

START RACING

Student Record Master Sheet (SYLLABUS)



STUDENT NAME: _____	Competent	Signed	Date
PREPARATION			
Knows the appropriate clothing to be worn and safety equipment to be taken when racing inshore, offshore, and overnight			
Understands the importance of minimising the weight of personal gear			
Understands the importance of physical fitness and preparation			
Understands the importance of contributing as a crew, i.e., helping with boat preparation and packing up, attending briefings and debriefings, weather forecasts			
BOATS & EQUIPMENT			
Knows correct techniques for the effective and safe use of all deck hardware and their associated fittings: <ul style="list-style-type: none"> - winches, - jamming cleats, - traveller, - jib track, - spinnaker poles/bowsprits 			
SKILLS & TECHNIQUES			
Understands and is competent in each crew position during the following manoeuvres: <ul style="list-style-type: none"> - pre-start, - tacking (including rolling tacking), - gybing, - windward and leeward mark rounding 			
Can work as part of a team during all manoeuvres			
Can operate sail controls to achieve optimum sail shape in: <ul style="list-style-type: none"> - light, - medium, - heavy airs 			
Can work as a team with other trimmers and the helm (effectively 'steering' the boat)			
Can hike effectively when required			
RACING THEORY			
Understands the theory of sail shape, including draft position and twist			
Understands the importance of correct crew weight placement in all conditions and points of sail			
Understands start and finish procedures including flags and sound signals			
Understands different course types including windward/leeward, triangle, gates, laid/passage course			
Can plan for expected manoeuvres for a given course, paying attention to boats in proximity, rules in force			
Knows the basic rules of racing			
COMMUNICATION			
As a crew, can communicate effectively within a team			
Knows what information to transmit to the afterguard – and how often and when to transmit it			