

# Start Crewing



Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Understands the importance of the correct fitting and wearing of lifejackets <input type="checkbox"/> Understands the importance of appropriate clothing and footwear
<b>Boats and Equipment</b>	<input type="checkbox"/> Has basic knowledge of sailing terms, can identify parts of a boat, rigging and sails <input type="checkbox"/> Can bend on, hoist, lower and stow sails
<b>Ropework</b>	<input type="checkbox"/> Can tie the following knots: figure of eight, bowline, round turn & two half hitches <input type="checkbox"/> Has basic knowledge of the use of sheets, halyards, winches, clutches, and cleats <input type="checkbox"/> Can coil and stow a rope
<b>Skills and Techniques</b>	<input type="checkbox"/> Understands the theory and basic principles of sailing including tacking and gybing <input type="checkbox"/> Has basic wind awareness <input type="checkbox"/> Can trim sails on all points of sail <input type="checkbox"/> Can tie up boat alongside using springs and mooring lines
<b>Safety and Emergencies</b>	<input type="checkbox"/> Understands the correct action to be taken to recover a man overboard <input type="checkbox"/> Understands the correct use of safety equipment on board <input type="checkbox"/> Is aware of hazards on board a boat and understands how to avoid them
<b>Sailing Theory</b>	<input type="checkbox"/> Has awareness of the basic rules of the road <input type="checkbox"/> Can maintain a continuous lookout

Instructor Signature \_\_\_\_\_

Date \_\_\_\_\_

# Start Helming



Sailing Element	Criteria
<b>Preparation</b>	<input type="checkbox"/> Understands the importance of the correct fitting and wearing of lifejackets and complies with the rules for wearing lifejackets <input type="checkbox"/> Understands the importance of appropriate clothing and footwear
<b>Boats and Equipment</b>	<input type="checkbox"/> Can prepare the sails and rig the boat <input type="checkbox"/> Knows correct use of halyards, sheets and associated deck hardware
<b>Ropework</b>	<input type="checkbox"/> Ability to tie the following knots and know their correct use: figure of eight, bowline, round turn & two half hitches, clove hitch, reef knot
<b>Skills and Techniques</b>	<input type="checkbox"/> Can helm and trim sails effectively on all points of sail <input type="checkbox"/> Can helm effectively around a triangular course <input type="checkbox"/> Can tack and gybe effectively as helm <input type="checkbox"/> Can heave-to <input type="checkbox"/> Understands the effect and importance of heel and trim <input type="checkbox"/> Understands how to anchor a boat <input type="checkbox"/> Can reef and shake out sails whilst underway
<b>Safety and Emergencies</b>	<input type="checkbox"/> Can recover a man overboard under sail as helm <input type="checkbox"/> Knows the location and correct operation of all safety equipment on board <input type="checkbox"/> Knows how to raise the alarm in the event of an emergency
<b>Sailing Theory</b>	<input type="checkbox"/> Has a working knowledge of the general, steering and sailing rules and their application <input type="checkbox"/> Knows how to source information on local regulations
<b>Weather and the Environment</b>	<input type="checkbox"/> Understands where to obtain a weather forecast

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_