WHITE SAIL III
PRACTICAL SKILLS CHECKLIST

Name:	**Training Hours:**	**Date:**
Date of Birth:		**Boat Type:**
Weather:		

The LTS/R committee recommends that sailors spend a minimum of 30 hours completing the skills below before moving on to the white sail II skills. Advancement prior to completion of the 30-hour practice time is authorized when a sailor can demonstrate all skills consistently.

SKILLS					Not Demonstrated	Demonstrated	Demonstrated consistently
ASHORE							
Lateral Buoy System	Port Hand	❑	Starboard Hand	❑			
	Fairway	❑	Isolated Danger	❑			
Parts of the Hull	Thwart	❑	Buoyancy Tank	❑			
	Mast Step	❑	Centreboard Line	❑			
Rigging Items	Cotter Pin	❑	Shroud Adjuster	❑			
	Clevis Pin	❑	Split Ring	❑			
Parts of the Sail	Luff	❑	Foot	❑			
	Clew	❑	Batten Pocket	❑			
	Leech	❑	Bolt Rope	❑			
	Tack	❑	Hanks	❑			
	Head	❑	Cringle	❑			
Foils	Pintle	❑	Rudder Blade	❑			
	Gudgeon	❑	Rudder Head	❑			
Types of Sailboats	Cat Rigged	❑	Sloop Rigged	❑			
	Keelboat	❑	Centreboard	❑			
	Sail Board	❑	Catamaran	❑			
Comments:							
CYA Structure	Describe the major functions of the NSO, PSO, Class Associations, Member Clubs and Sailing Schools.						
	Describe the different levels within the CYA LTS program.						
Hypothermia	Explain what hypothermia is and a cause.						
	List three ways to minimize hypothermia.						
	List two rules for treatment of a mild hypothermia victim.						
Hazards	List three geographic hazards.						
	List three navigation hazards.						
Weather	List three sources of weather information.						
	List three warning signs of weather.						
Comments:							
AFLOAT							
Leave Dock/Shore	Skipper identifies the wind direction.						
	Good route planning & control.						
	Proper skipper commands.						

SKILLS			Not Demonstrated	Demonstrated	Demonstrated consistently
	Crew assist skipper.				
Returning to a Dock/Shore	Good route planning & control.				
	Proper skipper commands.				
	Crew assist skipper.				
	Sails are lower prior to docking.				
	Approaches head to wind.				
	Soft contact with dock.				
Mooring	Good route planning & control.				
	Proper skipper commands.				
	Crew assist skipper.				
	Approaches head to wind/close hauled.				
	Stopped at mooring.				
Towing	Safety Receive and Cast off line.				
	Tie towline to secure point.				
	Steer towards the motor.				
	Crew weight low and aft.				
	Centreboard half way up.				
	Skipper and Crew pay close attention to towing vessel's commands.				
Comments:					
Helming Skills	Beating ❑	Close Reach ❑			
	Running ❑	Beam Reach ❑			
	Tacking ❑	Broad Reach ❑			
	Gybing ❑	Starboard Tack ❑			
	Stopping ❑	Port Tack ❑			
	Hiking ❑	Bearing Away ❑			
	Luffing ❑	Heading Up ❑			
	Sail Trim ❑	❑			
Sailing by the Lee	Maintains a straight course for 90 meters.				
	Crew prevents the boom from gybing.				
Crewing Skills	Sail Trim ❑	Daggerboard ❑			
	Boat Trim ❑	Lookout ❑			
	Gybing ❑	Boomvang ❑			
	Tacking ❑	❑			
Out of Irons	Crew backwinds the jib.				
	Skipper steers the proper direction.				
Comments:					
Paddle a Sailboat	Paddle a sailboat single-handed 30 meters without the use of the rudder.				
	Boat remains with 3 meters of the track.				
Crew Overboard	Keep crew in sight.				
	Stop boat to leeward of crew.				
Self Recovery (from turtle position)	Check the crew.				
	Maintain a grasp of the boat.				
	Crew to bow.				
	Skipper rights boat to capsize position.				
	Skipper grasp jib sheet to right				

SKILLS		Not Demonstrated	Demonstrated	Demonstrated consistently
	Skipper to dagger/centerboard.			
	Sailboat kept head to wind.			
	Right boat under control.			
	Quick entry over transom area.			
	Bail Sailboat.			
	Recover paddles and bailer.			
Comments:				

Comments:

Instructor:

Instr #

Instructor:

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