

WHITE SAIL III

AFLOAT	SKILL	YES	NO
LEAVE DOCK/ SHORE	Skipper identifies wind direction.		
	Good route planning and control.		
	Proper skipper commands.		
	Crew assist skipper.		
RETURNING TO DOCK/ SHORE	Good route planning and control.		
	Proper skipper commands.		
	Crew assist skipper.		
	Sails are lower during prior to docking.		
	Approaches head to wind.		
	Soft contact with dock.		
MOORING	Good route planning and control.		
	Proper skipper commands.		
	Crew assist skipper.		
	Approaches head to wind/close hauled.		
	Stopped at mooring.		
CREW OVER-BOARD	Keep crew in sight.		
	Stop boat to leeward of crew.		
TOWING	Safety receive and cast off line.		
	Tie towline to secure point.		
	Steer towards the motor.		
	Crew weight low and aft.		
	Centreboard halfway up.		
	Skipper and crew pay close attention to towing vessel's command		
SAILING BY THE LEE	Maintains a straight course for 90 metres.		
	Crew prevents the boom from gybing.		
OUT OF IRONS	Crew backwinds the jib.		
	Skipper steers the proper direction.		

AFLOAT	SKILL	Y	N	SKILL	Y	N	SKILL	Y	N
HELMING SKILLS	Beating			Close Reach			Hiking		
	Running			Beam Reach			Luffing		
	Tacking			Broad Reach			Sail Trim		
	Gybing			Starboard Tack			Bearing Away		
	Stopping			Port Tack			Heading Up		
	CREWING SKILLS	Gybing			Sail Trim			Daggerboard	
Tacking				Boat Trim					
Lookout				Boomvang					

SKILLS CHECKLIST

AFLOAT	SKILL	YES	NO
SELF-RECOVERY	Avoid turtling.		
	Check the crew.		
	Maintain a grasp of the boat.		
	Crew to bow.		
	Skipper to the dagger/centerboard.		
	Sailboat kept head to wind.		
	Right boat under control.		
	Quick entry over transom area.		
	Bail sailboat.		
WIND	Identify the direction of the wind.		
	Describe four ways to identify wind direction.		
BOAT HANDLING	Perform simple sheet adjustments to prevent luffing.		
	Perform rudder adjustments to maintain a straight course.		
BOAT BALANCE	Maintain a balanced boat.		
	Get in and out of a boat at a dock.		
SAFETY	SKILL	YES	NO
PFD	Describe when a PDF should be worn.		
	Demonstrate how a PDF should be worn.		
	Describe the four criteria for a suitable PDF.		
CLOTHING	Demonstrate the proper sailing clothing for a:		
	<div style="text-align: right;">Hot and sunny day</div> <div style="text-align: right;">Rainy day</div> <div style="text-align: right;">Cold day</div>		
MOT ITEMS	List 4 items you should always wear when sailing. (shoes/PDF/ sun block/hat)		
	Obtain and place the MOT requirements for a sailboat not over 6m into the sailboat.		

WHITE SAIL II

AFLOAT	SKILL	YES	NO
LEAVE DOCK	Skipper identifies the wind direction.		
	Good route planning and control.		
	Proper skipper commands.		
	Crew assist skipper.		
RETURNING TO A DOCK	Good route planning and control.		
	Proper skipper commands.		
	Sails are lower prior to docking.		
	Approaches head to wind.		
	Soft contact with dock.		
SAILING BY THE LEE	Skipper maintains a straight course.		
	Crew prevents the boom from gybing.		
WAVES	Identify the four general types of wave conditions.		
	Identify the wind speed given the waves.		
TERMINOLOGY	Point to windward.		
	Point to leeward.		
	Point to the skipper.		
	Point to the helmsperson.		
	Point to the crew.		
RECOVERY OF A TURTLED BOAT	Check the crew.		
	Maintain a grasp of the boat.		
	Crew to bow.		
	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.		

SKILLS CHECKLIST

AFLOAT	SKILL	YES	NO	SKILL	YES	NO
HELMING SKILLS	Beating			Close Reach		
	Running			Beam Reach		
	Tacking			Broad Reach		
	Gybing			Starboard Tack		
	Stopping			Port Tack		
	Hiking			Bearing Away		
	Luffing			Heading Up		
	CREWING SKILLS	Daggerboard			Sail Trim	
Lookout				Boat Trim		
ASHORE	SKILL	YES	NO	SKILL	YES	NO
PARTS OF THE HULL	Hull			Daggerboard		
	Bow			Tiller		
	Stern			Tiller Extension		
	Transom			Auto Bailer		
	Fairlead			Painter		
	Rudder			Hiking Strap		
RIGGING ITEMS	Mast			Boomvang		
	Boom			Traveler/Bridle		
	Block			Spreader		
	Shackle			Forestay		
	Cleat			Gooseneck		
	Shroud					
	SAILS	Mainsheet			Jib Sheet	
Main Halyard				Jib Halyard		
Mainsail				Jib Sail		
KNOTS	Rolling hitch in 10sec			Sheet bend in 10sec		