White Sail Level Three

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

WS III - ASHORE

WHITE SAIL III - ASHORE SKILLS

		Date of Birth (d/m/y)	Buoys				Parts of Hull				Rigging Items				Parts of the Sail										Foils				Types of Boats						CYA		Hypothermia			Hazards		Weather	
		Timing	4%				5%								5%										3%				2%						2%		5%			2%		2%	
	First & Last Name	*Required	Port Hand	Starboard Hand	Fairway	Isolated Danger	Thwart	Mast Step	Buoyancy Tank	Centreboard Line	Cotter pin	Clevis pin	Shroud Adjuster	Split Ring	Luff	Leech	Foot	Head	Clew	Tack	Batten Pocket	Bolt Rope	Hanks	Cringle	Pintle	Gudgeon	RudderBlade	Rudder Head	Cat Rigged	Sloop Rigged	Keelboat	Centreboard	Catamaran	Sail Board	NSO, PSO, Classes, Clubs & Schools	Describe CYA and LTS levels	Explain hypothermia and its causes	3 ways to min. hypothermia	2 rules for treating hypothermia	List 3 geographic hazards	List 3 navigation hazards	List 3 sources of weather information	List 3 warning signs of weather
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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 III - AFLOAT SKILLS

WS III - AFLOAT	Leave a Dock 2%				Return to a Dock 2%						Mooring 2%					Overboard 2%		Towing 2%						Sail by Lee 3%		Out of Irons 5%		Paddling 2%		Helming Skills… 25%									
	Skipper identifies the wind direction	Good route planning & control	Proper skipper commands	Crew assists skipper	Good route planning & control	Proper skipper commands	Crew assists skipper	Sails are lowered prior to docking	Approaches head to wind	Soft contact with dock	Good route planning & control	Proper skipper commands	Crew assists skipper	Approaches head to wind/close hauled	Stopped at mooring	Keep crew in sight	Stop boat to leeward of crew	Safety receive and cast off line	Tie towline to secure point	Steer towards the motor	Crew weight low and aft	Centreboard half way up	Follows towing vessel's commands	Maintains a straight course for 90 meters	Crew prevents the boom from gybing	Crew backwinds the jib	Skipper steers the proper direction	Paddle single-handed 30 m without a rudder	Boat remains within 3 m of the track	Beating	Running	Tacking	Gybing	Stopping	Hiking	Luffing	Sail trim	Close reach
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IMPORTANT: Keep a copy and send a copy to your PSA after the session is complete.

CYA and PSA are establishing a database of participants.

WHITE SAIL III - AFLOAT SKILLS																										EVALUATION
...Helming Skills						Crewing Skills							Self Recovery (from turtle position)													
						20%							5%													
Beam reach	Broad reach	Starboard tack	Port tack	Bearing away	Heading up	Sail trim	Lookout	Gybing	Tacking	Daggerboard	Boat trim	Boomvang	Check the crew	Maintain a grasp of the boat	Crew to bow	Skipper rights boat to capsize position	Skipper grasp jib sheet to right	Skipper to dagger/centreboard	Sailboat kept head to wind	Right boat under control	Quick entry over transom area	Bail sailboat	Recover paddles and bailer			***Instructor fills in with comments and WS III or WS III 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 (30). Sailors usually spend 30 hours minimum on WS III before moving on to BR IV.**A sailor must demonstrate all skills consistently in order to challenge WS III and move on to BR IV in under 30 hours. **This sheet is only intended to be a teaching tool - consult the Performance Objectives prior to awarding a CYA standard!****

Instructor Signature _____ # _____

Instructor Signature _____ # _____

Instructor Signature _____ # _____