

Allan Champion

## □ Preparation:

### □ inspection and prep of boat

- bilge, standing rigging & running rigging
- anchor ready to use
- jib sheets run properly
- Is throwable flotation in cockpit ready to use?
- has flashlight on deck and secured for night sailing?
- waterproof flashlight or strobe on your person in case you go in water?
- handheld, submersible VHF
- flares up to date?

### □ awareness of current conditions

- how does boat react differently in high, low and medium winds?
- Knots you know & when you'd use them (bowline, sheet bend, stopper knot, round turn & half hitches)
- Is everyone wearing their PFD?
- what are expected conditions, tide height and marine forecast
  - can we sail over to south basin now? How about in 2 hours?
- What are breast and spring lines used for?
- Proper boat preparation and safety judgment.
- Lines ready to use
- sail selection for current conditions
- jury-rigging
- have flashlight(that works) and flares (up to date)?

## □ Crew Handling:

- Crew preparation
- clear & constant communication. Is your voice shrill or calm? Authoritative or inaudible? Assign and explain tasks to crew , and coach them through
- ARE PEOPLE HAVING FUN? 'cuz that what it's about!

## □ In Marina

- Traffic awareness
- Sailing overpowered/underpowered
- Where wouldn't you sail with current conditons?
- where are danger zones/ bailouts?
- sailing with main only, jib only. How is boat different than with both sails?
- narrow channel sailing

### □ Emergency maneuvers

- what if main dropped unexpectedly?
- what if headsail or spinnaker wrapped around forestay?
- what if you are cast off early/ or onto wrong tack?

### □ departure and arrival at dock

- Upwind
- downwind
- crosswind
- boom push departure, zero sternway upwind departure
- upwind departure from downwind slip

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- **Outside marina**
- Traffic awareness
- Reefing underway
- changing headsails
- **Man overboard drills**
  - throw extra flotation
  - assigning lookout
  - tack return
  - Jibe return
  - hove-to return
  - Jib only return
  - very quick return
  - rudderless(use sails and weight)
  - singlehanded
  - getting person back aboard
- Sail in small & large circles around a buoy
- Dead downwind to dead downwind high wind jibe
- Rudderless Jibe
- Awareness of boat position, using landmarks.
- Where is Berkeley Reef and “D” mark?
- Where is Ashby Shoal?
- Anchoring & mooring-sailing away from a mooring or anchor
- **Fly spinnaker**
  - decide on which jibe to get back to marina
  - proper rigging
  - what to look for in trim
  - what to do about death roll? round up? spinnaker wrap around forestay?
- **Judgement**
  - if it's night and blowing 25+, should you go out with just a jr. wannabe as crew?  
What if you fall overboard? What precautions could you take?
  - **Proper stowing of the boat.**
  - slack outhaul
  - untie reefs
  - fold headsail with tack at top of bag
  - tie up tiller
  - organize salon
  - plug in charger