

Start Skippering



Sailing Element	Criteria
Preparation	☐ Can demonstrate the correct use and fitting of personal safety equipment, lifejackets and safety harnesses ☐ Can assess risks on board and understands how they may be avoided
Boats and Equipment	☐ Can carry out basic maintenance on a boat
Safety and Emergencies	☐ Knows what safety equipment should be carried on board, its location & operation ☐ Recover a man overboard (as helm) ☐ Knows how to raise the alarm in the event of an emergency ☐ Knows actions to be taken in the event of major gear failure, such as rig or rudder damage ☐ Can prepare for tow by a power vessel
Skills and Techniques. As Helm can:	☐ Come to and weigh anchor under sail in various conditions of wind and tide ☐ Pick up and leave a mooring under various conditions of wind and tide ☐ Handle a boat in confined areas under sail ☐ Berth alongside a pontoon under sail ☐ Can correctly tie up to a pontoon using mooring and spring lines ☐ Berth alongside a pontoon under sail ☐ Heave-to ☐ Sail a figure of eight without use of the tiller ☐ Sail backwards under control for a short distance ☐ Handling under power (optional)
Sailing Theory	☐ Understands the differing properties and care of synthetic fibre rope ☐ Knows the following: general rules, steering & sailing rules, sound signals, distress signals ☐ Is aware of local regulations
Weather and the Environment	☐ Understands where to obtain a weather forecast and interpret its use ☐ Can interpret a chart of the local area ☐ Has basic knowledge of factors such as: buoyage, depths, areas suitable for anchorage, tidal heights and streams (where applicable) ☐ Can assess risk, traffic density, local regs, narrow channels

Instructor Signature _____

Date _____