

Introduction to Sailing

Level I

Course Objectives and Evaluation

WLSS



Level Age Requirements:

This level is ideal for youth ages 6 – 8 years old.

Level Objectives/Goals:

1. Identify appropriate sportsmanship and etiquette in sailing.
2. Practice proper PFD use and recognize proper sailing attire.
3. Identify the 10 rules of water safety.
4. Identify parts of boat.
5. Show how tiller & steering work on boat.
6. Recognizes sailing terminology:

Mainsheet	Rudder/Tiller	Tiller Extension	Hull
Sail	Centerboard	Mast	Boom
Rigging & De-rigging	No-Go-Zone		

Evaluation:

Skills	Rating				Comments
	Excellent	Good	Needs Improvement	Not Passing	
Introduction to Sailing – Level I					
<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"/> 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: _____

