

DEMONSTRATION OF SAILING PROFICIENCY SHEET

CANDIDATE: _____ Date _____

Demonstrating proficiency with this boat: _____

Sailing Experience level: Beginner Intermediate Experienced

Training, Certification: _____

Experience sailing these vessels: Optimist Laser Sunfish Club 420 Flying Scot Hobie Wave
(Select all that apply)

Other: _____

Demonstration of Practical Skills: (Reviewer to make judgement of proficiency)

- i. Vessel inspection:
- ii. Vessel rigging:
 - 1. Main
 - 2. Jib
- iii. Vessel launching or if applicable use of hoist:
- iv. Points of sail:
 - 1. Tacking
 - 2. Gybing
 - 3. Sail trim basics
- v. Recovery from broach/capsize:
- vi. Man Overboard, recovery:
- vii. Right of way rules:
 - 1. Basic rules of road.
 - 2. Right of way. Collision avoidance
- viii. Local hazard appreciation:
 - 1. Intercostal waterway
 - 2. Commercial shipping
 - 3. Shallows
- ix. Use of VHF radio:
- x. Return to dock/beach maneuvers:
- xi. Derig and stow gear:

IMPRESSION: _____

Use of club boat: _____

APPROVED or NEEDS MORE COACHING
(Please circle as appropriate)

Conducted By: _____

Signature: _____