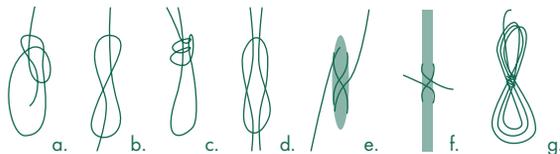


Tick the boxes to track your progress:  Sailor  Coach

## 1. Theory

Ropework:

- |  |   |
|--|---|
| <input type="checkbox"/> a. bowline knot - paalusolmu  | <input type="checkbox"/> b. figure eight - kahdeksikko  |
| <input type="checkbox"/> c. slipknot - vetosolmu       | <input type="checkbox"/> d. reefing knot - merimissolmu |
| <input type="checkbox"/> e. cleat hitch - knaappisolmu | <input type="checkbox"/> f. clove hitch - siansorkka    |
| <input type="checkbox"/> g. coiling - vyyhteäminen     |   |



- Basic sailing vocabulary and boat parts (see cover)
- Rules of the Way: overtaking, avoiding collisions, basic practices on waterways
- Sea marks and navigation, reading sea charts
- Safety: man over board manoeuvre
- Effects of wind and current over the boat

## 2. Maintenance

- Putting the mast up
- Taking the mast down
- Attaching and detaching the boom
- Changing the sails
- Rigging for spinnaker
- Replacing the shackles, pins and others
- Replacing sheets and blocks
- Recovering the halyards from inside the mast
- Fastening the shrouds
- Fixing trailer wheels
- Changing tiller extension and fixing the joint
- Checking the rig tension with the appropriate tool
- Changing the windex

## 3. Practice

- Preparing the boat for sailing
  - Launching the boat
  - Hoisting and dropping the sails
  - Positioning and operating the sails
  - Steering, operating the rudder and the center board
  - Tacking
  - Tacking to beat against the wind
  - Jibing
  - Jibing with spinnaker
- Harbour maneuvers:
- a. S - SW winds
  - b. N winds
  - c. E or W winds
  - d. under 7m/s winds
  - e. over 8/ms winds
  - Anticipating on gusts
  - Hiking techniques and load balancing
  - Capsizing and recovering in practice
  - Sailing upwind in a tight channel
  - Getting towed
  - Stopping the boat
  - Preparing the boat for overnight
  - Attaching the sails
  - Checking for correct rigging
  - Taking the sails down
  - Putting the sails to dry
  - Checking for damages
  - Filling the boat report

## 4. Skipper's rights

I, \_\_\_\_\_  
name and signature of Coach

hereby grant L16 Skipper's rights to

\_\_\_\_\_  
name and signature of Skipper

In return I, \_\_\_\_\_ (name of Skipper) hereby declare that I fully understand and take seriously my responsibility over my future crew and boat.

Date and place: \_\_\_\_\_