

BRSC Sailing Training - Progress Plan

Instructor to tick off boxes as demonstrated competency / knowledge achieved.

Name:

1. Preparation – Please list required
Clothing. ☐
Safety equipment. ☐
Sailing safety. ☐
2. Rigging – Parts of boat. List & explain ☐
3. Rope work – Figure 8 ☐ Half hitches. ☐ Bowline. ☐ Reef knot. ☐
4. Weather – Wind awareness. Forecast. Storm warnings.
Print and bring weather forecast. Explain. ☐
5. Sailing – Paddling ☐ Rowing. ☐ Steering. ☐ Boat controls. ☐
Basic heave to. ☐ Reaching in light airs. ☐
6. Rescue – Capsize recovery. ☐ Towing. ☐
7. Launching & retrieving – Leave and return to beach under sail. ☐
Trolleys. ☐ Care of equipment. ☐
8. Sailing theory – Basic Rules, avoid collision, right of way. ☐
Port & Starboard. ☐ Windward leeward. ☐
9. Wind. Tide. Currents – Tide tables. Read & understand. ☐
10. Sailing- Tacking upwind. ☐ Gybing downwind. ☐ Rounding marks. ☐
Sail a course. ☐
11. Rules – Start sequence. ☐ Buoy room. ☐ Overlapped ☐
12. Sailing – All points of sail in moderate winds. ☐

Name has completed Basic Sailing Skills and is ready to race in light to medium airs.

Signed

Big River Sailing Club