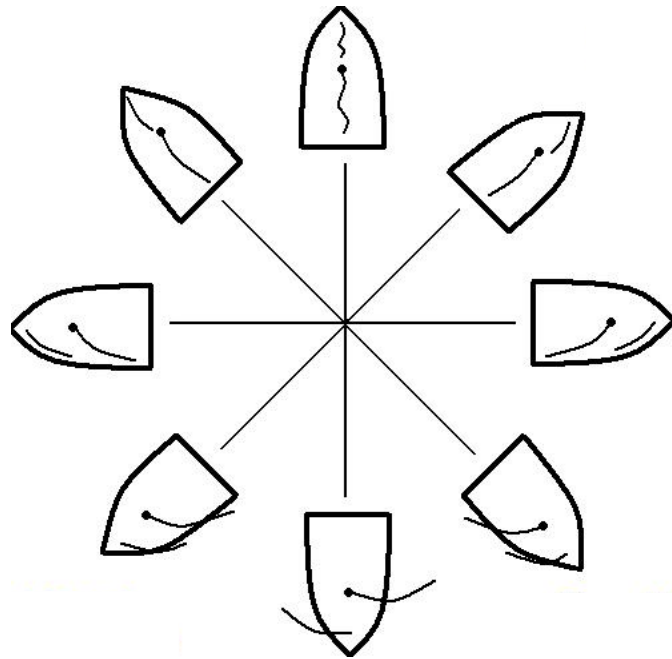
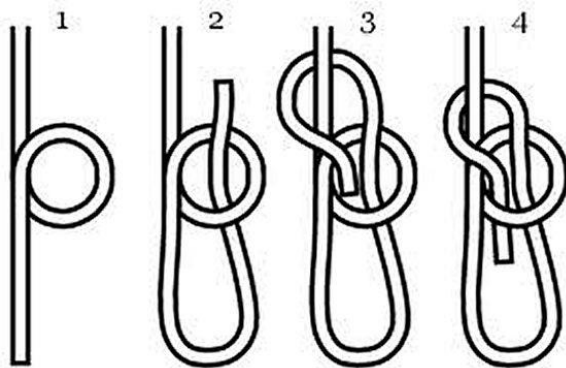


Label the 8 points of sail on the diagram.



2. what knot is this



3. What is the start procedure for a normal race?

4. What are the 5 essentials and what mnemonic to remember them?

5. What is the difference between spring and neap tides?

6. What would you do before you went on the water? What would you check?  
And who would you tell?

7. What part of the leg should you hike of when it is windy?

8. Name 5 points of the sail:

9. if you were in a double handed boat, and you capsized what should the crew do in that situation?

10. if you are going down wind and the boat is really wobbly how would you make the boat more stable?