

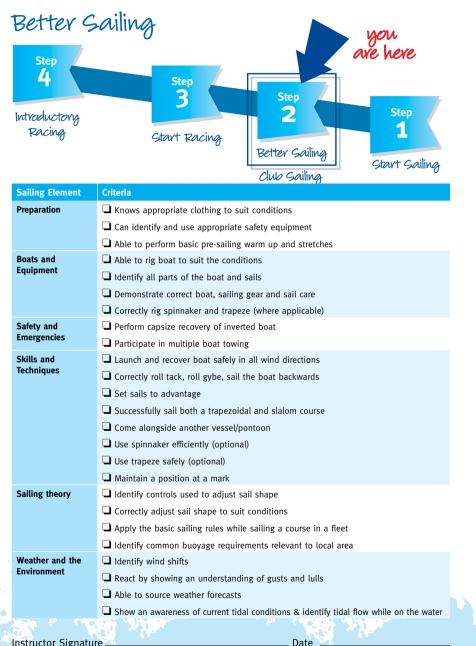
Sailing Element	Criteria
Preparation	$\Box$ Knows appropriate clothing to suit conditions
	Can identify and use appropriate safety equipment
	lacksquare Demonstrate an understanding of the need for protection from environmental elements
Boats and Equipment	Able to rig boat with assistance
	lacksquare Identify the commonly used parts of the boat
Ropework	□ Can tie a figure of eight knot
Safety and Emergencies	Perform capsize recovery in shallow water
	Participate in single boat towing
Skills and Techniques	lacksquare Able to launch and recover boat with assistance
	Correctly tack and stop the boat
	Successfully sail a windward/broad reach course
	Paddle boat around a marked course
Sailing theory	Port/starboard
	Uindward/leeward
	Overtaking vessels
Meteorology and tides	Identify wind direction
	Able to source weather forecasts
Instructor Signatu	re Date

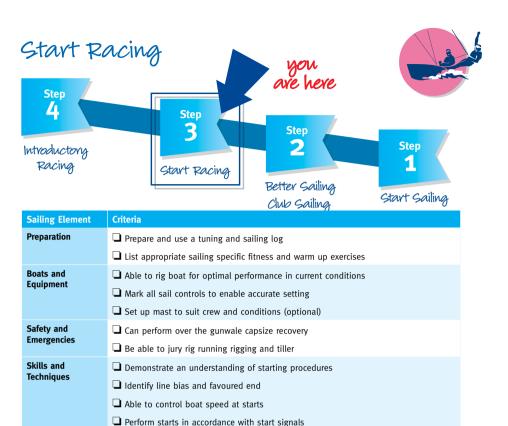
## Start Sailing 2



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





Understand boat trim, balance & centreboard position on all legs of the racing course

**Racing theory** Demonstrate an awareness of basic aerodynamics theory
Adjust sail shape in response to changing conditions
Show an understanding of the importance of teamwork
Observe rules covering starting, mark rounding, overlaps, penalties, on same tack, on opposite tacks and obstructions while racing
Identify common race course configurations and scoring systems

Weather and the

Identify wind shift patterns, lifts and knocks
React to wind shifts to gain advantage

□ Be aware of sea breeze and land breeze patterns

□ Mark roundings are performed efficiently

Instructor Signature\_

Environment

Instructor Signature \_\_\_\_\_\_ www.discoversailing.com.au

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Date