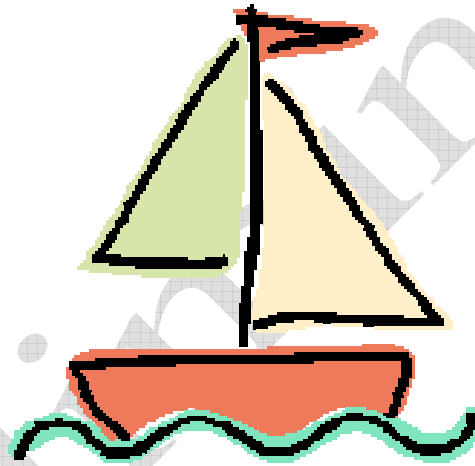
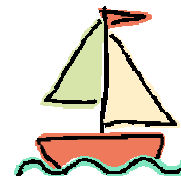


# **Sheridan Beach Sailing Club**

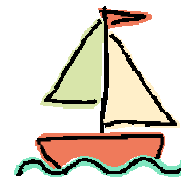
## **Sailing Qualifications**





## Table of Contents

Crew Information.....	3
SECTION I - Safety.....	3
Level I Skipper: NOVICE (Winds less than 6 Knots).....	4
SECTION I - Requirements.....	4
SECTION II - Terminology.....	4
SECTION III - Seamanship.....	5
SECTION IV - Preliminaries.....	5
SECTION V - Rigging.....	5
SECTION VI - Boat Handling in less than 6 knots of wind (Under Instructor Direction).....	5
SECTION VII - Derigging and Securing.....	6
SECTION VIII – Safety & Emergency Procedures.....	6
Level II Skipper: ADVANCED (winds up to 10 knots).....	7
SECTION I - Requirements.....	7
SECTION II - Safety.....	7
SECTION III - Terminology.....	7
SECTION IV - Seamanship.....	8
SECTION V - Rules of the Road.....	8
SECTION VI - Boat Handling in at least 4 knots but less than 10 knots of wind.....	8
Level III Skipper: RACER (Winds less than 15 knots).....	9
SECTION I - Requirements.....	9
Section I: Boat Handling.....	9
Chase Boat: Skipper: (Winds less than 15 knots).....	10
SECTION I - Requirements.....	10
Section I: Boat Handling.....	10

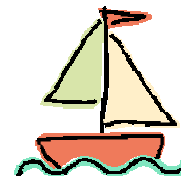


## ***Crew Information***

### **SECTION I - Safety**

The skipper is responsible for educating his/her crew in the following areas. Chiefs should review safety/emergency procedures with crew when they give a temporary rating.

1. Describe when a lifejacket should be worn.
2. Put on and properly secure a USCG approved lifejacket or personal flotation device (PFD) on land, demonstrating that it is:
  - a) suitable for the weight and size of the wearer;
  - b) in good repair;
  - c) fits snugly so that it will not slip off in the water;
3. Describe and demonstrate the proper sailing clothing and personal equipment for the following conditions for dinghy sailing:
  - a) hot sun;
  - b) rain or wet sailing;
  - c) cold weather, cold water;
  - d) always - lifejacket or PFD.
4. Describe the following safety actions to be followed immediately after a capsize:
  - a) ensure that you are not tangled in lines;
  - b) ensure the safety of crew members;
  - c) attempt to keep boat from "turning turtle";
  - d) keep one hand on the boat.
5. Describe how to right a capsized and turtled sailboat.



## ***Level I Skipper: NOVICE (Winds less than 6 Knots)***

### **SECTION I - Requirements**

- Limited to under 6 knots of wind
- Approved by a Level I Chief (minimum single outing)
- Demonstrate competent safe boat use, may need assistance in rigging & derigging (Sections II thru VII).
- A level I Chief (or higher) or a level II member (or higher) must be present for a level I to check out a boat. The level II person must be either on the beach, in the boat or in a separate boat for the entire time the Level 1 skipper has the boat checked out. The level II member will assist the level one member in assuring that rigging, derigging launch and retrievals are performed safely and properly.

