

# COMMENTS

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

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

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Sailing is Fun!



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

# I Can Sail

## Optimist Level 1

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



BC Sailing

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# I Can Sail

## Ashore Skills

I tried

I can

Safety Rules



Clothing



Compass and Bearings



Code Flags



Name: Sail



Boom



Mast



Daggerboard



Rudder



Airbags



Mainsheet



Sprit Pole



Battens



Tiller & Extension



Boom Vang



Finding wind direction



## Afloat Skills

I tried

I can

Holding the tiller extension



Double-handed sheeting



Sculling



Towing



Tacking: Preparing to tack



Pushing the tiller & ducking



Switching sides



Hand exchange



Gybing: Preparing to gybe



Pulling the tiller & ducking



Switching side



Hand exchange



Capsizing: Righting the boat



Climbing in over the stern



Bailing