

Advanced Sailing

Course Objectives and Evaluation

WLSS



Level Age Requirements:

The ideal age for this level - Youth ages 12 - 18.

Level Objectives/Goals:

1. Instruct 10 rules of appropriate sportsmanship and etiquette.
2. Instruct proper PFD use and wear proper sailing attire.
3. Instruct the 10 rules of water safety.
4. Instruct basic rules of boating.
5. Explain parts of the boat and purpose of each.
6. Demonstrate how different types of wind impact the boat/sail.
7. Instruct boat preparation, rigging, & de-rigging.
8. Explain the key skills for leaving/returning to beach/dock.
9. Instruct basic knot tying.
10. Explain sail controls.
11. Demonstrate sailing backwards.
12. Demonstrate proper use of tiller extension.
13. Explain starting, stopping and speed control.
14. Explain safety position/hove to.
15. Define sailing terminology:
(Refer to Sailing Terminology Chart.)

Evaluation:

Skills	Rating				Comments
	Excellent	Good	Needs Improvement	Not Passing	
<input type="checkbox"/> Advanced					
<input type="checkbox"/> Etiquette and sportsmanship					
<input type="checkbox"/> Proper Attire & PFD Use					
<input type="checkbox"/> Understanding Water Safety					
<input type="checkbox"/> Understanding Basic Rules of Boating					
<input type="checkbox"/> Parts of the Sail Boat					
<input type="checkbox"/> Understanding Wind and Effect					
<input type="checkbox"/> Preparation and Rigging					
<input type="checkbox"/> Basic Knots					
<input type="checkbox"/> Sail Controls					
<input type="checkbox"/> Sailing Backwards					
<input type="checkbox"/> Tiller Extension					
<input type="checkbox"/> Leaving and Returning to Beach/Dock					
<input type="checkbox"/> Starting, Stopping & Speed Control					
<input type="checkbox"/> Safety Position/Hove to					
<input type="checkbox"/> Tacking/Jibing					



<input type="checkbox"/> Steering with Weight & Sails					
<input type="checkbox"/> Sail Trim- Upwind/Downwind					
<input type="checkbox"/> Judging Laylines					
<input type="checkbox"/> Capsize recovery					
<input type="checkbox"/> Awareness Outside of Boat					
<input type="checkbox"/> Ability to Predict Wind Effects					
<input type="checkbox"/> Securing and Derigging					
<input type="checkbox"/> Boat Maintenance					
<input type="checkbox"/> Sailing Terminology					

Next Level Recommendation:

- Intermediate – L1
- Intermediate – L2
- Advanced
- Racing Tactics – L1
- Racing Tactics – L2

Student Name:

Session Dates: 1 2 3 4 5 6 7 Year:

Attendance Record: Day 1 Day 2 Day 3 Day 4

Instructor Signature: **SAMPLE** Date: _____

