



# WHITE SAIL I PRACTICAL SKILLS CHECKLIST

|                       |                        |                   |
|-----------------------|------------------------|-------------------|
| <b>Name:</b>          | <b>Training Hours:</b> | <b>Date:</b>      |
| <b>Date of Birth:</b> |                        | <b>Boat Type:</b> |
| <b>Weather:</b>       |                        |                   |

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 |
|-----------------|--------------------------------------------------------------------------------------|------------------|--------------|---------------------------|
| <b>ASHORE</b>   |                                                                                      |                  |              |                           |
| 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.                         |                  |              |                           |
|                 | Demonstrate the proper sailing clothing for a rainy day.                             |                  |              |                           |
|                 | Demonstrate the proper sailing clothing for a 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> |                                                                                      |                  |              |                           |
| 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.                                                    |                  |              |                           |
| <i>Comments</i> |                                                                                      |                  |              |                           |
| Wind            | Describe 4 ways to identify wind direction.                                          |                  |              |                           |
| 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> |                                                                                      |                  |              |                           |



| SKILLS           |                                                                          | Not Demonstrated | Demonstrated | Demonstrated Consistently |
|------------------|--------------------------------------------------------------------------|------------------|--------------|---------------------------|
| Derig a Sailboat | Remove and store rudder & tiller.                                        |                  |              |                           |
|                  | Remove and store daggerboard.                                            |                  |              |                           |
|                  | Properly secure the boom.                                                |                  |              |                           |
|                  | Secure all essential gear for the evening.                               |                  |              |                           |
| <i>Comments</i>  |                                                                          |                  |              |                           |
| 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.                                 |                  |              |                           |
| <i>Comments</i>  |                                                                          |                  |              |                           |
| <b>AFLOAT</b>    |                                                                          |                  |              |                           |
| 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.                                      |                  |              |                           |
| Boat Handling    | Perform simple sheet adjustments to prevent luffing.                     |                  |              |                           |
|                  | Perform simple rudder adjustments to maintain a straight course (2 mins) |                  |              |                           |
|                  | Maintain a balanced boat.                                                |                  |              |                           |
|                  | Get in and out of a boat at a dock.                                      |                  |              |                           |
| <i>Comments</i>  |                                                                          |                  |              |                           |
| 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.                                              |                  |              |                           |

**Comments:**

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|--------------------|
| <b>Instructor:</b> |
| <b>Instructor:</b> |

|                |
|----------------|
| <b>Instr #</b> |
| <b>Instr #</b> |