### **SECTION II - Terminology**

1. Identify the following parts of a sailboat:

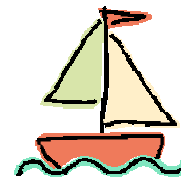
- |            |             |                    |               |
|------------|-------------|--------------------|---------------|
| a) hull    | e) mast     | i) battens         | m) goose neck |
| b) bow     | f) boom     | j) traveler/bridle |               |
| c) stern   | g) mainsail | k) spreader        |               |
| d) transom | h) jib      | l) boom vang       |               |

2. Point out and describe the functions of the following items in a sailboat:

- |                 |                         |                     |
|-----------------|-------------------------|---------------------|
| a) dagger board | g) shackle              | m) tiller extension |
| b) mainsheet    | h) cleat (describe two) | o) cunningham       |
| c) jib sheet    | i) forestay             | p) boom vang        |
| d) Jib halyard  | j) shrouds              | q) outhaul          |
| e) Main halyard | k) rudder               |                     |
| f) block        | l) tiller               |                     |

3. Define the following terms:

- |              |             |             |                 |
|--------------|-------------|-------------|-----------------|
| a) port      | e) windward | i) hike     | m) heading up   |
| b) starboard | f) leeward  | j) skipper  | n) bearing away |
| c) tacking   | g) luffing  | k) helmsman |                 |
| d) gybing    | h) heel     | l) crew     |                 |



4. Describe the following points of sail and select individual diagrams that portray these points:

- |                 |                   |                       |
|-----------------|-------------------|-----------------------|
| a) beat         | d) port tack      | g) beam reach         |
| b) head to wind | e) starboard tack | h) broad reach        |
| c) run          | f) close reach    | i) sailing by the lee |

5. Identify and describe the wave conditions resulting from various wind speeds in knots.

### **SECTION III - Seamanship**

1. a) Without assistance, tie:
  - i) a reef or square knot in five seconds;
  - ii) a figure of eight knot in five seconds;
  - iii) a round turn and two half hitches in ten seconds;
  - iv) a bowline in ten seconds;b) Describe the principal use of each of the above knots.
2. Describe four ways to identify from what direction the wind is blowing.

### **SECTION IV - Preliminaries**

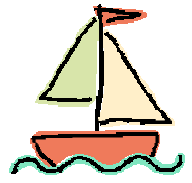
1. Coil a line correctly.
2. Make a line fast to a cleat.
3. Under the direction of an instructor, get in and out of a boat safely at a dock or mooring. Demonstrate correct weight distribution, smooth movement, maintenance of own balance and ability to correct for weight shifts of others.

### **SECTION V - Rigging**

1. Rig a training boat by attaching sails, attaching and rigging sheets, attaching halyards, fitting sail battens, fitting the rudder and tiller, adjusting the centerboard and hoisting sails. (Mast is already stepped).
2. Demonstrate how to properly secure all essential gear for sailing.

### **SECTION VI - Boat Handling in less than 6 knots of wind (Under Instructor Direction)**

1. Identify the direction of the wind.
2. Perform simple sheet adjustments while underway to keep sail just on the point of luffing while on a reach.
3. Perform simple rudder adjustments, keeping a boat going in a straight line on a reach for at least two minutes.
4. Act as helmsman while getting underway from, and returning to the beach.
5. Act as crew while getting underway from, and returning to, a dock, mooring or beach using accepted responses to the helmsman's commands.
6. Act as helmsman, using proper commands, while beating, reaching, running, tacking, gybing, bearing away and heading.



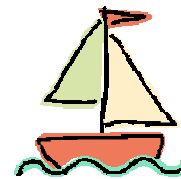
7. Act as crew while beating, reaching, running, tacking, gybing, bearing away, and heading up. While doing so, respond correctly to the directions from the helmsman for sail trim, centerboard adjustment and boat trim.
8. As helmsman, stop a boat at a predetermined point by luffing up (as in approaching a mooring).
9. As skipper and crew, right a capsized boat.

#### **SECTION VII - Derigging and Securing**

1. Safely approach the beach and bring the boat ashore.
2. With assistance spread out, free of wrinkles, and properly fold and bag a loose sail.
3. De-rig a training boat by lowering and removing the sails, removing and storing the rudder, centerboard, and sails.

#### **SECTION VIII – Safety & Emergency Procedures**

1. What to do if you can't right the boat
2. What to do if someone is injured or unconscious.
3. Recommended Safety equipment
4. Flagging down a boat for assistance.



## ***Level II Skipper: ADVANCED (winds up to 10 knots)***

### **SECTION I - Requirements**

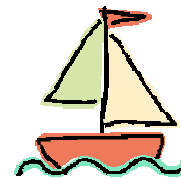
- Limited to under 10 knots of wind
- Approved by a level II chief (minimum 10 outings, 1 month)
- Demonstrates level I skills consistently, along with unassisted rigging/derigging, launch/retrieval and strong wind sailing proficiency (Sections II thru VII).
- A level II Chief (or higher) or a level III member (or higher) must be present for level II to check out a boat in winds above 6 knots. The level III person must be either on the beach, in the boat or in a separate boat for the entire time the Level II skipper has the boat checked out.

