

# COMMENTS

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

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

\_\_\_\_\_

\_\_\_\_\_ Signature: \_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_ Signature: \_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_ Signature: \_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_ Signature: \_\_\_\_\_

Sailing is Fun!



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

# I Can Sail

## Optimist Level 1

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



**BC Sailing**

Tel: 604.333.3628

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

# 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