

THORPE BAY YACHT CLUB START

SAILING LOG BOOK

STAGE 2

CLOTHING & PERSONAL SAFETY EQUIPMENT

Can put on all sailing gear correctly and understands the difference between a buoyancy aid and a lifejacket.

Recognises signs of heat loss and heat gain and action to take.
Can use a bailer and improvise when necessary.

RIGGING & ROPEWORK

Can rig a dinghy with crew - except Pico masts for cadets.
Know the parts of a sail.

Able to tie a Reef knot, Bowline and Bow knot.

ELEMENTS. WIND & TIDE

Awareness when the wind is onshore and offshore.
Awareness when the tide is flooding and ebbing.

Understands the direction and effect of tide and can show some knowledge of laying off / allowing for tide between marks.

LAUNCHING & LANDING

Awareness of dangers of overhead power lines.
Can launch and get underway with crew assistance from beach in light onshore winds.
Recognise high tide marks, beach and slipway hazards.

Able to manoeuvre trolleys clear of other boats and obstructions.
Can launch and get underway with crew assistance from beach in light offshore winds.
Can offer to help other sailors with their launching trolleys.

PRACTICAL SAILING & SEAMANSHIP

Able to tack and gybe with good speed control.
Understands No Go zone.
Can sail a triangle course with one leg to windward.

Can demonstrate stopping and lying to and can start from in irons.
Know what is meant by Windward and Leeward.
Able to avoid collisions and understands Port to Port rule.
Know the correct tacking drill for centre mainsheet dinghys.

FIVE ESSENTIALS 3 & 4

Understands and can demonstrate correct position of dagger / centreboard.

Understands and can demonstrate correct sail settings.

CAPSIZE RECOVERY

Helm and Crew responsibilities to each other.
Can right a two sail Pico with crew.

Can demonstrate scoop in method for crew during righting.
Able to swim under and out of an inverted Pico - no rig with two instructors on hand.

SELF RESCUE, TOWING & ESSENTIAL SAFETY

Can paddle round a 100m triangle course.
Able to demonstrate the use(s) of a Painter.
Can prepare for multiple tows.

Can come alongside a buoy undersail, stop, tie off and restart.
Awareness of other water users - Sailing boats, Swimmers and Jet skis.
Swim 75 Metres in full sailing gear survival style across the tide.

RACING

Introduction to the Start Line, Starting sequence & Course.

First short race as helm.