



WS III - AFLOAT	WHITE SAIL III - AFLOAT SKILLS																				
	Leave a Dock	Return to a Dock	Mooring	Overboard	Towing	Sail by Lee	Out of Irons	Paddling	Helming Skills...												
	2%	2%	2%	2%	2%	3%	5%	2%	25%												
1	Skipper identifies the wind direction																				
2	Good route planning & control																				
3	Proper skipper commands																				
4	Crew assists skipper																				
5	Good route planning & control																				
6	Proper skipper commands																				
7	Crew assists skipper																				
8	Sails are lowered prior to docking																				
9	Approaches head to wind																				
10	Soft contact with dock																				
11	Good route planning & control																				
12	Proper skipper commands																				
13	Crew assists skipper																				
14	Approaches head to wind/close hauled																				
15	Stopped at mooring																				
16	Keep crew in sight																				
17	Stop boat to leeward of crew																				
18	Safety receive and cast off line																				
19	Tie towline to secure point																				
20	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																				

**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)			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. <b>**This sheet is only intended to be a teaching tool - consult the Performance Objectives prior to awarding a CYA standard!**</b>														
			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 capsized 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 Signature \_\_\_\_\_ # \_\_\_\_\_  
Instructor Signature \_\_\_\_\_ # \_\_\_\_\_  
Instructor Signature \_\_\_\_\_ # \_\_\_\_\_