

COMMENTS

Date: _____ Instructor: _____

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Sailing is Fun!



I Can Sail

Optimist Level 2

Name: _____



BC Sailing

Tel: 604.333.3628

www.bcsailing.bc.ca

I Can Sail

Ashore Skills

I tried

I can

Rigging for Speed: Sprit pole

Boom vang

Outhaul

Sail ties

Mainsheet

Mast rake

Twists in preventor

Windex

Rigging for Safety: Mast Tie Down

Tow line

Bailers

Airbags

Boom bridle

Mainsheet length & hook

Daggerboard line

Paddle

Afloat Skills

I tried

I can

Double-handed sheeting

Body Position

Stopping and Accelerating

Hiking

Tacking: Hand exchange

Footwork & jump

Heeling

Gybing: Hand exchange

Footwork & jump

Pulling mainsheet

Heeling downwind

Bearing off

Heading up

Daggerboard position

On the starting line at go

Racing rules