WHITE SAIL III
PRACTICAL SKILLS CHECKLIST

Date:	**Training Hours:**	**Name:**
Average Wind speed :		**Boat Type:**
D.O.B: (D/M/Y)		**Evaluation:** WS III or WS III IP

The LTS/R committee recommends that sailors spend a minimum of 30 hours completing the skills below before moving on to the Bronze Sail IV skills. Advancement prior to completion of the 30-hour practice time is authorized when a sailor can demonstrate all skills consistently.

SKILLS	- Not Demonstrated (ND) - Demonstrated (D) - Demonstrated Consistently (DC)							
ASHORE		**ND**	**D**	**DC**		**ND**	**D**	**DC**
Lateral Buoy System	Port Hand				Starboard Hand			
	Fairway				Isolated Danger			
Parts of the Hull	Thwart				Buoyancy Tank			
	Mast Step				Centreboard Line			
Rigging Items	Cotter Pin				Shroud Adjuster			
	Clevis Pin				Split Ring			
Parts of the Sail	Luff				Foot			
	Clew				Batten Pocket			
	Leech				Bolt Rope			
	Tack				Hanks			
	Head				Cringle			
Foils	Pintle				Rudder Blade			
	Gudgeon				Rudder Head			
Types of Sailboats	Cat Rigged				Sloop Rigged			
	Keelboat				Centreboard			
	Sail Board				Catamaran			
Comments								

SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently
CYA Structure	Describe the major functions of the NSO, PSO, Class Associations, Member Clubs and Sailing Schools.			
	Describe the different levels within the CYA LTS program.			
Hypothermia	Explain what hypothermia is and a cause.			
	List three ways to minimize hypothermia.			
	List two rules for treatment of a mild hypothermia victim.			
Hazards	List three geographic hazards.			
	List three navigation hazards.			
Weather	List three sources of weather information.			
	List three warning signs of weather.			
Comments				

AFLOAT

SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently
Leave Dock/Shore	Skipper identifies the wind direction.			
	Good route planning & control.			
	Proper skipper commands.			
	Crew assist skipper.			
Returning to a Dock/Shore	Good route planning & control.			
	Proper skipper commands.			
	Crew assist skipper.			
	Sails are lower prior to docking.			
	Approaches head to wind.			
	Soft contact with dock.			
Mooring	Good route planning & control.			
	Proper skipper commands.			
	Crew assist skipper.			
	Approaches head to wind/close hauled.			
	Stopped at mooring.			
Crew Overboard	Keep crew in sight.			
	Stop boat to leeward of crew.			
Comments				
Towing	Safety Receive and Cast off line.			
	Tie towline to secure point.			
	Steer towards the motor.			
	Crew weight low and aft.			
	Centreboard half way up.			
	Skipper and Crew pay close attention to towing vessel's commands.			
Sailing by the Lee	Maintains a straight course for 90 meters.			
	Crew prevents the boom from gybing.			
Out of Irons	Crew backwinds the jib.			
	Skipper steers the proper direction.			
Paddle a Sailboat	Paddle a sailboat single-handed 30 meters without the use of the rudder.			
	Boat remains with 3 meters of the track.			
Comments				

SKILLS - Not Demonstrated (ND) - Demonstrated (D) - Demonstrated Consistently (DC)

AFLOAT		ND	D	DC		ND	D	DC
Helming Skills	Beating				Close Reach			
	Running				Beam Reach			
	Tacking				Broad Reach			
	Gybing				Starboard Tack			
	Stopping				Port Tack			
	Hiking				Bearing Away			
	Luffing				Heading Up			
	Sail Trim							
Comments								

SKILLS	- Not Demonstrated (ND) - Demonstrated (D) - Demonstrated Consistently (DC)							
AFLOAT		**ND**	**D**	**DC**		**ND**	**D**	**DC**
Crewing Skills	Sail Trim				Daggerboard			
	Lookout				Boat Trim			
	Gybing				Boomvang			
	Tacking							
Comments								

SKILLS		Not Demonstrated	Demonstrated	Demonstrated consistently
Self Recovery (from turtle position)	Check the crew.			
	Maintain a grasp of the boat.			
	Crew to bow.			
	Skipper rights boat to capsize position.			
	Skipper grasp jib sheet to right			
	Skipper to dagger/centerboard.			
	Sailboat kept head to wind.			
	Right boat under control.			
	Quick entry over transom area.			
	Bail Sailboat.			
	Recover paddles and bailer.			
Comments				

Comments:

Head Instructor:	**Instr #**
Instructor:	**Instr #**