

**THORPE BAY YACHT CLUB START SAILING LOG BOOK STAGE 1**

<b>CLOTHING &amp; PERSONAL SAFETY EQUIPMENT</b>	Knowledge of what to wear for different conditions.	<input type="checkbox"/>	Understands personal buoyancy and importance of correctly fitting buoyancy aids.	<input type="checkbox"/>
	Awareness of heat loss and keeping dry.	<input type="checkbox"/>	Can demonstrate the correct use of a buoyancy aid whistle.	<input type="checkbox"/>
<b>RIGGING &amp; ROPEWORK</b>	Can assist with rigging an Oppie and can name seven parts of a boat.	<input type="checkbox"/>	Able to tie Thumb / Overhand knot, Figure of eight knot, Round turn and two half hitches and cleat a rope.	<input type="checkbox"/>
<b>ELEMENTS. WIND &amp; TIDE</b>	Wind awareness - Coming from - indicators.	<input type="checkbox"/>	Awareness of what causes the main tidal movement.	<input type="checkbox"/>
	Tide awareness - Going to - indicators.	<input type="checkbox"/>	Understanding the effect of local flood and ebb tides.	<input type="checkbox"/>
<b>LAUNCHING &amp; LANDING</b>	Can demonstrate knowledge of safe road crossing. Able to launch and get underway with assistance.	<input type="checkbox"/> <input type="checkbox"/>	Able to land and recover boat, secure to trolley, move to dinghy park, wash down, de-rig and put all gear away with assistance.	<input type="checkbox"/>
<b>PRACTICAL SAILING &amp; SEAMANSHIP</b>	Sail as crew with instructor.	<input type="checkbox"/>	Be a responsive crew.	<input type="checkbox"/>
	First sail as helm with instructor.	<input type="checkbox"/>	First sail solo.	<input type="checkbox"/>
	Able to effectively steer, head up to wind, go about and can demonstrate stopping / starting under instruction.	<input type="checkbox"/>	Can complete a short figure of eight course reach to reach.	<input type="checkbox"/>
			Know the four main compass points.	<input type="checkbox"/>
<b>FIVE ESSENTIALS 1 &amp; 2</b>	Understands and can demonstrate balance.	<input type="checkbox"/>	Understands and can demonstrate trim.	<input type="checkbox"/>
<b>CAPSIZE RECOVERY</b>	Understands the importance of staying with the boat.	<input type="checkbox"/>	Able to swim under and out of an inverted	
	Can call for assistance - 3 methods.	<input type="checkbox"/>	Oppie - no rig with two instructors on hand.	<input type="checkbox"/>
<b>SELF RESCUE, TOWING &amp; ESSENTIAL SAFETY</b>	Can paddle round a short triangle course.	<input type="checkbox"/>	Know when to sail back to start point or nearest beach.	<input type="checkbox"/>
	Can tie off a tow line and steer whilst being towed.	<input type="checkbox"/>	Can recognise local hazards and safe sailing area.	<input type="checkbox"/>
	Importance of hands in and no standing.	<input type="checkbox"/>	Helping others in distress and know what action to take.	<input type="checkbox"/>
	Understands the importance of a tidy boat.	<input type="checkbox"/>	Swim 50 Metres in full sailing gear survival style across the tide.	<input type="checkbox"/>
<b>RACING</b>	Awareness of other boats racing.	<input type="checkbox"/>	First short race as crew.	<input type="checkbox"/>