

Intermediate Sailing

Level I

Course Objectives and Evaluation

WLSS



Level Age Requirements:

Ideal age for this level - Youth ages 9 – 16.

Level Objectives/Goals:

1. Explain 10 rules of appropriate sportsmanship and etiquette.
2. Demonstrate proper PFD use and wear proper sailing attire.
3. Explain the 10 rules of water safety.
4. Identify basic rules of the boating.
5. Label parts of the boat and purpose of each part.
6. Explain how different types of wind impact the boat/sail.
7. Demonstrate boat preparation and rigging.
8. Identify basic knot types.
9. Demonstrate leaving a beach/dock and returning to beach/dock.
10. Tacking/Jibing
11. Sail Trim- Upwind & Downwind
12. Awareness Outside the Boat
13. Securing Boat and De-rigging
14. Boat Maintenance
15. Define sailing terminology
(Refer to Sailing Terminology chart)

Evaluation:

Skills	Rating				Comments
	Excellent	Good	Needs Improvement	Not Passing	
Intermediate – Level I					
<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"/> Leaving and Returning to Beach/Dock					
<input type="checkbox"/> Tacking/Jibing					
<input type="checkbox"/> Sail Trim- Upwind/Downwind					
<input type="checkbox"/> Awareness Outside of Boat					
<input type="checkbox"/> Securing and Derigging					
<input type="checkbox"/> Boat Maintenance					
<input type="checkbox"/> Sailing Terminology					



Student Name:

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

Attendance Record: Day 1 Day 2 Day 3 Day 4

- Next Level Recommendation:**
- Intermediate – L1
 - Intermediate – L2
 - Advanced
 - Racing Tactics – L1
 - Racing Tactics – L2

Instructor Signature: **SAMPLE**

Date: _____

