

START KEELBOAT SAILING STANDARD

Course Description

This is one of the entry levels in the series of Sail Canada courses on sailing keelboats and on Cruising, This course is the recommended starting point for individuals with minimal practical on water experience. This entry level course builds basic sailing skills with a focus on operation of the vessel as crew. Candidates completing this course will be able to competently contribute as crew to the operation of a keelboat in moderate daytime conditions. This standard is recommended for those with little boating or sailing experience that want to experience sailing on a keelboat and begin to build basic sailing skills in a relaxed environment and at a comfortable pace.

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. This standard may be offered in a one weekend format or in evening sessions. It is envisioned that the learning objectives can be accomplished in 12-15 hours. .

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”

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.

Outcomes and Evaluation

Sessions will primarily be in boat and on water. Candidates will be evaluated on their ability to follow instructions as crew while assisting in vessel operation and on their understanding of the terminology and concepts that are part of the course. Candidates will be asked to complete a workbook as an open book learning exercise before the end of the sessions. Candidates must achieve at least 70% on the workbook.

Additional Notes

This standard provides a great opportunity for boaters to get out on the water with a knowledgeable individual. With a focus on learning and participation as crew this course represents an easy to deliver entry point for those wishing to learn to sail.

Physical Requirements for Candidates

These training sessions will require short periods of moderate upper body exertion, and a moderate level of arm strength. Participants will have the opportunity to experience sun, wind, spray, rain, and temperatures consistent with the time of year they take part in this activity. When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land. Participants will be expected to learn and demonstrate skills and perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway. In a day sailing format,



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vessels will be underway for varying periods of time (up to 8 hours), during daylight, in light to moderate wind and sea conditions. These sessions are suitable for most fitness levels and will provide a good body core workout.

Resource Material

Sail Canada Basic Cruising Skills by Gillian West