

COMMENTS

Date: _____ Club: _____

Instructor: _____

Comments: _____

Signature: _____

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Sailing is Fun!



www.bcsailing.bc.ca

White Sail 1

Name: _____



BC Sailing

Tel: 604.333.3628

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White Sail 1

Ashore Skills

I tried

I can

PFD vs. Lifejacket

Clothing

Identify wind direction

Name: Main sail

Jib

Mast

Boom

Rudder

Centreboard

Tiller & Extension

Mainsheet

Jib Sheet

Boom Vang

Knots: Figure 8

Bowline

Coiling

Afloat Skills

I tried

I can

Rig & de-rig

Stop the boat

Launch and dock/beach

Right a capsized boat

Skippering skills:

Hold the tiller extension

Steer in a straight line

"Crab Claw" sheeting

Tacking and Gybing:

Push tiller and duck

Back foot across

Sit down then switch hands

Crewing skills:

Tacking and gybing:

Switch jib

Face forward when switching sides

Pull vang over