



**Youth Sailing @  
Chasewater**

**Youth Sailing Scheme Stage 3**

**SAILOR NAME:**

date / int

DATE COMPLETED:	
LOG BOOK SIGNED:	
CERTIFICATE ISSUED:	

<b>Rigging launching and recovery</b>	date/Int	<b>General</b>	date/Int
Can rig, launch and recover in an onshore wind		Understands how a sail works basic aerodynamics	
Can reef a dinghy ashore according to weather conditions		Knows basic terminology for use afloat ( windward, leeward, bear away, luff up )	
Can store a dinghy ashore		Understands the importance of clear communication aboard	
<b>Ropework</b>			
Can tie a bowline, clove hitch and rolling hitch		Understands lee shore dangers and sailing in close company with other water users	
<b>Sailing techniques and manoeuvres</b>		Understands advice to inland sailors for coastal sailing	
<b>Can demonstrate the basic principles of the following:</b>			
The five essentials - sail setting, balance trim, course made good and centreboard		Knows the importance of personal safety and telling someone ashore	
Sailing on all points of sailing on a triangular course		Understands the dangers of hypothermia and the importance of first aid training	
<b>Rules of the road</b>			
Tacking upwind			
Gybing from a training run		Knows the basic rules of the road - Port/Starboard, windward boat and t overtaking boat	
Righting a small capsized dinghy as helm/crew		<b>Meteorology</b>	
Coming alongside a moored boat		Knows how to obtain a weather forecast	
Prepare for/take up tow from power craft		Understands the Beaufort Wind Scale	
Pick up a mooring		Knows when to reef	
<b>Racing</b>		<b>Clothing and equipment</b>	
Understands the course and starting procedure		<b>Understands the importance of:</b>	
		Personal safety equipment	
<b>Manoeuvres</b>			
Understands how to recover a man overboard		Boat buoyancy	
Understands the points of sailing		Basic safety equipment e.g. anchor, bailer, paddle	