



AFLOAT				
SKILLS		Not demonstrated	Demonstrated	Demonstrated consistently
CE	Using a sailboat, determine the CE.			
	Use mast rake to adjust the CE forward.			
	Use mast rake to adjust the CE aft.			
	Demonstrate how a luffed sail impacts CE.			
	Demonstrate how a luffed main impacts CE.			
CLR	Demonstrate how a heeling sailboat impacts CE.			
	Using a sailboat, determine the CLR.			
	Use crew weight to move the CLR forward.			
Helming	Use crew weight to move the CLR aft.			
	Demonstrate lee helm and the proper methods to correct.			
	Demonstrate weather helm and the proper methods to correct.			
Draft	Demonstrate a balanced helm situation.			
	Increase draft for required conditions			
	Decrease draft for required conditions.			
Comments:	Adjust draft to maximize pointing ability.			

SKILLS - Not Demonstrated (ND) - Demonstrated (D) - Demonstrated consistently (DC)

AFLOAT	ND	D	DC	ND	D	DC
Helming Skills	Beating			Close Reach		
	Running			Beam Reach		
	Tacking			Broad Reach		
	Gybing			Starboard Tack		
	Stopping			Port Tack		
	Hiking			Bearing Away		
	Luffing			Heading Up		

SKILLS Not Demonstrated Demonstrated Demonstrated consistently

SKILLS	Not Demonstrated	Demonstrated	Demonstrated consistently
Rudderless Sailing	Sail an upwind course.		
	Mast at least one controlled tack.		
	Bear away		
	Skipper/Crew Communication		
	Balance		
	Propulsion		

SKILLS - Not Demonstrated (ND) - Demonstrated (D) - Demonstrated consistently (DC)

AFLOAT	ND	D	DC	ND	D	DC
Crewing Skills	Sail Trim			Daggerboard		
	Boat Trim			Lookout		
	Gybing			Boomvang		
	Tacking					

Comments:



SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently				
Self Recovery	Check the crew.							
	Maintain a grasp of the boat.							
	Right boat under control.							
	Quick entry.							
	Righted with minimum time delay							
SKILLS - Not Demonstrated (ND) - Demonstrated (D) - Demonstrated consistently (DC)								
AFLOAT		ND	D	DC	ND	D	DC	
Sail Adjustments	Jib Halyard				Main Halyard			
	Mainsheet				Cunningham			
	Traveller				Jib Sheet			
	Mast Bend				Boom Vang			
	Mast Rake				Fairlead Position			
SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently				
Sail Shape	Demonstrate the best sail shape for light air.							
	Demo the best sail shape for medium air.							
	Demo the best sail shape for heavy air.							
	Demo the best sail shape for choppy water.							
Backwards Sailing	Skipper places sailboat head to wind.							
	Crew backs the main.							
	Skippers steers a straight downwind course.							
	Crew backs the jib.							
	Sail astern for 90 meters.							
Comments								

Comments:

Instructor:

Instr #

Instructor:

Instr #