



WHITE SAIL I - AFLOAT		WHITE SAIL I - AFLOAT SKILLS										EVALUATION								
		Self-Recovery					Wind	Boat Handling			Balance	<p><i>Instructor fills in with comments and WS I or WS I IP. NOTE: IP stands for "In Progress". IP is used when the sailor has not demonstrated all skills consistently, or they do not have the required hours of training (10). Sailors usually spend 10 hours minimum on WS I before moving on to WS II.</i></p> <p><b>A sailor must demonstrate all skills consistently in order to challenge WS I and move on to WS II in under 10 hours.</b></p> <p><b><i>**This sheet is only intended to be a teaching tool - consult the Performance Objectives prior to awarding a CYA standard!**</i></b></p>								
		20%					5%	30%			5%									
		Avoid Turtling	Check the crew	Maintain a grasp of the boat	Crew to bow	Skipper to daggerboard	Sailboat kept head to wind	Right boat under control	Quick entry over the transom area	Bail sailboat	Recover paddles and bailer		Identify the wind direction	Describe 4 ways to identify wind direction	Perform simple sheet adjustments	Prevent luffing	Perform simple rudder adjustments	Maintain a straight course (2 mins)	Maintain a balanced boat	Get in a boat at a dock
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