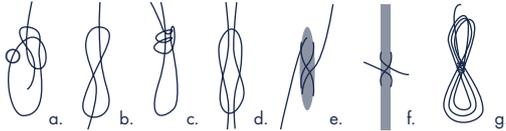


Tick the boxes to track your progress: Sailor Coach

1. Theory

Ropework:

- a. bowline knot
- b. figure eight
- c. slipknot
- d. reefing knot
- e. cleat hitch
- f. clove hitch
- g. coiling



- Sailing terms and boat parts
- Rules of the Way: overtaking, avoiding collisions, basic practices on waterways
- Sea marks and navigation
- Safety: man over board manoeuvre
- Effects of wind and currents over the boat
- Understanding forecast and weather
- Basic rules of racing
- Sailing with gennaker: angels and reading the wind

2. Maintenance

- Lifting and setting the mast
- Taking the mast down
- Attaching and detaching the boom
- Routine check of rigging for spinnaker
- Replacing the shackles, pins and others
- Recovering the halyards from inside the mast
- Fastening the shrouds
- Fixing trailer wheels
- Putting the sails to dry
- Crane operations (hoisting, putting the boat on water, washing the boat)

3. Practice

- Preparing the boat for sailing
- Attaching and detaching the sails

- Mast tuning
 - Checking for correct rigging
 - Launching the boat
 - Hoisting and dropping the sails
 - Positioning and operating the sails
 - Steering, operating the rudder
 - Tacking techniques
 - Tacking to beat against the wind
 - Jibing techniques
 - Operating a gennaker: hoisting, dropping and trimming
- 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
 - Stopping the boat
 - Luffing and standstill
 - Targeting on a windward point
 - Sailing a triangular track
 - Layline estimation
 - Sailing upwind in a tight channel
 - Getting towed
 - Collaboration with the crew
 - Preparing the boat for overnight
 - Storing the boat for a longer period
 - Checking for damages
 - Filling the boat report

4. Skipper's rights

I, _____
name and signature of Coach

hereby grant J70 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: _____