



WHITE SAIL I PRACTICAL SKILLS CHECKLIST

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|-----------------------|-----------------|---|
| Date: | Training Hours: | Name: |
| Average Wind speed : | | Boat Type: |
| D.O.B: (D/M/Y) | | Evaluation: W S I or W S I P |

The LTS/R committee recommends that sailors spend a minimum of 10 hours completing the skills below before moving on to the white sail II skills. Advancement prior to completion of the 10-hour practice time is authorized when a sailor can demonstrate all skills consistently.

| SKILLS | Not Demonstrated | Demonstrated | Demonstrated Consistently |
|---------------------------------------|--|--------------|---------------------------|
| RIGGING | | | |
| Knots | Tie a reef knot in 5 sec. | | |
| | Tie a figure eight knot in 5 sec. | | |
| | Tie a round turn & two half hitches in 10 sec. | | |
| | Tie a bowline in 10 sec. | | |
| Lines | Coil a line. | | |
| | Make a line fast to a dock cleat. | | |
| | Make a line fast to a mast cleat. | | |
| Rig a Sailboat | Attach sails. | | |
| | Attach rigging. | | |
| | Attach sheets. | | |
| | Attach the boomvang. | | |
| | Attach halyards. | | |
| | Fit battens. | | |
| | Attach the rudder & tiller. | | |
| | Attach the daggerboard. | | |
| Secure all essential gear for sailing | | | |
| <i>Comments</i> | | | |
| SAFETY | | | |
| PFD | Describe when a PFD should be worn. | | |
| | Demonstrate how a PFD should be worn. | | |
| | Describe the 4 criteria for a suitable PFD. | | |
| Clothing | Demonstrate the proper sailing clothing for a | | hot & sunny day |
| | | | rainy day |
| | | | cold day |
| | List 4 items you should always wear when sailing (Shoes/PFD/Sun Block/Hat). | | |
| MOT Items | Obtain and place the MOT requirements for a sailboat not over 6 m into the sailboat. | | |
| <i>Comments</i> | | | |



| SKILLS | | Not Demonstrated | Demonstrated | Demonstrated Consistently |
|-------------------|--|------------------|--------------|---------------------------|
| DE-RIGGING | | | | |
| Derig a Sailboat | Remove and store rudder & tiller. | | | |
| | Remove and store daggerboard. | | | |
| | Properly secure the boom. | | | |
| | Secure all essential gear for the evening. | | | |
| Fold Sails | Lower and remove sails. | | | |
| | Remove battens from the sail. | | | |
| | Fold the mainsail. | | | |
| | Fold the jib sail. | | | |
| | Secure the sails in the proper sail bag. | | | |
| Securing | Secure a boat to dock by the bow only. | | | |
| | Secure a boat to a dock by bow and stern. | | | |
| | Secure a boat to a mooring. | | | |
| <i>Comments</i> | | | | |
| AFLOAT | | | | |
| Self-Recovery | Avoid turtling. | | | |
| | Check the crew. | | | |
| | Maintain a grasp of the boat. | | | |
| | Crew to bow. | | | |
| | Skipper to dagger/centerboard. | | | |
| | Sailboat kept head to wind. | | | |
| | Right boat under control. | | | |
| | Quick entry over transom area. | | | |
| | Bail Sailboat. | | | |
| | Recover paddles and bailer. | | | |
| <i>Comments</i> | | | | |
| Wind | Identify the direction of the wind. | | | |
| | Describe 4 ways to identify wind direction. | | | |
| Boat Handling | Perform simple sheet adjustments to prevent luffing. | | | |
| | Perform simple rudder adjustments to maintain a straight course (2 mins) | | | |
| Boat Balance | Maintain a balanced boat. | | | |
| | Get in and out of a boat at a dock. | | | |
| <i>Comments</i> | | | | |

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|-------------------------|----------------|
| Head Instructor: | Instr # |
| Instructor: | Instr # |