



Draft Date: January 7, 2015

START KEELBOAT SAILING STANDARD

Objective

To be able to sail safely as crew of a sloop rigged keelboat 6 to 12 meters with an outboard or inboard motor in 5 - 20 knots (not gusting over 25 knots) of wind by day.

Prerequisites

None.

Ashore Knowledge

Section I: Terms and Definitions

The candidate must be able to:

1. Identify and describe the following:

Hull and keel	Traveller
Bow, beam and stern	Boom vang and topping lift
Deck, cabin and companion way	Shackles and fairleads
Cockpit and self-bailing cockpit	Cleats and winches
Rudder and tiller/wheel	Pulpit and pushpit
Gudgeons and pintles	Stanchions and lifelines
Rudder post	Main, jib and storm jib
Mast and boom	Genoa and spinnaker
Gooseneck	Head, tack and clew
Spreader	Luff, foot and leech
Shrouds and stays	Battens, hanks and slides
Tangs and turnbuckles	Cringles and reef points
Chainplates	Running rigging
Standing rigging	Sheets and halyards
Roller and slab reefing	Outhaul and cunningham
Telltails/Ticklers	Roller furling
Spring and breast lines	Masthead fly
Fenders	

2. Describe the following:

Ahead, abeam and astern, forward and aft;

3. Define and be able to identify these terms:

Port	In irons
Starboard	Luffing (of sail)
Windward	Close hauled
Leeward	Beating
Tacking	Running
Gybing	Sailing by the lee
Port tack	Heading up
Starboard tack	Bearing away
Reaching (Close, beam and broad)	

Section II: Weather

The candidate must be able to:

4. Identify the wind direction by pointing to it, using their senses.
5. State three sources of marine weather information;
6. Interpret the marine weather forecast applicable to the area of operation, and describe how to apply the information as follows:
 - a) Decide what changes are forecast for the next six hours and what effect these should have on the day's planned activities,
 - b) Choosing the appropriate clothing suited for the day's weather conditions;



7. Identify the wind speeds associated with:
- | | | |
|---------------------|----------------|---------------|
| Light winds | Moderate winds | Strong winds |
| Strong wind warning | Gale warning | Storm warning |

Section III: Duties of the Skipper and Crew

The candidate must be able to:

8. List the main responsibilities of the skipper and crew as listed below:

Skipper

- a) Safety of crew and boat,
- b) Briefing on location and operation of lifesaving and other safety equipment prior to getting underway,
- c) Assigning duties,
- d) Instruction in the safe use of the boat’s equipment while underway,
- e) Obligations on observing an accident or vessel in distress,
- f) Actions to demonstrate respect for other boaters and other’s property,

Crew

- a) Obey skipper,
- b) Assist skipper.

Afloat Skills

Section IV: Preliminaries

The candidate must be able to:

- 1. Demonstrate on land the correct method of putting on a personal flotation device in the water;
- 2. Demonstrate the correct use of a heaving line;
- 3. a) Carry out a check of the vessel’s required (Safe Boating Guide) and recommended equipment in accordance with the *Sail Canada Cruising Boat Checklist*,
b) Demonstrate use and care of onboard equipment,
c) Proper stowage of the equipment;
- 4. Complete a pre-departure checklist;
- 5. Bend on, check and stow sails;
- 6. Safely manoeuvre around the boat, at all times, maintaining appropriate hand holds.

Section V: Manoeuvring Under Power

The candidate must be able to:

- 7. Demonstrate safe care and control of the helm;
- 8. Maintain a required course and alter course to new heading(s) when requested.

Section VI: Handling Under Sail

The candidate must be able to:

- 9. Hoist the basic sails while under power (head to wind, hoist mainsail first), set appropriate luff tensions, and flake halyards;
- 10. Act as crew (both as trimmer and helm) while demonstrating the proper techniques of beating, reaching and running; tacking and gybing; heading up, bearing away, luffing and heaving to; using the following commands and responses:

<u>Commands</u>	<u>Responses</u>	<u>Alert</u>
“Head Up”		
“Bear Away”		
“Ease Sheets”		
“Harden Sheets”		
“Ready About”	“Ready”	“Helms-a-Lee”
“Ready to Gybe”	“Ready”	“Gybe-ho”



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11. Demonstrate, as crew, the management of the sail plan for different wind conditions while keeping the vessel under control, either at the helm or controlling the sails by:
 - a) Reefing and shaking out the reef in the mainsail,
 - b) Reefing and shaking out the reef, or changing the headsail;
12. Understands and participates as crew the actions/commands from the time a member of the crew falls overboard without warning, until the crew is safely recovered. Consider the crew overboard is wearing a PFD and able to assist him/herself. Include the following minimum actions:
 - a) Sound alarm "Crew Overboard!",
 - b) Deploy marker and buoyant object(s),
 - c) Appoint and maintain a look out,
 - d) Triangle method of return (under sail),
 - e) Describe at least two methods of getting a person out of the water and back aboard;
13. Lower sail while under power.

Section V: Manoeuvring Dockside or at Mooring

The candidate must be able to:

14. Demonstrate line preparation and safe line handling while undocking and docking;
15. Demonstrate the correct way to board and disembark the vessel in a safe manor;
16. Properly stow lines and fenders, once underway;
17. Participate in securing a vessel to a dock to prevent excessive movement using appropriate dock lines and set out fenders correctly.

Section VI: Seamanship

The candidate must be able to:

18. Demonstrate safe winch techniques with particular emphasis on:
 - a) Prevention of excessive strain on sheet/halyard,
 - b) How to avoid over-riding turns (and how to clear),
 - c) Position of hands/fingers,
 - d) Fitting and removal of winch handles.
19. Coil a line and secure (sea coil);
20. Tie the following knots, bends and hitches within 30 seconds each:
 - a) Figure Eight,
 - b) Bowline,
 - c) Round Turn & Two Half Hitches,
 - d) Reef knot,
 - e) Belay a cleat;
21. Flake sails, stow equipment and put the boat to bed.

Resource Material

Sail Canada Basic Cruising Skills by Gillian West
Performance Sailing and Racing by Steve Colgate