

## Yachting Skills - Name

I am safe in the water	Select an appropriately sized life jacket I put it on properly I have sunblock on and/or am wearing long sleeves and a hat	
I can name the key parts of the Yacht	I know the names for the following, the sail, tiller, rudder, main sheet, centreboard, Boom, Bow and stern	
I can assemble an Optimist correctly	Sail up, rudder in, ropes and lines properly connected through the pullies and the centreboard is put in The sail is set up correctly for the wind	
I can enter the Optimist correctly	I let out the main sheet I put my weight gently into the middle of the boat and get low I sit facing the sail	
I can sit correctly in the boat	I sit facing the sail I am forward and towards the centre of the boat I have one hand on the tiller I have one hand on the mainsheet	
I can "Go About"	I push the tiller to the boom and duck under the boom I move across the boat and face the sail I keep the change smooth and controlled I change hands on the tiller and the mainsheet using either my teeth or one hand to hold both while I reorganise I make the boat go where I want it to	
I can sail in a straight line across the wind	I keep the boat traveling forward in a straight line I can go across the pond in a straight line	
I can beat into the wind	I know where to point my boat when tacking into the wind. I know how to zig-zag (Tack) towards the wind I can set my sail to the corner of the boat I can go about in a controlled way	
I can run down wind	I know to let my sail out I sit in the middle of the boat I pull the centreboard up to ½ way I keep the boat pointed down wind	
I can steer my yacht around a large course	I can go around a triangle efficiently turning at the corners I use my beating and running skills I go about in a controlled way	
I can trim my sails	I know how much tension to put on the sheet for different winds I can adjust the kicker and other sail controls for the conditions I know how to get the most efficient sail shape	
I can do a Jibe	I know that if I put the tiller away from the boom the boat will Jibe & I need to duck under the boom and change sides I control the jibe through my steering and use of the mainsheet My boat travels in straight lines and doesn't go all over the place	
I can get maximum boat speed in a range of situations	I adjust the sail settings I move to balance the boat and keep it flat in the water I keep the right amount of pressure on the main sheet I adjust the centreboard I point the boat to get the best power out of the wind	
I can coach others	I can explain and demonstrate how to do all the above skills	