

Start Sailing 1



Sailing Element	Criteria
Preparation	<input type="checkbox"/> Knows appropriate clothing to suit conditions <input type="checkbox"/> Can identify and use appropriate safety equipment <input type="checkbox"/> Demonstrate an understanding of the need for protection from environmental elements
Boats and Equipment	<input type="checkbox"/> Able to rig boat with assistance <input type="checkbox"/> Identify the commonly used parts of the boat
Ropework	<input type="checkbox"/> Can tie a figure of eight knot
Safety and Emergencies	<input type="checkbox"/> Perform capsize recovery in shallow water <input type="checkbox"/> Participate in single boat towing
Skills and Techniques	<input type="checkbox"/> Able to launch and recover boat with assistance <input type="checkbox"/> Correctly tack and stop the boat <input type="checkbox"/> Successfully sail a windward/broad reach course <input type="checkbox"/> Paddle boat around a marked course
Sailing Theory	<input type="checkbox"/> Port/starboard <input type="checkbox"/> Windward/leeward <input type="checkbox"/> Overtaking vessels
Meteorology and Tides	<input type="checkbox"/> Identify wind direction <input type="checkbox"/> Able to source weather forecasts

Instructor Signature _____

Date _____

Start Sailing 2



Sailing Element	Criteria
Preparation	<input type="checkbox"/> Knows appropriate clothing to suit conditions <input type="checkbox"/> Can identify and use appropriate safety equipment <input type="checkbox"/> Able to perform basic pre-sailing warm up
Boats and Equipment	<input type="checkbox"/> Able to rig boat unassisted <input type="checkbox"/> Identify all parts of the boat <input type="checkbox"/> Can tie a bowline, clove hitch, round turn and two half hitches <input type="checkbox"/> Demonstrate correct boat, sailing gear and sail care
Safety and Emergencies	<input type="checkbox"/> Perform capsize recovery in deep water <input type="checkbox"/> Participate in multiple boat towing
Skills and Techniques	<input type="checkbox"/> Able to launch and recover boat unassisted <input type="checkbox"/> Demonstrate correct crewing, helming and sail setting methods while sailing on all points of sail <input type="checkbox"/> Correctly gybe <input type="checkbox"/> Successfully sail a triangle and windward/leeward course <input type="checkbox"/> Can perform man overboard recovery <input type="checkbox"/> Use tiller extension during all manoeuvres <input type="checkbox"/> Demonstrate correct centreboard positions on all points of sail <input type="checkbox"/> Can perform heave to
Sailing Theory	<input type="checkbox"/> Identify and apply the basic sailing rules while sailing <input type="checkbox"/> Port/starboard, windward/leeward, overtaking vessels, avoid collisions, commercial vessels and power/sail <input type="checkbox"/> Explain the points of sail
Weather and the Environment	<input type="checkbox"/> Identify wind direction and strength <input type="checkbox"/> React by showing an understanding of gusts and lulls <input type="checkbox"/> Able to source weather forecasts <input type="checkbox"/> Show an awareness of local tidal conditions

Instructor Signature _____ Date _____

Better Sailing



Sailing Element	Criteria
Preparation	<input type="checkbox"/> Knows appropriate clothing to suit conditions <input type="checkbox"/> Can identify and use appropriate safety equipment <input type="checkbox"/> Able to perform basic pre-sailing warm up and stretches
Boats and Equipment	<input type="checkbox"/> Able to rig boat to suit the conditions <input type="checkbox"/> Identify all parts of the boat and sails <input type="checkbox"/> Demonstrate correct boat, sailing gear and sail care <input type="checkbox"/> Correctly rig spinnaker and trapeze (where applicable)
Safety and Emergencies	<input type="checkbox"/> Perform capsize recovery of inverted boat <input type="checkbox"/> Participate in multiple boat towing
Skills and Techniques	<input type="checkbox"/> Launch and recover boat safely in all wind directions <input type="checkbox"/> Correctly roll tack, roll gybe, sail the boat backwards <input type="checkbox"/> Set sails to advantage <input type="checkbox"/> Successfully sail both a trapezoidal and slalom course <input type="checkbox"/> Come alongside another vessel/pontoon <input type="checkbox"/> Use spinnaker efficiently (optional) <input type="checkbox"/> Use trapeze safely (optional) <input type="checkbox"/> Maintain a position at a mark
Sailing Theory	<input type="checkbox"/> Identify controls used to adjust sail shape <input type="checkbox"/> Correctly adjust sail shape to suit conditions <input type="checkbox"/> Apply the basic sailing rules while sailing a course in a fleet <input type="checkbox"/> Identify common buoyage requirements relevant to local area
Weather and the Environment	<input type="checkbox"/> Identify wind shifts <input type="checkbox"/> React by showing an understanding of gusts and lulls <input type="checkbox"/> Able to source weather forecasts <input type="checkbox"/> Show an awareness of current tidal conditions & identify tidal flow while on the water

