

edName_____

Davis Sailing Team

Member Sailing Skills Inventory/Check off:

Beginning Skills

Check off/Track
progress

Able to rig/de-rig a boat in less than 15 minutes.

Able to tie a Figure 8, Bowline, Square Knot and Cleat Hitch.

Know basic Boat parts and Terminology

Can right a capsized boat.

Able to demonstrate good docking.

Can sail a close hauled course (Upwind)

Can Sail Downwind
-wing on wing

Understand and know Basic Sail Trim for all points of sail.

Can do controlled jybes and tacks.

Able to get a boat out of irons.

Use tiller hand exchange when tacking

Comfortable using tiller extension and sheeting simultaneously

Bringing a boat to a complete stop safely, and get it going again.

Understand basic right of way,

- Port vs. Starboard

- Windward vs. Leeward

- 3 boat length circle

- Clear ahead Clear astern

- etc.

Knowing how to tell where the wind is coming from

Able to figure out where your sail should be trimmed to at any direction your boat is pointing.

Intermediate/Advanced skills Check off/Track Progress

Able to hike, can use good hiking technique

Able to comfortably use a tiller extension

Understand what tell tales are.
Able to use tell tales to fine tune close-hauled course upwind. As well as optimize sail trim.

Able to Roll tack

-Knowing what goes into executing a good roll tack.

 i.e. Rolling with control

 i.e. Flattening the boat

Know what the control lines do.
Specifically how they affect sail shape and boat performance.

-Outhaul

-Boomvang

-Downhaul

Able to control a boat in heavy wind conditions.

-15-20knots+

Can sail backwards, (only works downwind)

Able to start on a line consistently
and be on the line right at the gun!

-Knowing the 3-minute whistle
sequence.

Can round buoys without hitting
them and coming as close as
possible.

-Wide and tight rounding's

Know the basics of a sail course.

-Port rounding's

-Windward marks leeward marks

-Gate marks

-Start/Finish line

-Pin

-Committee Boat