

The following skills are to be tested on the boat and water for mastery. Modules are designed to be taken in sequence but it is not necessary. To attain mastery level, the student should be able to perform the skills safely and generally mistake-free - judged on a basis that is appropriate for an experienced crew. Student performance may be influenced by wind speed and direction, water conditions and air temperature.

<p>MODULE 1 – Knowledge</p> <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Chart Reading and Orienting: Identification of landmarks, working knowledge of symbols and local channels, Club sailing area. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Aids to Navigation: Identify channel markers, regulatory markers and other navigational aids, hazards, shallow areas, shipping channels specific to New York Harbor. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Anchoring: Where to anchor, preparation, anchoring plan, sequence of maneuvers, setting anchor, raising anchor. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Navigation Rules (Rules of the Road): Use of the rules to avoid collisions under sail, and under power (where applicable), sound signals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Local Traffic: Familiar with types local traffic and their standard routes in NY Harbor <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Tide and Current Effects: Tidal range and local current pattern in NY Harbor. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Weather: Local and seasonal patterns, weather update sources. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> VHF Operation: Working channel selection, communication, emergencies, show others how to use radio. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Personal Equipment: PFD fit and servicing, footwear and clothing. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Towing: Accepting and offering assistance, setting tow line, steering while being towed. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Storm Preparation: Boat preparation, club protocols. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Trip Planning: Sailing conditions, speed with current, range and crew abilities. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Skipper Agreement: Responsibilities, liability, club reservation system, sailing times, sailing conditions, checking in/out, incident reporting, penalties for not returning before a storm or darkness. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Club Protocols: Guest, Fleet Captain program, towing, anchoring, etc. 	<p>MODULE 2 – Boat Equipment and Boat Handling Under Power</p> <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Legal and Safety Equipment Requirements: USCG requirements and other safety equipment <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Preparing to Sail: a) recognizing and forecasting basic weather conditions, b) boarding boat, c) rigging sails, halyards, sheets, winches (optional rig for spinnaker), d) pre-sail check: safety and legal equipment, crew indoctrination. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Basic Knots: Stopper knots, clove hitch, bowline, sheet bend, cleat hitch, round turn and 2- half hitches, sheet bend, square knot. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Outboard Motor: Fueling and safety, controls, operation and troubleshooting, <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Leaving Dock: Determining wind direction and strength, determining current direction and strength, departure plan, VHF operation, crew communication <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Docking: Steering with tiller, leaving and returning to dock. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Maneuvering in Confined Area: Simulated area. 360 turns, starting, stopping, moving astern. Helmsman/crew coordination and communication, boat handling, avoiding obstacles, right-of-way. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Returning to Dock: Approach plan, boat handling, use of glide zone, securing to dock (use of spring lines), rocking the boat, docking in reverse. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Securing Boat: De-rig sails, fold/furl sails, stow equipment, clean and secure boat. <p><input type="checkbox"/> = More practice, <input type="checkbox"/><input type="checkbox"/> = OK, <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> = Great</p>
<p>_____ Coach (Signature)</p> <p>_____ Coach (Print) – (dd/mm/yy)</p>	<p>_____ Coach (Signature)</p> <p>_____ Coach (Print) (dd/mm/yy)</p>

MODULE 3 – Sailing Skills

- ☐ ☐ ☐ **Preparing to Sail:** a) recognizing and forecasting basic weather conditions, b) boarding boat, c) rigging sails, halyards, sheets, winches, (optional rig for spinnaker) d) Pre-sail check: safety and legal equipment, crew indoctrination.
- ☐ ☐ ☐ **Leaving Dock:** Determining wind direction and strength, determining current direction and strength, departure plan, VHF operation, crew communication
- ☐ ☐ ☐ **Raising Sails:** Crew communication, setting initial sail controls, housekeeping.
- ☐ ☐ ☐ **Starting, Stopping, and Speed Control:** Luffing sails, No-Go zone, getting out of irons, backing jib, steering backwards onto a specified tack, heaving-to, sail trim, helmsman/crew coordination and communication.
- ☐ ☐ ☐ **Sail Trimming:** Demonstrate proper adjustments for main sheet, jib sheet, outhaul, Cunningham, halyard tension, boomvang, backstay, traveler, jib leads and rig tune.
- ☐ ☐ ☐ **Upwind and Tacking :** Steering, course heading, sail trim, use of winches, body movement, helmsman/crew coordination and communication.
- ☐ ☐ ☐ **Downwind and Gybing:** Steering, course heading, sail trim, use of winches, body movement, helmsman/crew coordination and communication.
- ☐ ☐ ☐ **Steering with Weight and Sails:** Responding to puffs, correct for weather and lee helm.
- ☐ ☐ ☐ **Maneuvering in Confined Area:** Simulated area. Helmsman/crew coordination and communication, boat handling, avoiding obstacles, right-of-way.
- ☐ ☐ ☐ **Returning to Dock:** Approach plan, boat handling, use of glide zone, securing to dock (use of spring lines).
- ☐ ☐ ☐ **Securing Boat:** De-rig sails, fold/furl sails, stow equipment, clean and secure boat.

MODULE 4 - COB Recovery and Spinnaker Work

- ☐ ☐ ☐ **Preparing to Sail:** a) recognizing and forecasting basic weather conditions, b) boarding boat, c) rigging sails, halyards, sheets, winches, rig for spinnaker d) Pre-sail check: safety equipment, crew indoctrination.
- ☐ ☐ ☐ **Leaving Dock:** Determining wind direction and strength, determining current direction and strength, departure plan, VHF operation, crew communication.
- ☐ ☐ ☐ **Raising Sails:** Crew communication, setting initial sail controls, housekeeping lines.
- ☐ ☐ ☐ **Overboard Recovery:** Communication, recovery plan (include Quick-Stop and Figure-8), sequence of maneuvers, boat handling, course sailed, pickup approach, bring boat alongside simulated object.
- ☐ ☐ ☐ **Shortening Sail (if applicable):** Reef mainsail, tie reef knot, drop a sail, demonstrate ability to handle boat with decreased sail area, shake out reef and rehoist sail underway.
- ☐ ☐ ☐ **Spinnaker Use:** Assess sailing conditions and crew ability, preparation, hoisting, trimming, gybing and dousing. COB recovery with spinnaker.
- ☐ ☐ ☐ **Returning to Dock:** Approach plan, boat handling, use of glide zone, securing to dock (use of spring lines), rocking the boat.
- ☐ ☐ ☐ **Securing Boat:** De-rig sails, fold/furl sails, stow equipment, clean and secure boat.
- ☐ ☐ ☐ **Skipper Agreement:** Responsibilities, liability, club reservation system, sailing times, sailing conditions, checking in/out, incident reporting, penalties for not returning before a storm or darkness.
- ☐ ☐ ☐ **Club Protocols:** Guest, Fleet Captain program, towing, anchoring, etc.

☐ = More practice, ☐ ☐ = OK, ☐ ☐ ☐ = Great

Coach (Signature)

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Sailing Conditions:

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