

BLUE PENNANT

HAS KNOWLEDGE OF

Basic racing, the course and starting procedures

UNDERSTANDS

The basic terminology used afloat
All points of sail and the no go zone
How a sail works, basic aerodynamic theory
The Beaufort wind scale
The importance of clear communication afloat
Basic rules – port/starboard, windward boat and overtaking boat
The importance of personal safety equipment

CAN TIE

Figure of eight Cleat a Halyard
Reef Knot Bowline
Round turn and two half hitches

CAN

Can identify the kite mark/CE label
Rig, launch and recover in an offshore wind
Sail on all points of sailing on a triangular course
Demonstrate good use of the 5 Essentials
(Trim, Daggerboard, Course, Sail, Balance)
Do a gybing land drill using the tiller extension
Sail and upwind downwind course:
On the downwind leg gybing from training run to training run
Get out of irons
Stop a boat by lying to
Demonstrate good speed control
Sail backwards away from a pontoon in an offshore wind
Prepare for and take up a two from a power craft
Right a capsized dinghy efficiently bail out and sail on
Store a dinghy ashore