

Introduction to Sailing

Level II

WLSS



Course Objectives and Evaluation

Level Age Requirements:

This level is ideal for youth ages 8-10 years old.

Level Objectives/Goals:

1. Identify 5 rules of appropriate sportsmanship and etiquette.
2. Describe proper PFD use and recognize proper sailing attire.
3. Recite the 10 rules of water safety.
4. Identify parts of the boat.
5. Demonstrate what/how tiller & steering work.
6. Identify different types of wind and demonstrate how different types of wind impact the boat/sail.
7. Identify steps in preparing and rigging the boat.
8. Identify 3 steps of proper boat maintenance.
9. Recognizes sailing terminology:

Mainsheet	Rudder/Tiller	Tiller Extension	Hull
Sail	Centerboard	Mast	Boom
Sprit Pole	Rigging & De-rigging	Wind Pie-Reaching	No-Go-Zone
Upwind	Downwind	Changing Direction - Tacking(tiller towards trouble)	Safety Position & Luffing

Evaluation:

Skills	Rating				Comments
	Excellent	Good	Needs Improvement	Not Passing	
Introduction to Sailing – Level II					
<input type="checkbox"/> Etiquette and sportsmanship					
<input type="checkbox"/> Proper Attire & PFD Use					
<input type="checkbox"/> Understanding Water Safety					
<input type="checkbox"/> Parts of the Sail Boat					
<input type="checkbox"/> Working the Tiller and Mainsheet					
<input type="checkbox"/> Preparation and Rigging					
<input type="checkbox"/> Boat Maintenance					
<input type="checkbox"/> Sailing Terminology					

Student Name:

Session: 1 2 3 4 5 6 7 Year:

Attendance Record: Day 1 Day 2 Day 3 Day 4

Next Level Recommendation:

- Intro to Sailing – L1
- Intro to Sailing – L2
- Intermediate – L1
- Intermediate – L2
- Advanced
- Racing Tactics – L1
- Racing Tactics – L2

Instructor Signature: **SAMPLE** Date: _____

