



**EPHRAIM YACHT CLUB LESSON SKILLS CHECK SHEET**

Name: \_\_\_\_\_ Date Begun: \_\_\_/\_\_\_/\_\_\_ Level Passed: 1 2 3 4

<u>Sailing Camp &amp; Level 1</u>	<u>F</u>	<u>G</u>	<u>E</u>	<u>Level 2</u>	<u>F</u>	<u>G</u>	<u>E</u>
Swimming-Around Buoy (25 yards)				Rigging: Main 21-33			
Swimming-Tread Water 2 Minutes				Rigging: Jib 21-33			
Swimming-Put on Life Jacket in water				Rigging: Opti 28-31			
Swimming-Help and Huddle				Skipper/Crew Basics 34-36, 39-41			
Proper Attire 8-13				Boat Handling (at helm) 34-41			
Physical Fitness 11				Jibing: Controlled 56-59			
Safety Check of Boats 14				Getting Out of Irons 52			
Parts of Boat 16-19				Avoiding a Capsize (3 ways) 61			
Knot: Stopper/Figure 8 95				Parts of Sail 28			
Finding the Wind 21-23				Windward/Leeward 25			
Starboard/Port 19				Knot: Cleat 95			
Stowing Sails & Boat Put Away 32-33				Knot: Bowline 94			
Use of Crane (Golden Rule) 33				6 Points of Sail 42-47			
Intro to Docking 68-71				ROW Rule: Avoid Collisions!!! 80			
Capsizing (Golden Rule) 61				ROW Rule: Starboard/Port 81			
Boarding 34				ROW Rule: Leeward Boat 82			
3 Points of Sail (Beat/Reach/Run)				ROW Rule: Motor & Towing 83			
Boat Handling (at helm) 34-36 39-41				ROW Rule: Commercial over Pleasure 83			
Tacking 41							
Sailing to a point							
Following another vessel							
				Skills Check			
Skills Check				Written Test			



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<u>Level 3</u>	<u>F</u>	<u>G</u>	<u>E</u>	<u>Level 4</u>	<u>F</u>	<u>G</u>	<u>E</u>
Rigging: F/S 28-31				How Sails Work 24-25			
Rigging: FJ 28-31				Boat Handling 44-59			
Reading the Water/Puffs & Lulls 79				Jibing: Flying/Slam 56-59			
Sail Trim: Tell Tales 27, 76-77				Docking (S & W Winds) 68-71			
Directing of Launch via Crane 33				Casting off w/Obstructions both sides 68-71			
Casting off-all wind directions 68-71				Sail Trim: Header 76-77			
Sail Trim:Beat/Close Hauled 45-47, 48-51				Sail Trim: Lifter 76-77			
Sail Trim: Reach 44-47				Sail Trim: Pinching 74			
Sail Trim: Run 44, 47				Use of Cunningham 30-31, 76-77			
Centerboard Use 39, 56-58				Use of Boom Vang 30-31, 76-77			
Crew Position Confidence 34-41				Anchoring the Boat 85-87			
Skipper Position Confidence 34-41				Coiling & Throwing Lines 96			
Capsizing (steps to righting) 60-65				Sailing Race Course: Triangle W/L			
Man Overboard-steps 66-70				Sailing Race Course: Windward/Leeward			
Docking (3 check points) 68-71				Sailing Race Course: Modified Olympic			
Docking - N & E Winds 68-71				Spinnaker Parts			
ROW Rule: Overtaking 82				Spinnaker Setting			
Weather & Surroundings 88-93				Spinnaker Flying (curling edge)			
Knot: Square				Spinnaker Jibing			
Knot: Double Half Hitch 95				Spinnaker Pole Jibing Steps			
Knot: Clove Hitch 94				Race Log (date, Opti)			
				Race Log (date, FJ)			
				Race Log (date, FS)			
				Skills Check			
Skills Check				Written Test			
Written Test				Junior Skippers or Skippers Test			

