



BRONZE SAIL V PRACTICAL SKILLS CHECKLIST

Date:	Training Hours:	Name:
Average Wind Speed:		Boat Type:
D.O.B: (D/M/Y)		Evaluation: B V or B V IP

SKILLS		- Not Demonstrated (ND)	- Demonstrated (D)	- Demonstrated consistently (DC)			
ASHORE		ND	D	DC	ND	D	DC
Anchoring	Danforth				Mushroom Plough		
	Navy						
	Bruce						
SKILLS					Not Demonstrated	Demonstrated	Demonstrated Consistently
Anchoring	Demonstrate the proper scope and anchor necessary to anchor a dinghy in 3 metres of water with a sandy bottom for 15 minutes.						
Rigging	Step a mast.						
	Check all standing rigging.						
	Check all running rigging.						
	Ensure safety procedures are followed.						
Maintenance	Lock a turnbuckle.						
	Refasten a pulled out cleat.						
	Repair a small hole in a sail using sail tape.						
	Repair a small hole in a spinnaker using spinnaker sail tape.						
	Demonstrate proper methods to clean sails.						
	List 3 personal safety devices to be used when completing repairs						
<i>Comments:</i>							

SKILLS		- Not Demonstrated (ND)	- Demonstrated (D)	- Demonstrated consistently (DC)				
ASHORE		ND	D	DC	ND	D	DC	
Parts of the Spinnaker	Leech				Head			
	Luff					Tack		
	Foot					Clew		
Parts of the Spinnaker Rigging	Sheet				Guy			
	Downhaul				Topping Lift			
	Launcher				Retrieving Line			
	Guy Hook				Reaching Hooks			
	Bow sprit				Spinnaker Pole			
Parts of the Trapeze	Handle				Trapeze Wire			
	Harness				Ring			
	Hook				Adjustment Tackle			



<i>Comments:</i>				
AFLOAT				
SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently
Trapeze	Demonstrate how to put on a trapeze harness.			
	Rig a trapeze system on a dinghy.			
	Promptly get out on the trapeze when required.			
	Demonstrate proper tacking while on trapeze.			
	Keep back straight.			
	Keep the forward foot straight.			
	Feet are spaced safely apart.			
Spinnaker Set-up	Prepare a spinnaker for hoisting without a launcher by attaching the halyard and sheets.			
	Ensure that all lines are rigged outside of the shrouds and forestay to avoid tangles.			
	Ensure that the spinnaker is properly packed.			
Spinnaker Hoist	Attach the pole to the guy and then the mast.			
	Crew hoists, skipper pulls on the sheets.			
	Hoist without hourglassing.			
	Crew pushes pole out to the tack.			
	Have spinnaker drawing and under control with 10 seconds after the head of the spinnaker reaches the mast sheave.			
	Crew takes control and flies the spinnaker.			
	Complete a windward hoist.			
Complete a leeward hoist.				
<i>Comments:</i>				
Spinnaker Gybe	Crew uncleats sheet and guy and passes to skipper.			
	Skipper flies spinnaker through the gybe.			
	Crew passes pole to new side.			
	Gybe the spinnaker without collapsing it.			
	Skipper maintains a downwind course through manoeuvre.			
	Sailboat is maintained flat.			
	Crew resumes control of spinnaker.			
Spinnaker Douse	Crew passes the sheet and guy to the skipper.			
	Crew lowers halyard.			
	Crew pulls the spinnaker into the boat.			
	Skipper steers the boat to desired course			
	Crew uncleat the pole			
	Crew uncleat the guy			
	Douse the spinnaker without allowing it to touch the water.			
	Crew bring the pole into the boat.			
	Demonstrate a windward douse.			
Demonstrate a leeward douse.				



SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently				
Spinnaker Trim	Demonstrate proper spinnaker trim with luff curl without the spinnaker collapsing.							
	Adjust the height of the pole to give maximum drive to the spinnaker under different wind conditions and points of sail.							
	Correct an hourglass by lowering the head and spinning the top half of the sail.							
	Adjust guy and sheet to maximize fullness.							
	Demonstrate course adjustments using the guy.							
	Demonstrate fine adjustments using the sheet.							
Comments:								
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				
Planning	Adjust sail position.							
	Correct centreboard position.							
	Correct crew position.							
	Utilize gusts, sail trim and crew weight to maintain plan							
	Hold plan for 90 metres.							
Comments:								
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							
	Tacking							
SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently				
Surfing	Adjust sail position.							
	Correct centreboard position.							
	Correct crew position.							
	Head up as to climb the crest.							
	Bear off to ride down the trough.							



SKILLS		- Not Demonstrated (ND)			- Demonstrated (D)			- Demonstrated consistently (DC)		
AFLOAT		ND	D	DC	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					
	Outhaul									
Comments:										

Comments:

Instructor:

Instr #

Instructor:

Instr #