

Start Crewing



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

Instructor Signature _____

Date _____