



## SAILING SKILLS

### Competencies

- 2.1 I can explain the safety rules for being near water.
- 2.2 I am familiar with the signs and symptoms of mild hypothermia.
- 2.3 I can explain how I should care for my PFD.
- 2.4 I can explain the difference between a PFD and a life jacket.
- 2.5 I am familiar with the three common whistle signals and when they would be used.
- 2.6 I can describe five appropriate actions I should take if I capsize a sailboat.
- 2.7 I can demonstrate how to tie the reef knot, sheet bend and figure-eight.
- 2.8 I can identify twelve key parts of my sailboat.
- 2.9 I have used a throw bag.
- 2.10 I can lift a boat with help from others, rig a sailboat, and practise getting into and out of my boat safely.
- 2.11 Before I launch my boat, I can show where I am allowed to go sailing.
- 2.12 I can swim 50 metres wearing my PFD.
- 2.13 I can sail away from dock, hold the tiller, pull in the mainsheet, ease the sheets, and sail straight for one minute.
- 2.14 I have taken part in at least two daysails of four hours each or four daysails of two hours each.

