

Adult Training Skill List

1. Capsize Drill
2. Identify Boat Parts
 - a. Tiller
 - b. Rudder
 - c. Bow
 - d. Stern
 - e. Port
 - f. Starboard
 - g. Mast
 - h. Boom
 - i. Center/Dagger board/Keel
 - j. Side Stays/Shrouds
 - k. Forestay
 - l. Backstay
 - m. Halyards
 - n. Sheets
3. Rig boat & launch
 - a. Getting on boat at dock
 - b. Sailing away from dock
4. Derig boat & put away
 - a. Approaching dock (J-turn)
 - b. Getting off boat
5. Hold steady course on both tacks.
 - a. Stop boat on same tack
 - b. Start boat on same tack
6. Points of sail on both tacks
 - a. Irons/No Go
 - b. Close Reach
 - c. Reach
 - d. Broad Reach
 - e. Run
7. Right of Way rule
 - a. Identify their own and other boats tack while sailing.
 - b. Port-Starboard
 - c. Same tack leeward-windward
 - d. Human powered/Sailboat/Power Boat priority
8. Tacking
9. Jibing
10. Sailing around a windward and leeward mark course.