WS II - ASHORE

White Sail Level Two

A rough timing guide is included only as a suggested way to weigh an instructor's delivery of the curriculum

	First & Last Name	Date of Birth (d/m/y) Timing *Required	WHITE SAIL II - ASHORE SKILLS																																
			Knots		Parts of Hull													Rigging Items										Sails								
			5%		5%													5%										5%								
			Tie a rolling hitch in 10 sec	Tie a sheet bend in 10 sec	Hull	Bow	Stern	Transom	Fairlead	Rudder	Daggerboard/ Centreboard	Tiller	Tiller Extension	Auto bailer	Painter	Hiking Strap	Mast	Boom	Block	Shackle	Cleat	Shroud	Boom Vang	Traveller/Bridle	Spreader	Forestay	Goose Neck	Mainsail	Jib Sail	Mainsheet	Jib Sheet	Main Halyard	Jib Halyard	Battens		
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Date:	
Wind speed :	
Training Hours:	
Boat Type:	

Instructor fills in boxes with:

ND = not demonstrated

D = demonstrated

DC = demonstrated consistently

WHITE SAIL II - AFLOAT SKILLS

WS II - AFLOAT	Leave a Dock (5%)				Return to a Dock (5%)					Helming Skills (30%)															Crewing Skills (25%)				Sail by Lee (5%)			Waves (2%)		Terminology (3%)				Recovery of a Turtled Boat (10%)									EVALUATION
	Skipper identifies the wind direction	Good route planning & control	Proper skipper commands	Crew assists skipper	Good route planning & control	Proper skipper commands	Sails are lowered prior to docking	Approaches head to wind	Soft contact with dock	Beating	Running	Tacking	Gybing	Stopping	Hiking	Luffing	Close Reach	Beam Reach	Broad Reach	Starboard Tack	Port Tack	Bearing Away	Heading Up	Irons (Head to Wind)	Sail Trim	Boat Trim	Daggerboard	Lookout	Describe Sailing by the Lee	Skipper maintains a straight course	Crew prevents the boom from gybing	Identify the four types of wave conditions	Identify the wind speed given waves	Point to windward	Point to leeward	Point to the skipper & crew	Point to the helmsperson	Check the crew	Maintain grasp of the boat	Crew to bow	Skipper grasp jib sheet to right	Skipper to dagger/centerboard	Sailboat kept head to wind	Right boat under control	Quick entry over transom area	
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Instructor fills in with comments and WS II or WS II 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 (20). Sailors usually spend 20 hours minimum on WS II before moving on to WS III. **A sailor must demonstrate all skills consistently in order to challenge WS II and move on to WS III in under 20 hours. **This sheet is only intended to be a teaching tool - consult the Performance Objectives prior to awarding a CYA standard!*

IMPORTANT: Keep a copy and send a copy to your PSA after the session is complete. CYA and PSAs are establishing a database of participants in sailing.

Instructor Signature: _____ #_____

Instructor Signature: _____ #_____

Instructor Signature: _____ #_____