

Covered

- | 1st | 2nd | Pass | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 72) Helsman - bings boat into wind |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 73) Without sail adjustment |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 74) Crew eases sheets to luff |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 75) Helsman - bings boat into wind - crew sheets in |

Sailing by the Lee

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 76) Helsman - holds boat on course without gybing |
|--------------------------|--------------------------|--------------------------|---|

Heaving to

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 77) Helsman - heaves to from beating position |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 78) Helsman - heaves to through a gybe |

Demonstrate Proper Winch Techniques

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 79) Proper strain on halyards & sheets |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 80) Proper wrapping technique on winch (hand safety) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 81) Removal of winch handle after use |

Maneuvering Under Power

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 82) Stop the boat (reverse - half boat length from mark) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 83) Straight course on approach |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84) Proper speed for conditions |

Parallel Docking

- | | | | |
|--------------------------|--------------------------|--------------------------|---------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 85) Correct approach |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 86) Proper speed for conditions |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 87) Correct distance from dock |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 88) Stop without using lines |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 89) Bow stopped before mark |

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|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 90) Boat has sufficient sea room |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 91) Helsman maintains control |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 92) Crew is safe during procedure |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 93) Complete reefing procedure carried out |

Reefing

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 94) Choose a good location for anchoring |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 95) safe foredeck procedure |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 96) Lower anchor properly |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 97) Proper scope for depth (accounting for tide) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 98) Check the drag |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 99) Raise the anchor |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 100) Over - ride the anchor |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 101) Slow speed when retrieving anchor |

Anchoring

Man Overboard Drill

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 102) Alert |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 103) Lookout |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 104) Datum mark & lifering |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 105) Turn vessel to beam reach |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 106) Tack at proper time |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 107) Beam reach back- passing to leeward |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 108) Heave to at proper time |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 109) Proper approach to man overboard |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 110) Secure victim |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 111) Two methods for bringing victim aboard |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 112) One short handed method for bringing victim aboard |

Knots

- | | | | |
|--------------------------|--------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 113) Reef Knot |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 114) Round Turn & two half hitches |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 115) Sheet bend |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 116) Prussick knot |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 117) Truckers hitch |

Notes: Short Course

In the three practical sessions many students may not have had enough practice top pass all the items.

Basic Coastal Cruising

Students must have passed all the items on both sides of the sheet to be certified to the ASA/CYA standards.