

Beginner Sailing

General Description: Sailors must sail a boat of up to 27 feet in length in light to moderate winds and sea conditions in familiar waters without supervision. A preparatory Standard with no auxiliary power or navigation skills required.

Sailing Knowledge

A Certified Sailor has successfully demonstrated his or her ability to:

Identify the following parts of a sailboat:

hull	mast	mainsail
keel	boom	bow
bow pulpit	gooseneck	jib
traveler	stern	stern pulpit
deck	lifelines	cabin
spreaders	shrouds	backstay
headstay	forestay	

Describe the functions of the following items on a sailboat:

mainsheet	rudder	tiller / wheel
boomvang	boom topping lift	jib sheet(s)
halyard(s)	winches	fairlead vs. padeye
downhaul	outhaul	cunningham
stays / shrouds	shackle	telltails
spring / breast lines	fenders	cleats

Define the following terms:

port	starboard	skipper
helmsman	crew	forward
aft	coming about	jibing
running rigging	standing rigging	heel
ahead	abeam	astern
windward	leeward	beam

Identify the following sails and parts of a sail:

mainsail	jib	storm jib
spinnaker	genoa	hanks
battens	batten packets	bolt rope
luff	leech	foot
head	tack	clew

Explain the following terms and points of sail and identify them from diagrams:

in-irons	head to wind	luffing
close hauled	close reach	beam reach
broad reach	running	starboard tack
port tack	windward boat	leeward boat
heading up	heading down / bearing away	sailing by the lee

Apply the Navigation Rules (International and Inland Navigational Rules for prevention of collision) by means of diagrams in the following situations and identify the sailboat or powerboat that is the "stand-on" and "give-way" boat.

- Port tack and starboard tack sailboats
- Windward and leeward sailboats
- Overtaking situation
- Boat on the right (danger zone)
- Boats meeting head-on
- Apply Rule 5 (Look-out Rule) contained in the Navigation Rules (International and Inland Navigation Rules for prevention of collision)
- Describe the actions to be taken when sailing in the vicinity of commercial shipping (Rule 9. Nav. Rules)
- Define hull identification number.
- Describe the difference between planning and displacement hulls.
- Describe proper means of waste disposal including penalties for improper disposal and means for Notification of authorities in the event of oil spillage.
- Describe how and when to file a float plan.
- Describe registration numbers and how to display them.
- Describe a capacity plate, where to find one and the information which is contained on the plate.
- Describe an alternate means of determining a boat's passenger capacity.

- State the federal standards for determining intoxication using Blood Alcohol Content (BAC).
- What is the BAC of the state in which you sail?
- Give 5 situations which may be considered negligent operation on the part of boater.
- Describe when and to whom boating accidents must be reported.
- Describe under what circumstances an operator must render assistance to another boater in danger.
- Describe the information an operator should acquire before operating his/her boat in an unfamiliar area.
- Describe where a boater would get the information in the item above.
- Be able to identify lateral aids to navigation by color, shape and numbering.
- Be able to identify Safe Water, Information and Regulatory Markers by color, shape and numbering.
- List required safety equipment for recreational vessels between 23 and 40 feet.
- Describe procedures for safety trailing and launching a boat.
- Describe sound signals used by recreational vessels and their meanings.
- Identify the location and color of running lights used by recreational vessels.
- Describe common anchor types and anchoring procedures.

SAILING SKILLS

A Certified Sailor has successfully demonstrated his or her ability to:

GEAR AND EQUIPMENT

- Select and properly use a personal flotation device.
- Select proper clothing for sailing.

SAILING

- Hoist the basic sails, set appropriate luff tensions, and coil and hang halyards and other lines.
- Without an Instructor or direction, act as helmsman / skipper and crew on a sailboat using proper commands and responses while sailing away and back to a dock and mooring under various wind directions. Sail a windward / leeward course while performing successful come about and gybe.

Sample Commands:

"ease sheets" "easing sheets"
 "heading-up, sheet in" "sheeting in"
 "ready about" "ready"
 "helms-a-lee" "hard-alee"
 "ready to jibe" "ready" "jibe-ho"

- Lower, fold and stow sails properly.

MAN OVERBOARD

- Describe and demonstrate the actions to be taken by a helmsman / skipper when sailing from the time a person falls overboard without warning until the crew member is safely recovered.
- Speed is secondary to safety in performing this procedure.
- Describe how to get an exhausted person aboard.
- Steer a sailboat by the lee for 100 yards without gybing.
- Steer a sailboat moving backwards for 20 yards with sails backed.
- Secure a sailboat to a dock so as to ensure limited movement and set out fenders properly.

KNOTS

- Describe the function of and tie the following knots without assistance:
 - bowline (in less than 20 seconds)
 - figure eight (in less than 15 seconds)
 - cleat hitch (in less than 15 seconds)
- Tie the following knots without assistance in less than 20 seconds:
 - reef / square knot
 - clove hitch
 - round turn and two half hitches

Apply the Navigation Rules (international and Inland Navigation Rules for prevention of collision) by means of diagrams in the following situations and identify the sailboat or powerboat that is the "stand-on" and "give-way" boat.

- Boats meeting head-on
- Define hull identification number
- Describe the difference between planning and displacement hulls.
- Describe proper means of waste disposal including penalties for improper disposal and means for notification of authorities in the event of oil spillage.
- Describe how and when to file a float plan.
- Describe registration numbers and how to display them.
- Describe a capacity plate, where to find one and the information which is contained on the plate.
- Describe an alternate means of determining a boat's passenger capacity
- State the federal standards for determining intoxication using Blood Alcohol Content (BAC).
- Give 5 situations which may be considered negligent operations on the part of a boater.
- Describe when and to whom boating accidents must be reported.

- Describe under what circumstances an operator must render assistance to another boater in danger.
- Describe the information an operator should acquire before operating his/her boat in an unfamiliar area. Describe where a boater would get the information in the item above.
- Be able to identify by color, shape and numbering, lateral aids to navigation.
- Be able to identify by color, shape and numbering, Safe Water, Information and Regulatory Markers List required safety equipment for recreational vessels between 23 and 40 feet.
- Describe procedures for safely trailing and launching a boat.
- Describe sound signals used by recreational vessels and their meanings.
- Identify the location and color of running lights used by recreational vessels.
- Describe common anchor types and anchoring procedures.