

COMMENTS

Date: _____ Instructor: _____

Comments: _____

Signature: _____

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Comments: _____

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*Raise your sail one foot and you get
ten feet of wind. Chinese Proverb*



www.bcsailing.bc.ca

I Can Sail Level 4-5

Name: _____



ROYAL VANCOUVER YACHT CLUB

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www.royalvan.com

I Can Sail

LEVEL 4

Ashore Skills	I tried	I can
Weather	<input type="checkbox"/>	<input type="checkbox"/>
Flotation	<input type="checkbox"/>	<input type="checkbox"/>
Chart	<input type="checkbox"/>	<input type="checkbox"/>
Whipping a line	<input type="checkbox"/>	<input type="checkbox"/>
Eyesplice	<input type="checkbox"/>	<input type="checkbox"/>
Backsplice	<input type="checkbox"/>	<input type="checkbox"/>
Heaving	<input type="checkbox"/>	<input type="checkbox"/>
Terminology	<input type="checkbox"/>	<input type="checkbox"/>
Sail Theory	<input type="checkbox"/>	<input type="checkbox"/>
Sail Shape	<input type="checkbox"/>	<input type="checkbox"/>
Afloat Skills		
Sail Trim	<input type="checkbox"/>	<input type="checkbox"/>
Beating	<input type="checkbox"/>	<input type="checkbox"/>
Reaching	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>
Tacking	<input type="checkbox"/>	<input type="checkbox"/>
Gybing	<input type="checkbox"/>	<input type="checkbox"/>
Bearing Away	<input type="checkbox"/>	<input type="checkbox"/>
Heading Up	<input type="checkbox"/>	<input type="checkbox"/>
Self-Rescue	<input type="checkbox"/>	<input type="checkbox"/>
Rudderless	<input type="checkbox"/>	<input type="checkbox"/>
Backwards Sailing	<input type="checkbox"/>	<input type="checkbox"/>
Motorboat Driving	<input type="checkbox"/>	<input type="checkbox"/>

LEVEL 5

Ashore Skills	I tried	I can
Stepping a Mast	<input type="checkbox"/>	<input type="checkbox"/>
Epoxy Repair	<input type="checkbox"/>	<input type="checkbox"/>
Repairs and Maintenance	<input type="checkbox"/>	<input type="checkbox"/>
Anchoring	<input type="checkbox"/>	<input type="checkbox"/>
Trapeze	<input type="checkbox"/>	<input type="checkbox"/>
Spinnaker Terminology	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate Spinnaker Procedure	<input type="checkbox"/>	<input type="checkbox"/>
Sail Theory	<input type="checkbox"/>	<input type="checkbox"/>
Afloat Skills		
Sail Trim (all points of sail)	<input type="checkbox"/>	<input type="checkbox"/>
Boat Trim (all points of sail)	<input type="checkbox"/>	<input type="checkbox"/>
Planing	<input type="checkbox"/>	<input type="checkbox"/>
Surfing	<input type="checkbox"/>	<input type="checkbox"/>
Right a capsized boat	<input type="checkbox"/>	<input type="checkbox"/>
Spinnaker	<input type="checkbox"/>	<input type="checkbox"/>
Anchoring	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE KEEP THIS CARD AND BRING IT TO YOUR
NEXT SAILING LESSON.