Roll tacking

Skippering skills:

Sheeting flick to coil sheet

Frying pan grip in light wind

Sighting in tacks and gybes