### **SECTION II - Safety**

1. Describe:
  - a) What hypothermia is and how it is caused;
  - b) Three ways to minimize the dangers of hypothermia;
  - c) Basic rules on how to treat a mild case of hypothermia after the victim is out of the water.
2. List local geographic and navigational hazards and describe the actions required to avoid or minimize their effects.
  - a) List three sources of local weather information.
  - b) List local weather hazards, how they can be identified, the normal warning signs and describe the actions to be taken to avoid or reduce their effects.

### **SECTION III - Terminology**

1. Point to and describe the use of the following items in a sailboat (TBD)
  - a) shroud adjustment
  - b) rudder blade
  - c) rudder head
  - e) mast step
  - f) cotter pin
  - g) clevis pin
  - h) split ring
2. Point out and describe the following parts of a sail:
  - a) luff
  - b) clew
  - c) leech
  - d) tack
  - e) head
  - f) foot
  - g) batten pockets
  - h) bolt rope
  - i) hanks
  - j) cringle



#### **SECTION IV - Seamanship**

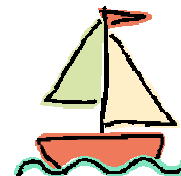
1. Describe how to sail away from and back to:
  - a. a beach with an on-shore wind;
  - b. a dock for various wind directions;
  - c. a mooring.

#### **SECTION V - Rules of the Road**

1. Describe, with the use of diagrams, the Rules of the Road for prevention of collision at sea in the following situations and identify the vessel having the right of way:
  - a. port – starboard
  - b. windward – leeward
  - c. overtaking
2. Describe what common-sense action you should take when sailing in the vicinity of commercial shipping.

#### **SECTION VI - Boat Handling in at least 4 knots but less than 10 knots of wind**

1. Without instructor direction, act as skipper while sailing a boat:
  - a. act as helmsman, using proper commands, while beating, reaching, running, tacking, gybing, bearing away and heading.
  - b. away from and back to a dock for various wind directions;
  - c. away from and back to the beach.
  - d. on a windward/leeward course.
2. Without instructor direction, act as crew for the situations described above in item 1.
3. Demonstrate how different body crew positions affect the trim and performance of a sailboat and indicate the best positions for three given points of sail.
4. Without instructor direction, get a boat out of irons by backing the jib and main using proper rudder corrections.
5. Single-handedly paddle a sailboat a distance of 30 meters (100 feet) without the use of a rudder. The boat must remain within 3 meters (10 feet) of either side of the direct track. (This should be carried out in light winds only. Rudder should be removed or lashed amidships.)
6. Demonstrate the following towing procedures:
  - a. proper means to receive, secure and cast off a towline;
  - b. correct towing points on a sailboat;
  - c. proper securing inboard of a towline to a boat astern;
  - d. correct boat trim, steering procedures and crew alertness while on the tow and while releasing from the tow.
7. Demonstrate the actions to be taken if a sailor falls overboard, with the boat under sail from the time the person falls overboard without warning until they are safely in performing this rescue.
8. Steer a boat purposely by the lee for 90 meters (100 yards) without gibing.
9. Without instructor direction or assistance, right a turtled boat and continue sailing.



## ***Level III Skipper: RACER (Winds less than 15 knots)***

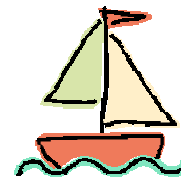
(Under Development)

### **SECTION I - Requirements**

- Limited to under 15 knots of wind
- Approval approved the Level III Chief (10 outings)
- Demonstrates consistent, competent safe boat use in all weather and a clear understanding of race rules, tactics and terminology.

### **Section I: Boat Handling**

1. Be Intermediate in good standing
2. Perform intermediate boat handling (Sec.V above) in at least 10 knots of wind
3. Describe the sound signals and flags used to start a race.
4. Describe with the use of diagrams (if required) racing rules for
  - a) port - starboard
  - b) windward - leeward
  - c) hitting a mark
  - d) tacking and gibing
  - e) passing a mark
  - f) infringing a rule involving another boat



## ***Chase Boat: Skipper: (Winds less than 15 knots)***

(Under Development)

### **SECTION I - Requirements**

- Limited to under 15 knots of wind
- Approval approved the Chief Rating Examiner (5 outings)
- Demonstrates consistent, competent safe boat use in all weather.

### **Section I: Boat Handling**