Start Racing



Sailing Element	Criteria
Preparation	<input type="checkbox"/> Prepare and use a tuning and sailing log <input type="checkbox"/> List appropriate sailing specific fitness and warm up exercises
Boats and Equipment	<input type="checkbox"/> Able to rig boat for optimal performance in current conditions <input type="checkbox"/> Mark all sail controls to enable accurate setting <input type="checkbox"/> Set up mast to suit crew and conditions (optional)
Safety and Emergencies	<input type="checkbox"/> Can perform over the gunwale capsize recovery <input type="checkbox"/> Be able to jury rig running rigging and tiller
Skills and Techniques	<input type="checkbox"/> Demonstrate an understanding of starting procedures <input type="checkbox"/> Identify line bias and favoured end <input type="checkbox"/> Able to control boat speed at starts <input type="checkbox"/> Perform starts in accordance with start signals <input type="checkbox"/> Mark roundings are performed efficiently <input type="checkbox"/> Understand boat trim, balance & centreboard position on all legs of the racing course
Racing Theory	<input type="checkbox"/> Demonstrate an awareness of basic aerodynamics theory <input type="checkbox"/> Adjust sail shape in response to changing conditions <input type="checkbox"/> Show an understanding of the importance of teamwork <input type="checkbox"/> Observe rules covering starting, mark rounding, overlaps, penalties, on same tack, on opposite tacks and obstructions while racing <input type="checkbox"/> Identify common race course configurations and scoring systems
Weather and the Environment	<input type="checkbox"/> Identify wind shift patterns, lifts and knocks <input type="checkbox"/> React to wind shifts to gain advantage <input type="checkbox"/> Be aware of sea breeze and land breeze patterns

Instructor Signature _____ Date _____



Better Racing

Sailing Element	Criteria
Preparation	<input type="checkbox"/> Maintain a tuning and racing log <input type="checkbox"/> Understand appropriate training programs including fitness and on water training <input type="checkbox"/> Identify short/medium/long-term goals <input type="checkbox"/> Demonstrate an understanding of injury management <input type="checkbox"/> Be able to develop a time management plan <input type="checkbox"/> Record a pre-regatta and regatta plan
Boats and Equipment	<input type="checkbox"/> Able to rig boat for maximum performance in current conditions <input type="checkbox"/> Be aware of rig and sail combinations best suited to individuals
Safety and Emergencies	<input type="checkbox"/> Can raft up with support boat between races
Skills and Techniques	<input type="checkbox"/> Identify line bias and favoured end and develop starting plan <input type="checkbox"/> Able to control boat speed to advantage at starts <input type="checkbox"/> Use wind shifts for tactical advantage <input type="checkbox"/> Boat trim, balance, centreboard position and sail adjustments utilised consistently on all legs of the racing course <input type="checkbox"/> Engage in two boat tuning
Racing Theory	<input type="checkbox"/> Identify wind patterns to determine favoured side of course & develop a race plan <input type="checkbox"/> Demonstrate offensive positioning of the boat in relation to others <input type="checkbox"/> Use a compass to determine line bias, wind patterns and timings <input type="checkbox"/> Tactical considerations shown with boat positioning at starts, mark roundings and on all legs of the course <input type="checkbox"/> Able to use Racing Rules to gain tactical advantage
Weather and the Environment	<input type="checkbox"/> Venue geographic influences, wind patterns and tidal effects are identified

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